

*Forgotten*  
HOME  
**APOTHECARY**  
250  
Powerful Remedies  
at Your Fingertips

Nicole Apelian Ph.D.



# FORGOTTEN HOME APOTHECARY

**250**  
*Powerful Remedies  
at Your Fingertips*

**Nicole Apelian, Ph.D.**

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## **About the Author**

### **Nicole Apelian, Ph.D.**



Dr. Nicole Apelian is an herbalist, a mother, a survival skills instructor, an anthropologist, and a biologist. She graduated with a degree in Biology from McGill University in Canada and has her Master's degree in Ecology from the University of Oregon. She earned her Doctorate through Prescott College while working as an anthropologist and ethnobotanist in Botswana. She is also the author of "The Lost Book of Herbal Remedies: The Healing Power of Plant Medicine" Series (Books 1 and 2) "The Forager's Guide to Wild Foods: Edible Plants, Lichens, Mushrooms, and Seaweeds", "The Holistic Guide to Wellness: Herbal Protocols for Common Ailments", "Wilderness Long-Term Survival Guide: Forgotten Skills to Make the Wild Your Home", "A Reference Guide to Surviving Nature: Outdoor Preparation and Remedies", and her Online Herbal Academy (The Lost Skills Academy). For more about Nicole please visit [www.nicoleapelian.com](http://www.nicoleapelian.com).

Nicole spent years living in nature with the San Bushmen of the Kalahari Desert, one of the last indigenous peoples who still live as hunter-gatherers. Developing strong relationships within the tribe helped Nicole learn many of the remedies and skills she practices and teaches today.

An unexpected diagnosis of multiple sclerosis in 2000 led Nicole to apply her research skills toward her own personal wellness. She focuses on a healthy living strategy, including deep nature connection and gratitude practices. Through changes in her lifestyle, recognizing profound mind-body linkages, and making and using her own remedies, Nicole went from bedridden to being fully alive and from surviving to thriving.

She believes that there are many more people suffering who need to find their own remedy. This became her life's mission and her primary reason for writing. She pours over 30 years of plant knowledge and her first-hand experiences of making her own poultices, tinctures, decoctions, salves, infused oils, and other herbal remedies. She has helped thousands of people treat themselves naturally by following her holistic wellness protocols and by using herbal remedies.

In 2015 she was among the first women ever selected for the History Channel's hit TV show "Alone". Despite having MS, she went on to survive solo for 57 days straight in a remote area of Vancouver Island with little more than her hunting knife and the wild foods and medicines she found there.

Dr. Nicole Apelian's knowledge was key to this recipe book. Many of the plants, lichens, and mushrooms you'll find here are ones that she's used with great results. She has selected some of the best for people wanting to utilize natural medicine. These remedies are part of a holistic philosophy of being self-reliant - of connecting your mind with your body and your body with nature.

*Here's to thriving!*

You've taken an amazing first step in learning about herbal remedies by purchasing this book. The next step is using your new knowledge. I want to help you by inviting you to join my Survive & Thrive community. Go to the link below to join my private email list and become part of the Survive & Thrive Crew.

Use this link: [www.nicoleapelian.com](http://www.nicoleapelian.com) to **join now!**

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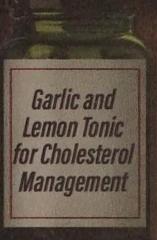
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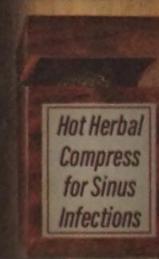
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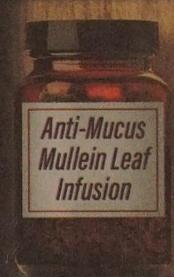
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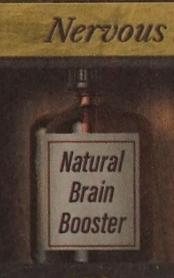
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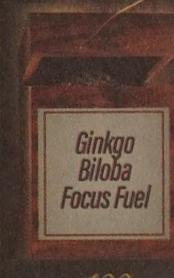
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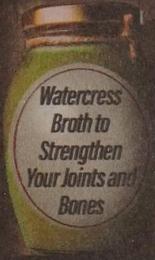
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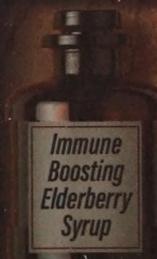


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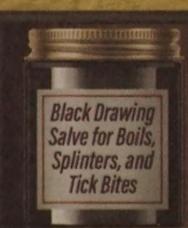
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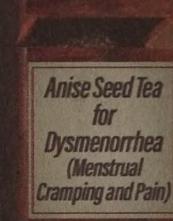
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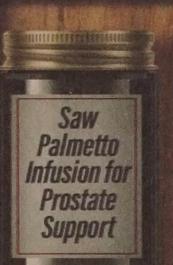
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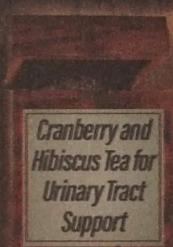
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# INTRODUCTION

Despite our fast-paced, disconnected modern lives and the constant barrage of synthetic medications and quick-fix remedies, the science and art of herbal healing has stood the test of time, offering us a bridge to nature's bounty.

