

*From the recipes posted in the Garden of Grace
on the Northern Kentucky Herb Society Web Site*

5/11/2011

MAI BOWLE – (a non-alcoholic May Bowl punch)

- ½ cup fresh-picked sweet woodruff
- 1 tall can apple juice
- 1 quart ginger ale
- ½ cup sugar
- 1 lemon
- 1 handful of fresh strawberries (optional)

Dry sweet woodruff on a baking sheet in a 250 degree oven for 20 minutes. Steep the dried sweet woodruff in a small amount of apple juice for at least several hours, preferably overnight.

Strain and discard the sweet woodruff. To the strained liquid, add the remaining apple juice and ginger ale.

Finely chop the lemon (rind and all) and mash together with sugar. Thoroughly stir into the apple juice and ginger ale mixture.

Serve in a punch bowl or pour into individual glasses or punch cups. Garnish with sliced strawberries for added color and flavor.

If you prefer a traditional May Bowl with alcohol, substitute one bottle (750 ml) of white wine for the apple juice.

