



Herb Drying Checklist

FOR LONG LASTING HEALING HERBS

MARTIN PELLIZZER

so glad



Dear herbalist,

*I'm so glad to know
you're a lover of herbs
like me - they changed
my life.*

*If you have any specific
question about this
checklist or how to dry
herbs in general, feel
free to send me an email
and ask.*

*Talk soon,
Martin*

checklist

*for **BEFORE** you dry herbs*

01

Double-check herbs are correctly identified to avoid drying any toxic plants

02

Harvest herbs in the season when they are at their peak of flavor and fragrance

03

Harvest herbs in the morning after the dew has evaporated but before the sun is too hot

04

Harvest herbs that are free from pesticides, chemicals, or contaminants

05

Remove part of the plant that are damaged, diseased or don't look too good

06

Rinse leaves, stems and flowers gently ONLY if they have dirt and insects to remove

07

Rinse and scrub roots thoroughly to remove any dirt

08

Ensure you have a clean, dry, and well-ventilated area for drying

09

Place the herbs in a porous basket, tray, or other surface suitable for air-drying

10

Leave enough space between herbs to allow airflow for even drying

checklist

for WHILE you dry herbs

01

Maintain low humidity to avoid moisture retention during drying

02

Ensure proper airflow around herbs to prevent mold

03

Keep drying area between 95-105°F (35-40°C) to preserve flavor

04

Dry herbs in a shaded, dark area to prevent nutrient loss

05

Inspect herbs daily for dryness and mold

06

Dry different herbs separately to avoid cross-contamination of flavors

07

Avoid crushing or bruising herbs while drying

08

Turn or rotate herbs regularly for even drying

09

Dry herbs until they are crisp and crumble easily (in some cases 2-4 weeks)

10

Use clean scissors, trays, or strings to avoid contamination during the drying process

checklist

for AFTER you dry herbs

01

Ensure herbs are completely dry before storing to prevent mold

02

Store dried herbs in airtight containers to preserve freshness

03

Prefer glass jars over plastic to avoid contamination

04

Check the container for condensation, as condensation can lead to mold growth

05

Label containers with the herb name and drying date for easy identification

06

Keep containers in a cool, dark area to avoid light and heat exposure (cabinet, shelf)

07

Store herbs whole to maintain flavor and potency longer

08

Regularly check for signs of mold or pests after storage

09

Use dried herbs within 1-2 years for optimal flavor and potency

10

Minimize opening containers to preserve aroma and taste

congratulation

Now you know more than most herbalists about drying herbs for long lasting use. Give yourself a pat in the back.

P.S.

Hope this was helpful for you!

Oh, and by the way, if you want to learn more about herbalism and how to quickly become an apothecary, regularly check my newsletter.

Chances are you are already signed it. If not, visit terrawhisper.com and sign ASAP. It's free and packed with tips.

[CLICK HERE TO
VISIT OUR SITE](http://terrawhisper.com)