This book stands as a testament to the remarkable synergy between nature and the human body, offering a wealth of recipes tailored to address your specific needs. Whether you're seeking relief for a troublesome tummy, a soothing balm for tired muscles, or a calming elixir to ease a restless mind, there's an herbal recipe within these pages to guide you on your quest for wellness.

## Inside "The Forgotten Home Apothecary," you'll discover:

*The principles of holistic wellness*  
that go beyond merely managing symptoms, seeking to restore balance to  
your entire being.

*Insightful and fun guidance*  
on understanding how to set up your own home apothecary.

*The tools to take charge of your well-being,*  
fostering a sense of self-empowerment in managing your wellness journey.

*Practical tips*  
for sourcing, harvesting, and storing herbs to preserve their potency.

*A diverse collection of over 200 herbal recipes,*  
meticulously crafted to address specific needs for each part of the body.

*Step-by-step instructions and illustrative images*  
to ensure you can create herbal preparations with confidence.

*Wisdom on blending herbs*  
to achieve synergistic effects, enhancing their individual virtues.

*An exploration of the mind-body connection*  
and how herbal remedies can support emotional and mental well-being.

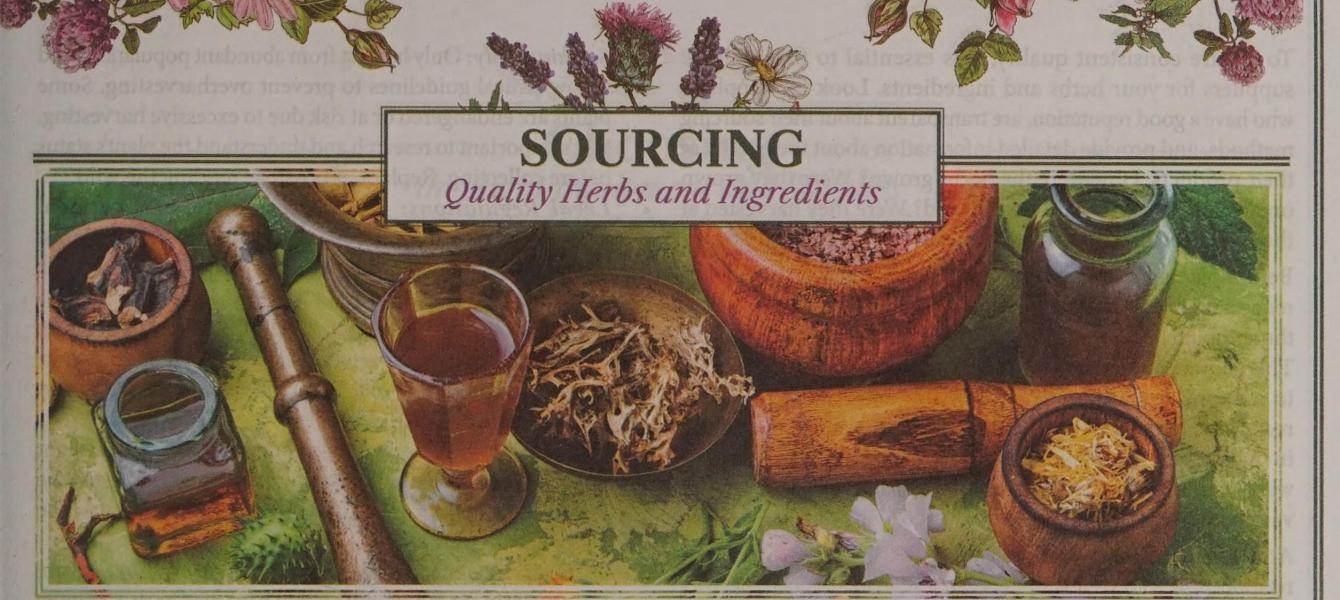
*Essential guidance on using herbs safely,*  
particularly if you have allergies, medical conditions, or are taking  
medications.

Whether you are a novice herbalist or an experienced practitioner, it is our sincere hope that this book will be your trusted guide as you unlock the boundless potential of herbal remedies for a healthier, more vibrant life.



*Setting Up Your*  
**HERBAL APOTHECARY**





# SOURCING

## Quality Herbs and Ingredients

Most herbal apothecaries require a few basic ingredients. Generally, this includes the herbs themselves plus solvents and other staples like honey or glycerin, vodka or brandy, apple cider vinegar, beeswax, Epsom salts, olive oil/other carrier oils, and glass jars/bottles.

There's a lot you can do with only herbs and water, but these other ingredients greatly expand your possibilities and shelf life. Those topics will be discussed in greater detail in Part 2. For now, let's focus on the herbs.

Whether you're an experienced herbalist or a beginner, knowing how to find and select quality herbs is key to creating potent herbal remedies.

**Here are some steps and tips to help you find and select the best herbs:**

### UNDERSTAND THE IMPORTANCE OF QUALITY

In the world of herbal apothecaries, sourcing high-quality herbs and ingredients is essential to ensure the potency and effectiveness of your herbal preparations. High-quality herbs contain a higher concentration of active compounds, making them more potent and effective.

If you are going to put the time and energy into crafting your own home apothecary, you want to make sure that the spices and herbs you are sourcing are of the highest quality.

Whether you're shopping for herbs online, in your local natural foods co-op, herb shop, or farmers' market, it's important to assess various quality indicators to ensure the highest standards. These indicators include:

- Appearance:** Inspect the herbs for fresh, vibrant colors, intact leaves, and no signs of mold or contamination. Plant material degrades when exposed to air, and a poorly sealed container may permit moisture to seep inside, allowing mold to grow or pantry pests to invade.
- Aroma:** High-quality herbs have a strong, distinct aroma and scent that indicates freshness and potency. Dried plant matter tends to fade and become less aromatic as it ages.

