



How to Make and Benefit From Simmer Pots

A simmer pot is a homemade air freshener made from boiling fragrant pieces of fruits, herbs, and other spices in water.

Reason to Use a Simmer Pot

- A simmer pot is an alternative to scented candles which often contain toxic chemicals.
- They are completely all-natural.
- If using a crockpot you won't have to worry about open flames.
- They are inexpensive to make. Think of all the savings compared to buying scented candles, room sprays, and air fresheners.
- It's a great way to utilize food scraps like fruit peels.

***This step can also be done in a crockpot or slow cooker.**
Fill the pot most of the way with water, add your ingredients, put on the lid, then turn to high. Once steam is coming off the lid, take the lid off and set it to a low or simmer setting. Add water as needed to keep it at least halfway full.



How To Make It

- 1.Fill a small saucepan with water and bring to a boil
- 2.Add the ingredients
- 3.Turn down to a simmer

IMPORTANT REMINDER: Add water as needed or about every 30 minutes. A scorched pan is smelly and a fire hazard!

Simmer Pot Kit

To get the best aroma out of a simmer pot, add at least one thing from each of these groups:

- **Citrus**
- **Cranberries**
- **Whole Spices**
- **Herbs**
- **Flowers**
- **Woody items**



Easy Recipes

Rosemary & Lemon

- 1 lemon, sliced
- 2 fresh rosemary sprigs
- 1 1/2 teaspoons vanilla extract
- Optional: 2 cinnamon sticks



Lemon Lavender

- 1 lemon, sliced
- 3-4 oranges, sliced
- Dried or Fresh Lavender (around 1/4 cup dried or 1/2 cup fresh flowers and stems)
- Fresh Thyme (around 1/2 cup fresh stems)

Fall Harvest

- peel of 1 apple,
- peel of 1 orange
- 2-3 cinnamon sticks
- 1 teaspoon nutmeg
- 1 teaspoon cloves

Winter Holiday

- 1 orange (sliced into rounds)
- 1 lemon (sliced into rounds)
- 1 1/2 cups cranberries
- 1 cinnamon stick
- 1 teaspoon whole cloves



This one is perfect to make the house smell great right before hosting!