

## **Instructions for Cooking Raw Herbs**

Each bag is to be prepared individually as follows:

1. Place herbs in a large pot.
2. Add 3 cups of water
3. Measure water level by sticking a spoon straight up and marking it with a piece of tape.
4. Add 6 more cups of water for a total of 9 cups.
5. Cover and bring to a boil, then uncover partially, reduce heat to Med-Hi and stir occasionally for 1-1 ½ hours until cooked down to 3 cups.
6. Strain broth and either discard cooked herbs or save in freezer for later use.
7. Drink herbs as directed.
8. Keep all raw and cooked herbs refrigerated.

If re-cooking the herbs, cook and drink the broth from the first boil for the strongest broth, then drink the second boil's broth.