- Texture:** The texture of herbs should be crisp, not brittle or overly dry, indicating that they have been properly stored.

### LOCAL AND SUSTAINABLE SOURCING

Opting for organic and sustainably sourced herbs and ingredients is not only beneficial for the environment but also for the quality of your herbal remedies. Organic herbs are grown without the use of synthetic pesticides or fertilizers, ensuring a purer and more potent end product. Additionally, choosing herbs that have been sustainably harvested helps support biodiversity and the long-term availability of these precious resources.

When it comes to buying bulk spices and herbs, it is always a good idea to first look at what you can purchase right within your own local community. Sourcing herbs and ingredients locally not only supports local farmers but also cultivates a deep connection between the apothecary and its surroundings.

So whenever possible, consider sourcing herbs locally or from sustainable farms (or growing your own). This supports local economies and reduces the carbon footprint associated with transportation. Look for suppliers who prioritize sustainable farming practices. By establishing relationships with them, you can gain firsthand knowledge about their cultivation practices and ensure the freshness and quality of the herbs you acquire. Visiting local farmers' markets or participating in community-supported agriculture programs can help you establish these connections.

There is no doubt that this isn't always possible for everyone, so if you are seeking a specific herb or plant that isn't available or cannot be grown in your area, you can, of course, take advantage of the wonders of our global food system by sourcing bulk herbs and spices online. But start local and expand from there.

### RESEARCH RELIABLE SUPPLIERS

Remember that the quality of your ingredients is a critical factor in the success of your apothecary, so invest time and effort into finding the best suppliers.

To ensure consistent quality, it is essential to find reliable suppliers for your herbs and ingredients. Look for suppliers who have a good reputation, are transparent about their sourcing methods, and provide detailed information about the quality of their products. How were the herbs grown? Were they grown organically and with care for the land? Were they harvested at the right time of their growth cycle and in the right season?

Before placing a large order, consider doing a trial order or request samples to assess the quality of the herbs and ingredients, the shipping time, and the overall experience with the supplier. This allows you to assess the herbs firsthand before committing to a supplier. Online directories, industry networks, and recommendations from other herbalists are valuable resources in finding reputable suppliers. Depending on the products you want to create, consider working with suppliers that offer a wide variety of herbs and ingredients to meet your needs.

And don't forget to establish relationships. Building good relationships with your suppliers can lead to better deals, priority access to new or rare herbs, and a deeper understanding of their sourcing practices. Regular communication can help you stay informed about new arrivals, seasonal availability, and any potential issues.

### REQUEST CERTIFICATES OF ANALYSIS

To have complete confidence in the quality of your herbs and ingredients, request certificates of analysis (COAs) from your suppliers. COAs provide detailed information about the botanical identity, purity, and potency of the herbs, ensuring transparency and accountability. It's advisable to work with suppliers who can provide these documents upon request.

Check if the suppliers have relevant certifications, such as organic, non-GMO, or Fair Trade. These certifications can indicate that the herbs and ingredients are produced under specific quality standards. A certified organic seal is also important, as organically grown herbs are highly preferable to those sprayed with chemicals.

### CONSIDER GROWING YOUR OWN HERBS

For ultimate control over the quality of your ingredients, consider growing your own herbs. This allows you to ensure organic cultivation practices, harvest at the peak of potency, and provide the freshest herbs for your apothecary. Depending on your available space and resources, you can start with a small herb garden or even explore hydroponics or indoor gardening options.

