

# Starting a Home Apothecary

## Essential Apothecary Equipment:

- Fine mesh metal strainers
- Funnels (large and small)
- Glass measuring cups (mL and oz)
- Spice and nut grinder (herb grinder)- Cuisinart and Secura
- Blender
- Digital kitchen Scale
- Straining cloths (nutmilk bag, muslin, cheesecloth)
- Jars (I prefer mason jars)
- Dropper bottles



## Essential Materials to have on hand:

- Olive oil
- Beeswax
- Honey
- Apple cider vinegar

## Major Herbal Preparations

preparation	Description	Shelf life	Herbs that work well
tincture	An alcohol extract of herbs usually made with 40-75% alcohol. You simply grind or chop herbs into glass jar, add alcohol, let sit, and then strain the herbs out.	5 years in a jar. 1 year in a dropper bottle.	Fennel Echinacea Oregon grape Valerian Lemon balm
Hot infusion (Tea)	A water extract made boiling water poured over fresh or dry herbs, which sit for 10+ minutes, covered. Leaves, flowers and light aromatic herbs are typically prepared this way.	3 days in the fridge.	Chamomile Thyme Sage Nettle
Decoction	A water extract made by simmering herbs in water in a pot on the stove for 15+ minutes. Barks, berries, roots and seeds are typically made this way.	3 days in the fridge.	Reishi mushroom Dandelion root Burdock root ginger
Herbal Syrup	A 1:1 or 2:1 mixture of sugar and water or honey and water infused with herbs. This can be made several different ways, the easiest being to heat the mixture on the stove, dissolving, and then out it over the herbs to infuse them.	1-6 months in the fridge (if you add a splash of brandy or vodka it will last longer).	Elderberry Wild cherry bark Chaga mushroom Hibiscus

Salve	An ointment for external use made with oil and beeswax melted together and hardened. Usually, herbs are infused into the oil, and people often add essential oils for additional benefit.	Salves are good until the oil goes rancid (Smell it to tell), 1-2 years. Some plants act as preservatives and make it last longer, like poplar bud and pine resin.	Calendula Plantain Pine resin Poplar bud cannabis
Powder	An herbal powder is just the dried plant powdered (usually by machines) into very small pieces. These can be great to add to food (baking, smoothies etc), or to mix into honey (that's an electuary!). You can also make your own herbal capsules.	Because of the massive amount of surface area exposed, powders don't stay fresh long. Powders of non-aromatic roots, barks and berries may stay fresh for a little longer, but something like lavender powder has a short shelf life.	Astragalus Ashwagandha Triphala Psyllium husk

### Herbs I always keep on hand...

Herb	Preferred preparations	Uses
chamomile	infusion or tincture	Upset stomach, anxiety
elderberry	Syrup or decoction	colds and flus (immune stimulating and Anti-viral)
valerian	Infusion or tincture	Sleep, pain, anxiety
fennel	Decoction or tincture	Bubbly digestion, gas, bloating
Oregon grape	Eye wash (decoction), tincture	Eye infection, food poisoning, infected cuts
thyme	Elixir, infused honey or infusion.	Phlegmy cough, bronchitis, sinus steam
calendula	Infusion, salve, cream	Irritated skin, burns, wounds
Lemon balm	tincture	Anxiety, nervous digestion

### Labeling

Lemon Balm Tincture  
 Melissa officinalis  
 1:3 ratio, 40% alcohol  
 Fresh herb, blended  
 June 20, 2019

