

ROOTBEER

HEAL Information Sheet
Compiled from the writings of
Dr. Christopher



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DIRECTIONS

Sarsaparilla root can be used as a dye plant although it has a tendency to fade. It was formerly used in the making of root beer, so much so that the flavor has been duplicated synthetically and the root is no longer present in the beer.

Harris said that his grandfather made a good homemade root beer with more or less equal parts of Sarsaparilla, burdock, dandelion roots, sassafras bark and red clover.

Dr. Christopher gave a good recipe for root beer. If you are going to serve root beer to the kids, start ahead of time and give them the genuine article.



2 ounces Sarsaparilla root
2 ounces Sassafras root bark
1 ½ ounces wintergreen herb
½ ounce tansy
1 pint molasses (**NOT** Blackstrap)
1 Gallon Distilled Water
1 ½ Gallons Distilled Water--Lukewarm

ROOTBEER HERBS PACK \$19.50

Items to buy locally:
Molasses & Distilled Water

Special Item

4 gallon Cooking Pot

COMBINING DIRECTIONS

For a good strong brew

- 1) Bring herb mix in 1 gallon of distilled water to a slow boil reduce heat to med and simmer the herbs gently in water for about a half an hour.
- 2) Turn heat off; allow herbs to soak all night.
- 3) In Morning bring herbs to boiling point for second time, reduce heat and simmer slowly for another ½ hour.
- 4) Strain herbs. Add molasses to the hot liquid.
- 5) When cool, (around 75 degrees) add just a pinch (about 1/4 teaspoon) of baking yeast or wine yeast.

- 6) After two hours add 1½ gallons of lukewarm water.
- 7) It will be fizzy in five or six hours and then should be bottled in clean bottles, well capped and kept in a cool place.

Do not fill bottles to very top, leave a little air in bottle, this will allow **Root Beer** to become fuzzier in a few days. It gets better as it ages.

This is a good blood cleanser and a delightful cooling beverage as well.

DOSAGE:

Drink at will as a refreshing, cooling and healthful beverage.