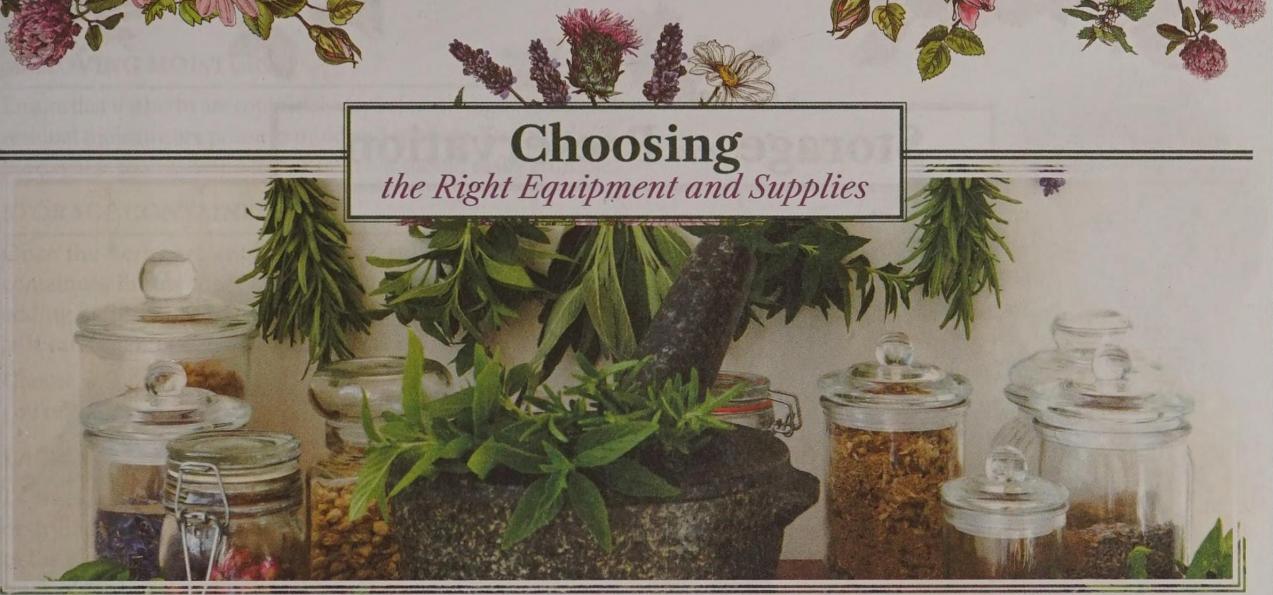
### WILD HARVESTING

While wild harvesting can be a sustainable and rewarding way to obtain resources, it's important to approach it with care and respect for the environment. Here are some key points to keep in mind when harvesting medicinal plants:

- **Identification:** Ensure you can accurately identify the plant you intend to harvest. Mistaking a similar-looking plant for the desired one can have serious consequences, as some plants are toxic and even life-threatening.

- **Sustainability:** Only harvest from abundant populations and follow ethical guidelines to prevent overharvesting. Some plants are endangered or at risk due to excessive harvesting, so it's important to research and understand the plant's status before collecting. Replant, if possible, tending the wild.
- **Legal Regulations:** Check local, state, and national regulations regarding the harvesting of medicinal plants. Some plants may be protected or require permits for collection.
- **Timing:** Harvest at the appropriate time to ensure maximum potency. This is an important step when you harvest your homegrown herbs as well. Different parts of the plant may need to be harvested at specific stages of growth:
  - **Leaves and Flowers:** Leaves are usually harvested right before a plant blooms, and flowers are best harvested the day they open. Collect them on dry mornings after the dew has evaporated.
  - **Roots:** Harvest roots in the plant's dormant season, usually in the fall after the leaves have died back. Carefully dig around the root to avoid damaging it.
  - **Bark:** Harvest bark in the spring when sap is rising or in the fall when the plant is preparing to go dormant.
- **Tools:** Use proper tools to minimize damage to the plant and its surrounding environment. Sharp, clean tools reduce stress on the plant and prevent the spread of diseases.
- **Quantity:** Only harvest what you need. Taking more than necessary can harm the plant population and ecosystem.
- **Habitat:** Be mindful of the plant's habitat. Choose natural sites, far away from traffic and dump sites. Car exhaust, herbicides sprayed to control weeds, and other pollutants can contaminate herbs grown along the roadside. Minimize disturbance to the surrounding environment, avoid trampling other plants, and leave no major trace of your presence.
- **Processing:** Process the harvested plant material promptly to maintain its medicinal properties. Proper drying, cleaning, and storing methods are crucial.
- **Ethical Considerations:** Respect the land and the communities that rely on these plants. Traditional knowledge and practices of indigenous peoples should be acknowledged and respected.
- **Record Keeping:** Maintain records of when, where, and how you harvested the plants. This information can be valuable for future reference.
- **Safety:** Wear appropriate clothing and protective gear to prevent allergies or skin irritations that some plants may cause.

Remember, proper harvesting practices are vital to maintaining the balance of ecosystems and ensuring the availability of medicinal plants for generations to come. If you're unsure about any aspect of harvesting, it's wise to seek guidance from experts, local botanists, or herbalists. Sourcing quality herbs is an ongoing process. Whether you choose to source from trusted suppliers or grow your own herbs, prioritizing quality will help you create exceptional products for you or your valued customers.



## Choosing the Right Equipment and Supplies

Setting up an herbal apothecary involves careful consideration of equipment and supplies to ensure you can efficiently and effectively prepare and store herbal remedies. However, your home apothecary can be as simple or elaborate as you like. The specific items you need will depend on the types of herbal preparations you plan to make, your space, and your budget. It's also a good idea to start with the basics and gradually expand your collection as your skills and needs evolve, but don't forget to always prioritize quality and hygiene.

**Here's a comprehensive list of items you might need:**

### Equipment and Supplies

- Dropper or regular-topped dark-colored glass bottles
- Glass jars with tight-fitting lids
- Kitchen scale
- Mixing bowls
- Mortar and pestle
- Spice grinder
- Funnels
- Cheesecloth, muslin bags, or nut milk bags for straining
- Saucepans
- Crockpot or double boiler
- Measuring cups and spoons
- Glass measuring cups
- Spatula
- Kitchen scissors
- Cutting boards
- Blender/ food processor

- Dehydrator for controlled and efficient drying or drying racks/ hanging lines for air-drying herbs
- Tea kettle/french press
- Tea canvas bags
- Teapots, tea infusers
- Salve or balm containers with lids
- Sharp knives
- Pocket knife
- Magnifying glass 10x for accurate plant identification
- Foraging bag
- Foraging scissors
- Labels and pens
- Notebooks and pens for documenting recipes, observations, and experiments
- Essential oil distiller (for those interested in making their own oils)

# Storage and Preservation



The active ingredients in herbs are volatile oils and other chemical constituents. As powerful as these constituents are, they are easily destroyed by light, air, and heat. To get and maintain the best quality of herbs, it's necessary to take care from the initial sourcing of the herb and how they are harvested, to how they are prepared, stored, and used.

