

KNF-7



FIELD MANUAL

Botany Bunker Report 003 Saffron



KNF7Botany003

Saffron Benefits

A survivor in crimson threads:
Known to some as the gold of the
dirt, known to others as the spice
that steadies the soul when the
ash falls thick.

In the time before, it lifts spirits
during long watches, soothes aches
from scavenged hauls, settles gut rot
from bad water, and barter for a
night's safety when ammo runs dry.

- **It's a mood brightener.**
- **An anti-inflammatory.**
- **And a rare trade gem.**

Handle it like a loaded clip.

Threads Between the Storms

It grows where hope clings tight—
corms in sandy soil, bloomed in
fall's dim light.

Backcountry Prep

Tea, Infusions & Tinctures

For Tea

Scavenge 10 to 15 saffron threads for a standard cup, or 20 to 25 for extra body. Steep in warm water, milk, or coffee for 5-10 minutes. Add to cup and steep 5 more minutes.

For best results, wash and crush threads before steeping.

For Infusions/Tinctures

Fill a jar half full. Top with cooking oil or high proof alcohol.

Store in a jar in cool, dark conditions. Shake daily

Saffron

HARVESTING:

Crocus blooms at dawn in the fall, wilts at dusk. Stigmas need to be harvested by hand. Quick and delicate. The auroma is a mood booster all in its own!



*Crocus blooms beneath autumn
grey, Safron gold in dim aray;
Threads of fire, pure and bright,
Harvest now, 'fore fades the light.*

BENEFITS:

A mood brightener, An anti-inflammatory.
And a rare trade gem.

Handle it like a loaded clip.

Botany Bunker Mood Log

Date
