



A Complete Guide to making an Herbal COLD INFUSION and

List of Herbs that are BEST prepared

with COLD INFUSION

4 ways to make it and 2 of them are magical!

Out of all the methods to extract herbs, water-based preparations are the simplest and safest (see the fact-sheet on the bottom of this post), because you only need simple tools that most kitchens already have and water. So, if you are a beginner – this is a good starting point for you.

Making a cup of tea by dropping an herbal tea bag into a cap of hot water is fine, but not ideal, especially for some herbs that should be prepared as a cold infusion.

"This is usually due to the presence of mucilage or bitter principles that are denatured, to a certain extent, by boiling water" ([Richo Cech, 2000](#)).

[Skip to the Recipe ↓](#)

[to open a PDF of the List of Herbs that are BEST prepared with COLD INFUSION methods click HERE](#)

List of Herbs that are BEST prepared with COLD INFUSION method

Materia Medica Factsheet:

Marshmallow root (*Althaea officinalis*)
Slippery Elm (*Ulmus rubra*)
Horehound (*Marrubium vulgare*)
Angelica root (*Angelica archangelica*)
Roman Chamomile (*Chamaemelum nobile*)
Cleavers (*Galium aparine*)
Gentian (*Gentiana lutea*) root
Cascara Sagrada (*Rhamnus purshiana*) bark
Comfrey (*Symphytum officinale*) root
Pau D'Arco (*Tabebuia*) inner bark
Blessed Thistle (*Cnicus benedictus*)
Hyssop (*Hyssopus officinalis*)
American Sarsaparilla (*Aralia nudicaulis*) root
Burdock root (*Arctium lappa*)
Wormwood (*Artemisia absinthium*)
Stinging Nettles (*Urtica dioica*)
Sagebrush (*Artemisia tridentata*)
Mugwort (*Artemisia vulgaris*)
Bidens pilosa

Sagebrush (*Artemisia tridentata*)
Mugwort (*Artemisia vulgaris*)
Bidens pilosa
Red Root (*Ceanothus americanus*)
Desert Willow (*Chilopsis linearis*) bark, twigs
Feverfew (*Chrysanthemum parthenium*)
Dogwood (*Cornus*) root, bark
Tree of Heaven (*Ailanthus altissima*)
Common prickly-ash (*Zanthoxylum americanum*) bark
Witch Hazel (*Hamamelis virginiana*) bark
Fresh Lemon Balm (*Melissa officinalis*)
Peppermint (*Mentha piperita*) and all mint family
Wild Chokecherry (*Prunus*) bark
Cal. Buckthorn (*Rhamnus californica*) bark
Buckthorn (*Rhamnus frangula*) bark
Senna (*Cassia angustifolium*)
Licorice root (*Glycyrrhiza glabra*)
Fresh flowers (rose petals, wild violets, evening primrose, lilacs, lavender...)

a very simple & gentle Digestive Bitter Recipe

you will need:

- A glass jar with a lid
- 4 cups of cold water
- 1/2 cup Marshmallow root
- 1/4 cup Chamomile
- 1/4 cup Burdock root
- 1 tsp Licorice
- 1 tsp of fresh grated Ginger
- stainless steel mesh strainer

How to:

Place all ingredients in a glass jar, mix, put the lid on and allow to infuse overnight on the countertop then move the jar in the fridge. Strain out as much as needed, until it will become hard to get the liquid out, so then strain, squeeze out the wet herbs as best you can. Use within 3 days. Compost the herbs.

Dose:

Adult: 1/4 cups 3 x a day between meals
Children over 2 yo - 1Tbs, 3-5 times a day between meals

Note: take for two weeks, then switch to a different digestive bitter.

Tools you'll need:

One or Two quart size jars with matching lids (wide mouth jars like **THIS** are easier to wash)

A finely meshed **stainless steel strainer** large enough to catch a cup or so of herbal material

A cheese cloth or **muslin**

A label.

Herbs and Cold water.

