



# BOTANY AT THE BAR

THE ART & SCIENCE



OF MAKING BITTERS

SELENA AHMED + ASHLEY DUVAL + RACHEL MEYER

*Founders of Shoots & Roots Bitters*





## Blackberry Shrub with Lemon Balm

*Bright sweet blackberries are complemented by a tangy, grassy tickle on the nose from lemon balm.*

### Ingredients

- 2 cups (290 g) blackberries
- 1 ¼ cups (290 mL) unfiltered apple cider vinegar
- 1 cup+ 3 Tbsp (260 g) agave syrup
- 15 g fresh lemon balm leaves, plus extra for garnish

**Directions:** Puree lemon balm leaves with the berries and apple cider vinegar until fine enough for some to pass through the mesh of the chinois strainer. You'll want to strain out the blackberry seeds, but in doing so, you will strain out some of the leafy lemon balm, however, a lot of the leaves and their essential oils will pass through. Add the agave syrup to the filtered puree and stir to combine.

**To Serve:** Pour 1 ½ oz (45 mL) Blackberry and Lemon Balm Shrub over a glass with ice and top with about ¾ cup (200 mL) of cold sparkling water. Stir vigorously and garnish with three or four leaves of lemon balm. Give them a good smack by clapping them between your hands to bring out the essential oils in the leaves.



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## Botany At The Bar

*The Art and Science of Making Bitters*

By Selena Ahmed, Ashley Duval, Rachel Meyer

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Botanists Selena Ahmed, Ashley Duval, and Rachel Meyer take us on an enlightening trip throughout the plant world as they share their unique expertise on the ecology, cultural practices, and medicinal properties just waiting to be discovered at the bottom of your glass.



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