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

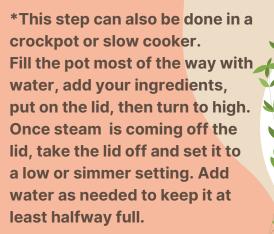
- A simmer pot is an alternative to scented candles which often contain toxic chemicals.
- · They are completely allnatural.
- If using a crockpot you won't have to worry about open flames.
- They are inexpensive to make. Think of all the savings compared to buying scented candles. room sprays, and air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



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**
- Woodsy items







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)
- 11/2 cups cranberries
- 1 cinnamon stick
- 1 teaspoon whole cloves

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