Ratio:

a standard ratio is 1:32

1(by weight):32(by volume)

1 ounce of herb and 32 ounces of water.

which is about same as 1 cup of loosely packed crashed herbs to 4 cups (1 quart) of water.

other sources suggest different ratios:

- 1 part herb (in grams) in 20 parts cool water (in millilitres) per Todd Caldecott.
- and In Ayurveda a cold infusion is called hima, prepared by allowing 1 part (by weight) of the coarsely ground herb to infuse in eight parts (by volume) of water overnight. Hima is dosed at 100 mL, 2- 3 times daily.

Dosage:

4 cups (1 quart) a day of a nourishing infusion is the standard dose for an adult. But this is a therapeutic dosage for when you are sick. On a normal any given day when you are just trying to support yourself with extra nutrients half of it is fine.

Infants & Children Dosage:

- 6-12 months old – 1/10th of an adult dose
- 1-6 years old – 1/3 adult dose
- 7-12 years old – 1/2 adult dose.

As an example, I made that sun infusion with 2 cups of fresh and dry herbs using 2 quarts (8 cups) of water, and we finished it in 2 days. See the pictures below – this time I doubled the recipe. We treated it as a lemonade!

Nourishing Herbs like these are very hard to overdose on. The worst that can happen is that you will not see any results. If you see worsening of symptoms after starting on herbs with this dosing, do not discontinue, just lower for a few days, because chances are your body is detoxing.

4 ways to make an Herbal COLD INFUSION

1. the simplest way:

therefore, my preferred one!

I usually do this before I go to bed...

– I take 1 oz (about a cup) of my chosen herbs, crush them and put in one of the clean glass jars.

– fill the jar up with cold water.

– attach the lid firmly.

– shake the jar well.

– label it and leave it on my countertop overnight.

when I wake up in the morning, I shake it and taste. Sometimes it needs more time, so if you feel like this is the case – put it in your fridge till the next morning.

Or if it's ready you can filter your herbs through the strainer directly into the second jar, squeeze all the tea out the best you can.

Some suggest to add water to the tea to bring the liquid content back to 32 ounces. Others like it stronger, but you choose what you like best. .

Then store for up to 3 days in fridge or freeze for later.

Straining is optional, you can leave the herbs in and strain as needed right into your cup. The longer the herbs are sitting in, the stronger the infusion will be. You can even freeze it without filtering and strain after thawing when ready to drink it.

Strained herbs should be thanked and composted 😊

2. The most common (traditional) way

is to place the herbs (1 oz by weight) in a [cheesecloth or muslin](#) and sink it in cold water (32 fl.oz) then let it sit overnight. In the morning you would squeeze the herbs out through the cheesecloth it's in.

Here you can also add water to the tea to bring the liquid content back to 32 ounces or leave it as is.

Richo Cech says this method is necessary to allow clear water to flow through the tea bag, while the infused water with herbs is circulating down. This "circulatory displacement" will force the clear water back to the top of the jar where the herbs are floating.

3. Magic Sun Herbal tea. Refreshing summer cold infusion.



Fresh raspberry leaves, fresh Ground ivy. Dry herbs: Hibiscus, Red Clover, Calendula, Marshmallow, Bergamot.

Cold infusion powered by a direct sunlight could be made with fresh or dried herbs, flowers; fresh or frozen fruits, berries and veggies.

The water slightly heats up with the Sun's rays and its powerful energy. The herbs let out its medicinal and healing benefits into the water. Sun tea is especially helpful for those people who tend to be fatigued, cold and depressed.

Solar herbs often have a warming, drying and energizing effects, moving your energy and helping with blockages.

The herbs that are especially good for making a Sun tea have red or yellow colored flowers, are in a sunflower shape, often grow in sunny places and have a good strong aroma and

taste. The classic sunny herbs are Calendula, Angelica and St. John's wort, but many other fresh herbs, berries and flowers will make an awesome cup of sun tea!

