



TIER 1 LIVING

THE MISSION COMES FIRST

ROSEMARY · LEMON · GINGER HONEY

Cold-Infusion Protocol · Fresh Botanical Batch

MISSION PROFILE

A small-batch, cold-infused honey made with fresh rosemary, lemon zest, and fresh ginger. This protocol is designed to preserve the raw, unheated character of honey while producing a bright culinary-apothecary infusion for warm drinks, tea, yogurt, fruit, dressings, and kitchen glazes.

TIER 1 STANDARD: Fresh botanicals introduce moisture. Use clean, very dry ingredients; keep all botanicals submerged; infuse under refrigeration only; strain completely; and keep the finished honey refrigerated. This is a refrigerator-only, short-life preparation.

BATCH SPECIFICATIONS

FIELD	STANDARD
Yield	Approximately 1 cup / 240 mL
Infusion method	Cold infusion under refrigeration
Infusion window	3–5 days
Finished storage	Refrigerated, tightly sealed
Finished use window	Best used within 2–3 weeks after straining
Container	Clean, completely dry 8–12 oz glass jar with lid

INGREDIENTS

INGREDIENT	AMOUNT	TIER 1 SELECTION NOTE
Raw honey	1 cup	Choose honey you enjoy eating plain; raw/unheated is preferred
Fresh rosemary	1 small, 3–4 inch sprig	Healthy, aromatic garden rosemary
Lemon zest	1–2 wide strips	Yellow zest only; avoid white pith
Fresh ginger	1 thin coin, 1/8–1/4 inch	Lightly crushed; clean and firm

FRESH BOTANICAL PREP

- 1. Rosemary:** Rinse only if needed; dry fully on a clean towel until no surface moisture remains. Lightly bruise.
- 2. Lemon:** Wash and dry fully. Take 1–2 strips of yellow zest only. Do not add lemon juice or juicy lemon slices to this cold batch.
- 3. Ginger:** Wash and dry; peel if desired. Cut one thin coin and lightly crush.

EXECUTION PROTOCOL

- Put rosemary, lemon zest, and ginger into a clean, dry jar.
- Pour honey in slowly. Press botanicals below the surface and work out trapped air bubbles using a clean, dry spoon.
- Seal and label: **Rosemary · Lemon · Ginger Honey / Date Started / REFRIGERATE / STRAIN BY DAY 5.**
- Refrigerate 3–5 days. Turn the sealed jar gently once daily, keeping all solids submerged.
- Taste on day 3. When balanced, strain out all rosemary, zest, and ginger. Do not exceed 5 days.
- Transfer to a clean, dry jar. Label with date strained and use-by date.

QUALITY CONTROL

PASS CONDITIONS	DISCARD CONDITIONS
Botanicals remained submerged; aroma is clean, herbal, honeyed, and bright; no bubbling, foam, mold, or sour/yeasty odor; all botanicals removed after infusion.	Bubbles or foaming; sour, yeasty, alcoholic, or off odor; mold; slime; unusual separation; visible botanical deterioration. Discard without tasting.

STORAGE DISCIPLINE

1. Refrigerate continuously after assembly and after straining.
2. Use within **2–3 weeks after straining**.
3. Use only a clean, dry spoon. Do not introduce water, wet tea bags, crumbs, or used utensils.
4. Do not leave fresh rosemary, lemon zest, or ginger in the finished honey for long-term storage.

FIELD USES

APPLICATION	FORMULA / INSTRUCTION
Warm tea / comfort cup	8–12 oz comfortably warm water or tea + 1 tsp honey. Add a small squeeze of fresh lemon directly to the cup if desired.
Sparkling botanical refresher	8–12 oz sparkling water + 1–2 tsp honey + ice + optional lemon wedge.
Rosemary honey vinaigrette	1 tbsp rosemary culinary vinegar + 3 tbsp olive oil + 1 tsp rosemary-lemon-ginger honey + salt and pepper to taste.
Kitchen glaze	Brush lightly over roasted carrots, squash, chicken, pork, or grilled fruit near the end of cooking.

MISSION BOUNDARIES

1. This is a culinary/apothecary-style food preparation, not a substitute for medical assessment, prescribed treatment, or emergency care.
2. Never give honey of any kind to infants under 12 months old.
3. Do not add eucalyptus essential oil—or any essential oil—to an edible honey preparation.
4. Lemon zest is chosen over lemon juice because it adds aroma without the moisture of juice or slices.
5. For a room-temperature rosemary honey, use fully dried rosemary and fully dried culinary botanicals—not fresh ingredients.

BATCH INTELLIGENCE RECORD

FIELD	RECORD
Honey type / source	

FIELD	RECORD
Rosemary source / harvest date	
Lemon and ginger source	
Date started / day-3 flavor check	
Date strained / use-by date	
Flavor notes / next-batch adjustments	