Properly storing and preserving herbs is crucial to maintain their potency and effectiveness in creating herbal remedies.

## DRYING HERBS

Drying is one of the most common methods for preserving herbs. Proper drying prevents mold and preserves the medicinal properties of the herbs:

The first and probably the most important step is to wash the herbs before drying. Dirt and bacteria will decay the herbs, making them unsuitable for storage or medicinal use. Wash them in cold running water to get rid of the dirt, shake out any excess water, and pat dry before attempting to dry them.

### Here are some guidelines to help you store and preserve herbs:

- **Air Drying:** Tie a small bundle of herbs together with a string or rubber band. Hang them upside down in a warm, well-ventilated area out of direct sunlight. Make sure the bundles are not too thick to allow proper air circulation. This can take several days to a couple of weeks, depending on the herb and humidity levels. To air dry herbs successfully, the temperature needs to be above 85°F with humidity below 60%.
- **Drying Racks:** Use a mesh or wire rack to provide adequate air circulation around the herbs. Place the herbs on the rack in a single layer. This method is especially useful if you have limited hanging space. Drying takes about 1-2 weeks, but always check them for moisture before storing. Baskets also work well.
- **Brown Paper Bags:** Place herbs in a single layer inside a brown paper bag and loosely close the top. Hang the bag in a well-ventilated area.
- **Screen Drying:** Lay herbs on a clean, dry screen or mesh. Elevate the screen slightly to allow air to circulate beneath it. This method works well for delicate herbs like chamomile flowers.
- **Oven Drying:** Use the lowest possible oven temperature (usually around 100-110°F or 37-43°C) for a few hours with the oven door slightly ajar to allow moisture to escape. Place herbs on a baking sheet lined with parchment paper. Monitor closely to prevent over-drying.
- **Microwave:** Place herbs between paper towels and microwave them in short bursts (10-20 seconds at a time) on a low setting. Be cautious, as herbs can easily burn in the microwave. This is not a method I personally use.
- **Dehydrator:** Follow the manufacturer's instructions for herb drying settings. Dehydrators provide controlled temperature and air circulation, making them a convenient option. Herbs are dried within 1-4 hours, depending on the type of herb. Keep checking the trays and take out any herbs that are ready. This works especially well for roots, mushrooms, and berries (always slice your roots and mushrooms before drying).

Different herbs have varying moisture content and optimal drying methods, so it's a good idea to research the specific herbs you're working with. Properly dried herbs can provide a burst of flavor and fragrance to your culinary creations or potent medicinal benefits to your herbal remedies.

## REMOVING MOISTURE

Ensure that the herbs are completely dry before storage. Herbs with residual moisture are prone to mold and spoilage. You can check the dryness by crushing a leaf or stem – it should easily crumble.

## STORAGE CONTAINERS

Once the herbs are completely dry, store them in airtight containers. Ensure the jars are clean and completely dry before adding herbs in order to prevent mold growth. Avoid plastic, as it can trap moisture and degrade the herbs.

Choose jars that are appropriately sized for the quantity of herbs you're storing, leaving minimal air space.

## LABELING

Label each container with the herb's name, the date of harvest or drying, and any other relevant information, such as the part of the plant used (leaves, flowers, roots). This helps you keep track of freshness and potency.

## DARKNESS

Store your herb containers away from direct sunlight. Store them in a cool, dark place, such as a cupboard or pantry. Light can degrade the quality of the herbs over time.

## TEMPERATURE AND HUMIDITY

Herbs should be stored in a place with consistent temperature and humidity levels. Avoid storing herbs near stoves, ovens, or other sources of heat and moisture, as well as in areas prone to temperature fluctuations. High temperatures and exposure to humidity can cause herbs to deteriorate and lose their flavor and medicinal properties.

## GRINDING AND PROCESSING

Grind herbs into powder or smaller pieces only when you're ready to use them. This helps retain their freshness and potency. You can use a mortar and pestle or an electric herb grinder.

## FREEZING

Some herbs may be frozen to preserve their freshness. This method is particularly useful for herbs that you intend to use in culinary dishes. Wash and dry the herbs, chop them if needed, and place them in airtight containers or freezer bags. Label and date the containers.

## CHECKING FOR FRESHNESS

Regularly check stored herbs for any signs of mold, off odors, or discoloration. If you notice any of these, discard the herbs. If properly stored, there should be no color change or bad smells.

Remember that different herbs may have slightly different storage requirements due to variations in moisture content, volatile compounds, and other factors. By following these guidelines and paying attention to the unique characteristics of each herb, you can ensure that your stored herbs remain potent and effective for your herbal remedies.





*The Basics:*  
**HERBAL PREPARATION  
AND USE**





There are a wide variety of natural remedies available, each derived from different plants, herbs, minerals, and other natural sources. These remedies have been used for centuries in traditional medicine systems and are still used today for various health and wellness purposes.

Although herbs may be taken whole, preparing them with a solvent, such as water, alcohol, vinegar, or glycerin, helps to extract the constituents from fibrous plant material that may otherwise pass through the body.

## SOLVENTS/MENSTRUUM

Solvents are substances used to extract beneficial compounds from herbs, plants, or other natural sources in the process of creating various natural remedies. Different solvents are chosen based on the specific compounds being extracted and the intended use of the remedy.

