

**TEAS –**

Water extracts using (usually) hot water. Teas refer to herbs steeped for a short time; 5-20 minutes. Used for herbs too strong to steep for a longer period of time.

Using Dried or Fresh Herbs –

Approx. 1 teaspoon or 1 tablespoon of herb material to a mug of water or 1 oz. of herb material (a small handful) to 1 quart of water. You may need more plant material when using fresh herbs and crush fresh plants before steep for a good extraction.

INFUSIONS –

Extracts using hot or cold water, steeped for 4-8 hours (done mostly with nourishing herbs such as oatstraw or nettles).

Using Dried Herbs –

Fill your jar 1/6 full of herb material of nourishing herb (2 large handfuls in a quart jar typically), cover in hot or cold water. Let steep 4-8 hours, covered. Same herb material can be steeped again, using hot water.

DECOCTIONS –

Water extracts of herbs gently simmered in boiling water for 15 – 30 minutes. Decoctions are used for **barks, berries and roots**.

Using Dried Herbs –

Approx. 1-2 tablespoons of herb material to 16oz. water or 1 oz. of dried herb (a small handful) to 1 quart of water. If plant material is fresh, use 2 handfuls to 1 quart. Slow simmer on low heat.

TINCTURES –

Alcoholic extracts using either 80 or 100 proof Vodka, or 40-50% grain alcohol mixed with 60-50% water.

Using Dried Herbs –

Fill your container 1/3 - 1/2 full of dried herb material, and fill the jar full of 80 proof vodka (40% alcohol content).

Using Fresh Herbs –

Fill your container full of cut up fresh plant material, and cover the plant material in alcohol/100 proof vodka (50% alcohol content). You can blend after 1 week.

Let steep 6 weeks or more, strain and put in amber bottles to protect tinctures from sunlight. Standard dose is 3-4 droppers full in water.

GLYCERITES –

Herbal extracts using vegetable glycerine, less alkaloids than tinctures.

Using Dried Herbs –

Fill your container 1/3 - 1/2 full of dried herb material, and fill the jar full of 2/3 glycerine, 1/3 water.

Using Fresh Herbs –

Fill your container full of fresh plant material, and cover the plant material in a mix of 3/4 glycerine, 1/4 water. (There is more water present in fresh plant material than in dried.) If you'd like you can blend after 1 week.

Let steep 6 weeks or more, strain and put in amber bottles to protect from sunlight. Standard dose is 60 drops or 1 tsp. in water.



**HERBAL WINES –**

Herbal extracts using wine, a whole glass enjoyed!

Using Dried Herbs –

Fill your quart jar with 1 handful dried herb material, and fill the jar full of your wine of choice. Let steep 30 minutes to 1 week - Keep refrigerated if you want it to be preserved longer than 2-3 weeks. Standard dose is one cup of wine.

HERBAL VINEGARS –

Herbal extracts using vinegar, which extracts minerals well. Best done with nourishing herbs.

Using Dried Herbs –

Fill your container 1/3 - 1/2 full of dried herb material, and fill the jar full of apple cider vinegar.

Using Fresh Herbs –

Fill your container full of fresh plant material, and cover the plant material in apple cider vinegar. If you'd like you can blend after 1 week.

Let steep 6 weeks or more, strain and put in amber bottles to protect from sunlight. Standard dose is 2 tbsps or more, used on food in cooking, or taken mixed in water.

HERBAL OILS –

Herbal extracts in olive oil, used for massage oils, healing oils, and salves.

Using Dried Herbs –

Fill your container 1/2 full of dried herb material, and fill the jar full of olive oil.

Using Fresh Herbs –

Dry fresh herbs for 3-5 days until they have released their water – unless plant has low water content. Fill your container 3/4 to 100% full with freshly dried plant material, and cover with olive oil.

Let steep 6 weeks or more, strain and put in amber bottles to protect from sunlight.

HERBAL CORDIALS –

Herbal extracts using alcohol, water, and honey... very yummy! Drunk as a very small glass/shot.

Using Dried Herbs - Fill your quart jar with 2 handfuls dried herb material, and fill the jar mostly full with half vodka (alternatives are rum or brandy) and half water. Add ¼ cup honey to sweeten and preserve.

Let steep 1-4 weeks - Standard dose is one very small cup of cordial.

HERBAL JUICES –

Water extractions/juices of fresh plants.

Blend 1-3 handfuls of fresh herbs with 2 quarts water in a blender. Strain and drink.

*** Only done with fresh herbs. Nourishing herbs can be 3 handfuls of fresh plant material, all other plants only 1 handful is needed.

HERBAL BATHS -

Brew a strong tea (either a quart or a 1/2 gallon), strain out the herbs, and pour the infusion into your bath water.

COMPRESS -

Soak a cloth in an herbal tea or decoction, and place on the skin or head for 15-30 minutes. Tea used may be hot or cold, depending on need and purpose of compress.

POULTICE -

Fresh plant material is ground up or chewed, and placed directly on the skin. Used for wounds, swellings, infections, fevers, rashes, burns, and stings.