# Natalie's Apothecary Mainstays: Recipes

<p><b>Irritated GI Soothing Tea (infusion)</b>          1 oz Violet          1 oz Agrimony          1 oz Marshmallow root          1 oz Meadowsweet          ½ oz Licorice root</p>	<p><b>Immune Boost Decoction</b>          4 oz Elderberry          2 oz Elderflower          1 oz Ginger pieces          ½ oz Licorice root          1 oz Cinnamon pieces</p>
<p><b>Menstrual Cramp tincture</b>          1 part Cramp bark tincture          1 part Willow bark tincture          1 part Motherwort tincture</p> <p><i>DOSAGE: 2-3 droppersful every hour</i></p>	<p><b>Cold and Flu Diaphoretic Tea (infusion)</b>          1 oz Elderflower          1 oz Yarrow (replace with linden for children)          1 oz Mint          ½ oz Cinnamon          ½ oz Ginger</p>
<p><b>Anti-depressant tincture</b>          1 part Albizia bark tincture          1 part Lemon balm tincture          1 part St John's Wort (can replace with Rose petal tincture)</p> <p>DOSAGE: 1-2 dropperfuls 3x/day</p> <p><i>Please note that St John's Wort had many interactions with medications. Albizia also interacts with pharmaceutical anti-depressants.</i></p>	<p><b>Cough Tea (infusion)</b>          ¼ oz Mullein          ½ oz Yarrow          ½ oz Orange Peel          ½ oz Licorice          1 oz Thyme          1 oz Marshmallow          ½ oz Ginger          ½ oz Cinnamon pieces</p> <p><i>This blend is balanced and appropriate for dry or slightly wet coughs.</i></p>
<p><b>PMS Tea (infusion)</b>          1/2 oz St. John's wort* (omit if drug interactions)          1/4 oz red rose petals          1/2 oz lemon balm          1/2 oz chamomile          1/4 oz lemon verbena          1/2 oz orange peel          1/4 oz licorice root          1/4 oz ginger          1/2 oz roasted dandelion root          1/4 oz mugwort</p> <p><i>Drink the week leading up to menstruation or anytime you are feeling irritable.</i></p>	<p><b>Neck-Tension Liniment</b>          1 part St John's Wort tincture          1 part Cramp Bark tincture          1 part Lobelia tincture</p> <p><i>A liniment is just a tincture for putting on the outside of the body. You can apply this alcoholic tincture onto your neck several times a day.</i></p>
<p><b>Urinary Tract Infection Tea (infusion)</b>          1 oz uva ursi          1 oz corn silk          1 oz marshmallow root          + 1 oz Cramp bark if pain is present</p>	<p><b>Sleep Tincture Blend</b>          1 part hops tincture          1 part valerian tincture (replace with kava if intolerant to valerian)          1 part passionflower tincture</p>

<p><b>Slow digestion tincture</b>  2 parts Astragalus tincture  1 part Angelica (Angelica archangelica) tincture  ¼ part ginger tincture  ¼ part Licorice tincture  ¼ part orange peel tincture  ¼ part cardamom seed tincture</p> <p><i>DOSAGE: 1-2 droppers 3x/day</i></p> <p><i>Loose stools, slow transit time, undigested food in stool, fatigue and bloating.</i></p>	<p><b>Tincture for constipation</b>  3 parts rhubarb root tincture  1 part fennel seed tincture</p> <p><i>Take 1-2 droppers before bed.</i></p> <p><i>Works best for those with sticky stools. If dry stool, use marshmallow root tea. For constipation with loose stools, try the "Slow Digestion Tincture".</i></p>
<p><b>After Dinner Digestive Tea</b>  1 oz Chamomile  1 oz Lemon balm (omit if the tea makes you sleepy)  1 oz Orange Peel  1 oz Fennel Seed  1 oz Fenugreek seed  ½ oz Licorice</p> <p><i>This is a gentle blend with herbs to relax, awaken the liver and warm up the spleen.</i></p>	<p><b>Adaptogen Coffee Substitute</b>  2 oz Roasted chicory root  2 oz Roasted carob  2 oz Roasted dandelion  ½ oz Eleuthero  ½ oz Shatavari  1 oz He sho wu  ½ oz Codonopsis  1 oz Chaga mushroom  ½ oz Ashwagandha  ½ oz Rhodiola  ½ oz cinnamon</p> <p><i>This recipe was adapted from Rasa coffee substitute, so you could buy that product instead of mixing your own.</i></p>
<p><b>Traveler's Microbe Protection Tincture</b>  1 part Oregon grape  1 part Black walnut hull tincture  1 part Baikal Skullcap root</p> <p><i>Take 3 droppers in 8 oz of water 3x/day immediately upon infection. Smaller doses can be taken with food when in high risk situations, like eating street food in india.</i></p>	<p><b>Memory Tincture</b>  2 parts Lion's Mane tincture  1 part Gotu Kola leaf tincture  ¾ part Rosemary leaf tincture  ¼ part Schisandra berry tincture</p> <p><i>Needs to be taken over a long period of time. If making your own tinctures, please note that mushrooms must be tinctured using a different method</i></p>