### Here are some common solvents used in natural remedies:

- **Water:** Water is one of the most common solvents used in creating herbal infusions and decoctions. It's especially effective for extracting water-soluble compounds such as vitamins, minerals, and certain plant constituents.
- **Alcohol:** Alcohol is commonly used to make tinctures, which are concentrated liquid extracts of herbs. Alcohol can extract components, such as resins and alkaloids, that are not water-soluble. Alcohol is particularly effective at preserving the extracted compounds and has a long shelf life.
- **Glycerin:** Glycerin is often used as an alternative to alcohol for creating glycerites. Glycerites are suitable for people who want to avoid alcohol or have alcohol sensitivities. Glycerin is a good solvent for extracting some plant constituents, but it may not extract all compounds as effectively as alcohol. It has a shorter shelf-life as well.

- **Vinegar:** Vinegar is used to make herbal vinegars, which are mild acidic extracts. It is effective at extracting minerals and some alkaloids, making it a suitable solvent for certain herbs.
- **Oil:** Oils like olive oil, coconut oil, and other carrier oils are used for making herbal infused oils. This method is particularly useful for extracting fat-soluble compounds, essential oils, and aromatic compounds from herbs.
- **Honey:** Honey can be used as a solvent to create honey-based herbal remedies. While not as commonly used as other solvents, honey can extract some water-soluble compounds and has health benefits of its own.
- **Milk:** In some traditional remedies, milk is used as a solvent to extract specific compounds. This is less common and may be culturally specific.

The choice of solvent depends on several factors, including the type of compounds you want to extract, the intended use of the remedy, personal preferences such as avoiding alcohol, and the traditions or methods you follow. It's important to research and understand the specific properties of each solvent and how they interact with the compounds in the herbs you're working with to create effective and safe natural remedies.

## FRESH HERBS VS. DRIED HERBS

The decision to use medicinal herbs, dried or fresh, depends on the specific herbs and the compounds you are looking to extract for their therapeutic benefits. Keep in mind that some herbs can be used both dried and fresh, but the choice may affect the concentration and potency of their active compounds. It's important to research each herb's characteristics, traditional uses, and methods of preparation to determine whether using it dried or fresh is more appropriate for your intended purposes.

## Let's explore the differences between the two:

### FRESH HERBS:

- Potency:** Fresh herbs contain higher water content and volatile oils, which can result in more potent and aromatic medicinal properties. These properties can be beneficial when seeking immediate relief or intense flavors in teas, tinctures, or poultices. As a general rule, double or triple the amount of herbs if using fresh herbs for tea instead of dry.
- Nutritional Value:** Fresh herbs generally retain more of their nutritional content, including vitamins and minerals, due to their minimal processing.
- Visual Appeal:** Fresh herbs are visually appealing and can add a vibrant touch to dishes, remedies, or displays.
- Availability:** Depending on the region and season, fresh herbs may or may not be available year-round. Some herbs are more sensitive to weather conditions and may be harder to find during certain times of the year.
- Short Shelf Life:** Fresh herbs have a limited shelf life and can spoil quickly if not used promptly. Proper storage techniques, such as refrigeration or growing them at home, can help extend their usability.

### DRIED HERBS:

- Concentration:** Drying herbs removes water, concentrating the active compounds responsible for their medicinal effects. This can make dried herbs more suitable for longer-term use and for creating potent extracts or capsules. Always check safety information to determine whether your herb is safe to consume fresh, as some plants are toxic unless dried or cooked.
- Longevity:** Dried herbs have a much longer shelf life compared to fresh herbs. They can be stored for months to years without losing their potency, provided they are kept in a cool, dark, and dry place. This can be valuable for maintaining a well-stocked apothecary and ensuring the availability of herbs year-round.
- Convenience:** Dried herbs are readily available year-round and can be used at any time, regardless of the herb's growing season.
- Ease of Storage and Transport:** Dried herbs are lightweight, compact, and easy to store, making them convenient for creating herbal blends, tinctures, and teas in advance.
- Flavor Evolution:** While drying concentrates flavors, it can also cause some subtle changes in flavor profiles as certain volatile compounds may be altered during the drying process.

In an apothecary, it's common to have a combination of both fresh and dried herbs. The choice will depend on the specific remedies, products, or applications you're working with and the qualities you're looking to achieve.



# Teas, Infusions, Decoctions, Sun Brews



In the captivating world of herbal concoctions, a diverse range of methods bring herbs to life, each offering its own unique flavors, aromas, and health benefits. Here's a breakdown of the key differences between herbal teas, infusions, decoctions, and sun brews and how to prepare them:

## Herbal Teas

Herbal teas, also known as tisanes, are perhaps the most well-known form of herbal concoctions. For beginning herbalists, creating herbal tea blends is a simple and accessible way to become more comfortable working with herbs and plants. They offer a delightful and simple way to enjoy the flavors and benefits of various herbs.

Be aware that while it's acceptable to refer to all herbs brewed in water as "tea," true tea is made from leaves of the tea plant *Camellia sinensis*. Black, green, white, oolong, matcha, and all other true teas are made from this plant and have simply been processed in different ways. Tisanes are teas that don't contain leaves of *Camellia sinensis*. Instead, they are infusions made from the flowers, leaves, roots, or berries of other plants. By nature, herbal teas are caffeine-free, unlike black, green, white, and oolong teas derived from *Camellia sinensis*, which are naturally caffeinated.

