

Medicine Making with Elli Reilander and Jessica Hueser

Drying Herbs

- Easiest method is to bundle fresh herbs and hang upside down in dark, dry place until herbs are dried

Infusions & Decoctions

- Infusions are made with the leaves, stems, and flowers of plants. Made by pouring boiling water over plant material and let to steep up to 8 hours.
- Decoctions are made with roots and barks of plants. Made by simmering plant material in a covered pot for a minimum of 20 minutes.

Infused Oils

- Best to use dried herbs as the moisture content in fresh herbs can cause the oil to spoil

Recipe

- ½ cup dried herbs (Calendula, Chamomile, Yarrow flowers, St. John's Wort, Lavender)
- 2 cups oil (Olive oil, Grapeseed oil, Almond oil)

Directions

1. Place herbs in the top of double boiler with water in bottom
2. Heat slowly, stirring occasionally
3. Keep on heat for a minimum of 2 hours
4. Let cool, strain (cheesecloth works well)
5. Store in amber glass in cool, dark place

Salves

- An oil-based preparation designed for topical use
- Oils carry herbal properties into the skin while the beeswax creates a protective coating on the surface of the skin

Recipe

- 1 cup infused oil (from above recipe)
- 2 tablespoons beeswax
- ¼-½ teaspoon vitamin E oil
- Essential oil

Directions

1. Heat infused oil in the top of double boiler
2. Add beeswax (Test consistency on either cool spoon or on another surface)
3. Add vitamin E and/or essential oil to preserve
4. Pour in clean, dry amber glass containers or tins
5. Wait for salve to cool completely before putting on lids
6. Cap and label

RESOURCES

The Boreal Herbal by Beverley Gray

Herbal Recipes for Vibrant Health by Rosemary Gladstar

