

Starting your Home Apothecary

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Herbal Preparations

- Tincture (alcohol extract)
- Looseleaf Tea
- Powder
- Infused honey
- Elixir
- Oxymel
- Infused vinegar
- Syrup
- Infused oil



How to make a cup of strong herbal tea

Decoction: simmer on stove



Roots, berries, seeds, barks

Infusion: steep in hot water



Flowers, leaves, delicate things

General Tips on infusing herbs

- Grinding (increase surface area)
- Measuring (create consistent products)
- Shaking (increase interactions)
- Hot water baths (add heat)

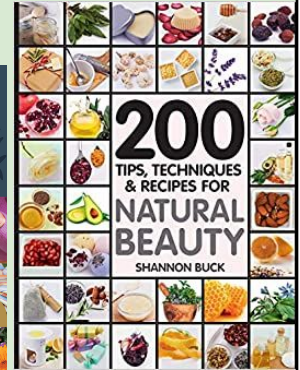
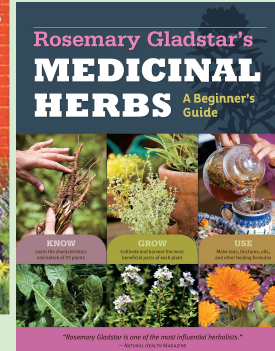
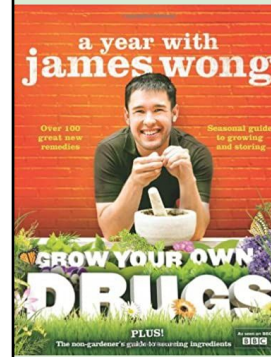


DIYNatural.com

Action shots



Books with Recipes



Basic Equipment

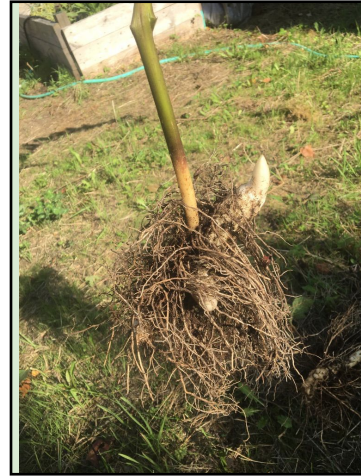


Important Materials

- Alcohol (vodka, everclear, brandy)
- Beeswax
- Oils
- Honey
- Apple cider vinegar



Harvesting and processing



Drying Herbs

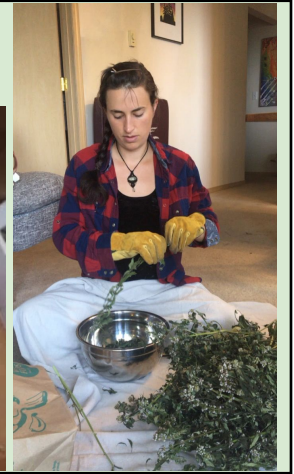


Avoiding Mold and Spots

- Make sure herbs are not wet
- Turn and agitate as they dry
- Avoid overlapping leaves
- Maximize air circulation
- Dry until crackly



Garbling: removing stems



Storing herbs and herbal preparations

- AVOID exposure to...
 - Sunlight
 - Heat
 - Moisture
- Shelf life...
 - Tinctures in jar: 5+ years
 - Roots, fruits: 3-4 years
 - Leaves, flowers: 1-2 years
 - Vinegars: 2-3 years
 - Oils: 1 year
 - Honey: 1-5 years



Is this still good? Is this mold?

- Smell, sight, taste
- Main reasons something goes bad
 - Metal corrosion from jar lid
 - Mold on syrups and sometimes honey
 - Leaving plants in liquid too long
 - Time
- When in doubt, throw it out.

Sourcing Herbs

Look for:

- Strong smell (aromatic, bitter)
- Rich colors
- Fewer stems
- Recent harvest date



Local sources for fresh and dry herbs

Smaller Companies

- Friends of the Trees
- Oshala Farm
- The Duvall Herb Farm
- Root Digger Farm

Larger Companies

- Mountain Rose Herbs
- Pacific Botanicals

Basic Herbal First aid kit ideas

- Charcoal capsules
- Oregon grape tincture
- Willow bark tincture
- Arnica salve
- plantain + calendula salve
- Valerian tincture
- Peppermint oil
- Baking soda and yellow dock tincture paste



White Willow Bark (*Salix alba*)

- Aspirin originally came from willow bark.
- Best for pain caused by inflammation:
 - headache
 - menstrual cramps
 - joint pain
 - Tooth pain
 - Pain from injury
- Salicylates= decrease inflammatory response
- Make a tincture with 40%, dried bark.
- I purchase this, as native species tastes terrible.
- Acute dosage : 1-2 droppers every hour or two hours
- Thins the blood and interacts with certain medications.



Oregon Grape Tincture (*Mahonia* spp.)

- Make a tincture with 40% alcohol
- Use bright yellow fresh bark scraped from the stem
- Topical:
 - Cuts that may become infected or have become infected
 - Rashes
- Internal:
 - Food poisoning
 - GI bugs
 - Eczema control
- Be careful using tincture around mucus membranes.



Tinctures I like to have around:

- Valerian- 1-2 squirts for sleep
- Lemon balm: 1-3 squirts for anxiety
- Elderberry + echinacea- 1-2 squirts every hour for colds
- Lavender: 1-2 squirts for headache
- St John's Wort (drug interaction warning): 1-2 squirts for mood
- Oregon grape: food poisoning



Loose Teas I like to have on hand

- Calendula flower
 - Wound wash
 - Styes (as an eye compress)
 - Irritated skin wash
- Tulsi leaf
 - anxiety
- Chamomile flower
 - Indigestion
 - Red, itchy eyes
- Marshmallow root
 - GI irritation
 - Sore throat
 - Dry cough



- Burdock
 - acne
- Thyme
 - Phlegmy cough
- Oregon grape
 - Eye compress
 - Wound wash

BONUS: Grocery Store Herbalism

- **Peppermint**
 - Diaphoretic
 - Gas and bloating
- **Onion**
 - Expectorant
 - anti-microbial
- **Garlic**
 - Anti-microbial
 - Lowers cholesterol
- **Cabbage**
 - Drawing
 - Cabbage leaf in the bra
- **Fennel seed**
 - Gas
 - Upset stomach/indigestion
- **Ginger**
 - Sluggish digestion
 - Poor circulation
- **Parsley**
 - Liver and kidney detoxifier
 - Gout pain, foggy headedness, chronic UTI
- **Turmeric**
 - Anti-inflammatory for pain
 - Liver detoxifying



Final Tips

- Start with a small batch- 8 oz
- Make things you know you'll use
- Start with 5-10 herbs (don't tackle all herbs in the world at once)
- Invest in a book or two
- Visit your local herb store
- Use your remedies, gift them, don't covet. You can make more!



Thank you for joining me!

I will send a copy of the powerpoint in the next few days.

More classes:
www.adiantumschool.com