Herbal blends often have medicinal properties and can be used to manage everything from sore throats to upset stomachs. So whether you're seeking relaxation, a boost in immunity, or simply a comforting drink, making herbal tea is an easy and rewarding process.

Here's a step-by-step guide to help you prepare a delicious cup of herbal tea:

### KEY FEATURES:

- Quick and simple preparation.
- Delicate herbs like chamomile, peppermint, and lavender are commonly used.
- Brewed with hot water, usually at or near boiling point.
- Steeping time is generally 5-10 minutes.
- Offers a soothing and aromatic experience, often enjoyed for relaxation.

### INGREDIENTS:

- Fresh or dried herbs of your choice: about 1 teaspoon for dried herbs or 2 teaspoons for fresh herbs per 8-ounce cup of boiling water.

### INSTRUCTIONS:

- 1 | **Choose Your Herbs:** Select the herbs you'd like to use based on your desired flavor and benefits. Crush the herbs in your hand or with a mortar and pestle to help weaken the plant's cell walls.
- 2 | **Boil Water:** Boil fresh, filtered water. The temperature will depend on the type of herb you're using. Generally, use boiling water for hardy herbs like peppermint and ginger and slightly cooler water (around 190°F or 90°C) for delicate herbs like chamomile.
- 3 | **Prepare the Herbs:** If using loose herbs, place the desired amount into a tea infuser or strainer. If you're using teabags, simply place the teabag in your cup or teapot.
- 4 | **Infuse the Herbs:** Pour the hot water over the herbs in the teapot or cup. Cover the teapot to trap the aromatic compounds and essential oils within.

**5 | Steep the Tea:** Steeping time varies depending on the herb and factors such as desired flavor and strength. Let the herbs steep in the hot water for the recommended time:

- Delicate herbs like chamomile and lavender: 3-5 minutes.
- Hardy herbs like peppermint and ginger: 5-7 minutes. Steeping time can also vary based on personal preference, so you can adjust it to achieve the desired strength of flavor and potency.

**6 | Strain and Enjoy:** Once the tea has steeped, remove the infuser or strain the tea to separate the herbs from the liquid. Take a moment to inhale the wonderful aroma before taking your first sip.

**7 | Optional Additions:** Feel free to enhance your herbal tea with additional flavorings:

- Sweeteners: Raw honey, maple syrup, or stevia for a touch of sweetness.
- Citrus: A slice of lemon, lime, or orange can add a zesty twist.
- Spices: A dash of cinnamon, cardamom, or cloves can introduce warming notes.

**8 | Relax and Savor:** Find a cozy spot, take a deep breath, and enjoy your freshly brewed herbal tea. Let its flavors and soothing effects wash over you, offering a moment of tranquility in your day.

By following these simple steps, you'll be able to prepare a delightful cup of herbal tea tailored to your preferences and needs. Experiment with different herbs and combinations to discover your favorite flavors and the potential health benefits they can provide.

## Infusions

Infusions are a gentle form of extraction, allowing herbs to steep in hot water for an extended period, often several hours or overnight. An herbal infusion is made with a larger quantity of herbs. They are steeped in hot water for longer than when making an herbal tea. This produces a stronger-tasting and more potent drink.

### KEY FEATURES:

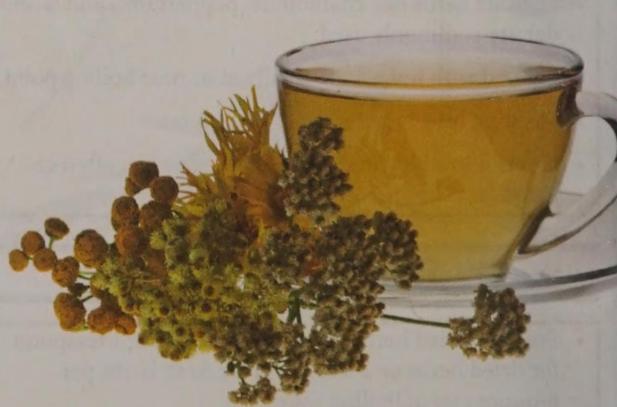
- More prolonged steeping time, usually 4 hours to overnight.
- Use a larger quantity of herbs, making them stronger and more potent.
- Ideal for more delicate herbs like hibiscus, lemon balm, and elderflower.
- It is best used for aerial parts of a plant (flowers, leaves, buds, and berries)
- Yields a more potent flavor and stronger herbal essence.
- Beneficial compounds are gently extracted, resulting in a mild yet effective infusion.

### INSTRUCTIONS:

- 1 | Place the herbs in a heatproof container (e.g. a glass jar).
- 2 | Pour boiling water over the herbs and cover the container with a lid or cloth to trap all the beneficial elements.
- 3 | Let steep for at least 4 hours or overnight for a stronger infusion.
- 4 | Strain the herbs. After leaving the herbal infusion to cool down, you can store it in the refrigerator for up to 2 days.

### INGREDIENTS:

- 1 ounce (about 30 grams) of dried herbs per quart (950 ml) of boiling water.



# Decoctions

Decoctions involve simmering tougher/woody plant parts like roots, bark, and seeds in water to extract their medicinal properties. Of course, for every rule there are exceptions. There are some dense plant materials that can be prepared as infusions with excellent results, such as licorice root, cinnamon bark, and valerian root.

## NOTE:

Roots can be decocted several times before being composted or discarded.

