



Forager's Finger Butter

2 ounces shea, mango, cocoa, kokum butters

2 ounces coconut oil

4 ounces Cottonwood bud, Devil's Club root infused oil

Melt butters in a double boiler and then mix in oil. Cool in fridge or in bowl of ice cubes until the oils start to solidify. Whip in kitchen aid for 20 minutes or to a "frosting" like consistency. Pour into jars.

Notes:

The cocoa and kokum butters are semi-soft and solid at room temperature. These butters will create a harder blend. If you want a softer cream-like consistency add an extra part coconut oil or add more infused oil. The aromatic butters blend well with the pungent scents of Devil's Club and Cottonwood.

Kokum, *Garcinia indica*, a plant in the mangosteen family (Clusiaceae), commonly known as kokum. It is indigenous to the Western Ghats region of India located along the western coast of the country. It is a fruit-bearing tree that has culinary, pharmaceutical, and industrial uses. The seed of *Garcinia indica* contains 23–26% Kokum butter, which remains solid at room temperature. It is used in the preparation of chocolate and sugar confectionery. Kokum butter is used in



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ointments and suppositories. It has application in skin and hair products, acne products and skin tonics. is indigenous to the Western Ghats region of India located along the western coast of the country.

Cottonwood Bud, *Populus balsamifera*, in the Salicaceae family. Properties include: Anti-inflammatory, antiseptic, antibacterial, antioxidant, expectorant. Used for respiratory issues including colds, coughs, chronic bronchitis, and sore throat. The tree contains compounds similar to aspirin, enabling it to relieve pain and fever. Topically bud resins can be used in salves, liniments, ointments for treating wounds, wounds, bruises, tumors, and in local rheumatism.

Devil's Club, *Oplopanax horridus*, a plant in the Araliaceae family. Properties include: Hypoglycemic, adaptogenic, expectorant, respiratory stimulant, aromatic bitter, amphoteric. Used for insulin resistance, Type 2 Diabetes, late onset hypoglycemia (in small doses), PCOS and other blood sugar related hormone dysregulation, rheumatoid arthritis and autoimmune dysfunction (Michael Moore), stress induced overeaters, as an expectorant for thick mucus, short term for sugar cravings.