## KEY FEATURES:

- Involves simmering herbs in water for around 20-40 minutes.
- Best suited for robust plant materials like burdock root, dandelion root, and white willow bark.
- Extracts the deeper and harder constituents of plants.
- Produces a rich and hearty brew with concentrated flavors and benefits.

## INGREDIENTS:

- 1 ounce (about 30 grams) of dried herbs or 2 ounces of fresh herbs per quart (950 ml) of water.

## INSTRUCTIONS:

- 1 | Place the herbs in a pot and add cold water.
- 2 | Slowly bring the mixture to a simmer and let it gently boil for 20-40 minutes.
- 3 | Strain the herbs and enjoy. You can also use the decoction as a base for other preparations, like syrups.

# Sun Brews (Solar Infusions)

Sun brews, also called solar infusions, use the sun's warmth to gently extract flavors and properties from herbs over several hours.

## KEY FEATURES:

- Utilizes the sun's energy to infuse herbs into water.
- Herbs are placed in a glass container with water and left in the sun for 4-6 hours.
- Ideal for delicate herbs and flowers like chamomile, rose petals, and lemon verbena.
- Offers a gentle infusion process, resulting in a subtle and refreshing taste.

## INGREDIENTS:

- A handful of fresh or dried herbs per quart (950 ml) of cold water.

## INSTRUCTIONS:

- 1 | Place the herbs in a clean glass jar.
- 2 | Fill the jar with cold water and cover it with a lid or cloth.
- 3 | Set the jar in direct sunlight for about 4-6 hours, allowing the herbs to infuse.
- 4 | Strain the herbs and refrigerate the sun brew for freshness. Drink within a day or two.

In summary, each method—herbal tea, infusion, decoction, and sun brew—offers a unique approach to extracting herbs. The choice of method depends on the type of herbs you're using, the specific compounds you're aiming to extract, and the flavor profile you desire. Experiment with different herbs and preparation methods to discover the flavors and benefits that suit your preferences and needs.

## NOTE:

No matter the method used, you should try to use straight away. As water is the base and there is no preservative present, mold may form. They can be kept for 24-48 hours in the fridge.

# Tincture Making



Tinctures extract a wider range of constituents than water-based infusions and can last for many years if stored properly. They are generally more concentrated than water infusions and are absorbed into the bloodstream more quickly. This is due to the alcohol base, which starts absorbing through the stomach wall and even through the mouth upon taking the tincture. Rather than being digested, like other things that are eaten and drunk, the herbs are absorbed directly into the bloodstream. Water, alcohol, glycerin, or vinegar? What solvent should you use? Technically, all tinctures are extracts, but not all extracts are tinctures! To obtain a tincture, alcohol must be the solvent used to extract the herbal properties. You can, of course, use apple cider vinegar or food-grade vegetable glycerin. Essentially still a tincture, yet technically called an extract as it lacks alcohol. These often don't work as well for many herbs, and they don't last as long.

Here's everything you need to know about herbal tincture making:

## INGREDIENTS AND MATERIALS:

- Herbs:** Choose high-quality dried or fresh herbs. Different parts of the plant, such as leaves, flowers, roots, or bark, can be used, depending on the plant and its medicinal properties. Another factor to consider when choosing herbs is solubility. Alcohol can extract properties like alkaloids, sugars, enzymes, essential oils, minerals, and vitamins but precipitates the healing mucilage you may be trying to extract in herbs like marshmallow root (cold water infusion is the preferred method for marshmallow root).
- Alcohol:** High-proof alcohol, typically vodka, brandy, or grain alcohol (at least 40% alcohol by volume = 80 proof), is used as a solvent to extract the active compounds from most dried and fresh herbs. You can use a higher percentage - 70% alcohol by volume - if you want to extract the most volatile aromatic properties. Good for fresh, high-moisture herbs like lemon balm, berries, and aromatic roots.
- Glass Jar:** Use a clean glass jar with a tight-fitting lid. Dark-colored glass jars, such as amber or cobalt blue, help protect the tincture from light.
- Labels:** Properly label your tincture jars with the herb's name, date of preparation, and alcohol used. This information is crucial for tracking and dosing.

## Tincture Making Process:

### SINGLE EXTRACTION TINCTURE

A single extraction tincture is a straightforward method of creating a tincture using a single solvent - alcohol. Here's how the process generally works:

- Selecting the Herb:** Choose the plant material (such as herbs, roots, berries, or other botanicals) that you want to extract.
- Preparation:** Chop, grind or crumble the plant material to increase its surface area and aid in the extraction process.
- Ratio:** The general rule of thumb is to use a 1:5 or 1:2 herb-to-alcohol ratio. For example, 1 part herb to 5 parts alcohol means 100 grams of herbs would require 500 milliliters of alcohol. However, the amount you put into the jar will depend on the type of plant material you are using:
  - Dried leaves and flowers: Fill around half of the jar.
  - Fresh leaves and flowers: Fill around three-quarters of the jar.
  - Dried roots, berries, bark: Fill around a quarter of the jar.
  - Fresh roots, berries, bar: Fill around half of the jar.
- Alcohol Soaking:** Pour the alcohol over the herbs, ensuring they are completely submerged. The alcohol should cover the herbs by an inch or more. If the herbs absorb the alcohol and expand, top off the jar. Leave  $\frac{1}{4}$  to  $\frac{1}{2}$  inch of headspace at the top.