Our favorite way to make a fresh plant sun tea is to walk around the garden and pick a few leaves and flowers here and there – clover blossoms, raspberry leaf and flowers, wild violets (flowers and leaves), rosemary, dill, parsley, hibiscus, [Ground Ivy](#), Bergamot (bee balm), spring Nettle, lemon balm, nasturtium flowers...or any combination from the List of Herbs that are BEST prepared with COLD INFUSION methods will make great Sun Tea.

Once you know the steps to making the tea with cold infusion methods, the flavor is all up to you and the possibilities are endless!

How to make it:

Add 1 cup of fresh and dry herbs into a 1-quart glass jar, fill it up with cold water, stir mixture with a spoon to help release the flavorful oils in the herbs. Then just let the sun do its magic... steeping the tea all day. Strain out herbs after the sun goes down or stick it in the fridge and strain the next morning to enjoy the cold summer refreshment throughout your day.

Add a handful of fresh or frozen berries, some sliced cucumber and a lemon wedge or orange slices, and sweeten tea if desired. Serve over ice or as is. Will keep refrigerated for 2 to 3 days.

Fresh or frozen pineapple and thyme is also our favorite flavor.

“

"The foods we eat are energy reservoirs of transformed Sun energy. Through photosynthesis, plants capture energy from the Sun and lock in that power into their stems, leaves, seeds, roots, and fruits. When we make sun teas, we get a double dose of the sun's potent energy—it's as if the water captures the sunlight!"

David Wolf in "The Sunfood Diet Success System"

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6 hours later...





the next morning, strain and add cucumbers and lemon slices. No sweetener needed.



Isn't it magical? yes it is!

4. Magic Moon Tea. Lunar Tea.

This is so far my favorite way of making tea is with the magical power of the Moon. I like to use a wide crystal bowl instead of a jar, a flat glass lid and place the bowl in the middle of my garden. Since you can only have a few full moons over the summer I like a real life witch doing this! In a good, magical way!

On the night of the Full Moon, follow the same directions as for the Sun tea, except place the crystal bowl outside in the open and let it steep in the moonlight for an entire night, and then drink it in the morning. This is especially helpful for people who run too hot and tend to be anxious and "wired". Moon tea helps you to become... happier, in a way.

Long ago, people noticed a link between the ups and downs of their mental state and the moon, therefore the word lunatic was derived. Probably this has a lot to do with internal parasites mating around full moon.

In Rosemary Gladstar's [Herbs for the Home Medicine Chest](#), she says that we are children of the sky and that working with the light of the stars and the moon brings in a special touch to the teas, and that lunar tea is magical and the fairies love it! An excellent remedy for when you are feeling too serious or stressed out, because it brings a bit of that "lunacy" with it 😊

Did you know that Moon in Latin and Russian is "Luna"? That why its called Lunar Tea.

Classic Herbs of the moon are succulent and juicy in nature. Also they are cooling, moistening, and nourishing, helping to regulate fluid and hormones and can often be helpful before and during menstruation.

Lemon balm, willow, nasturtium, Aloe, cleavers, marshmallow are some of the best to make a Lunar tea with.

Save the date to make your next Magic Moon Tea in 2018:

June 28, July 27, August 26, September 24...

for farther dates refer [HERE](#).



Wild Violets Lunar Cold Infusion.



this was the actual color! My kids said it looks like a potion!

“

"The magic of the moon's influence on our lives cannot be explained in rational terms. It can only be felt and experienced"

-from *Herbal Healing for Women* by Rosemary Gladstar

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my fridge... 😊 tea, tea, tea and ferments! 😊

Herbal Water Extractions Fact-sheet. Teas, Infusions, Decoction.

[Click HERE to PRINT both PDF Materia Medica Fact-sheets](#)

Herbal Water Extractions

Tea. Infusion. Decoction.

Two types of dry Herbs:

Soft herbs

dry leaves, petals, flowers, calyx, buds, soft stems, grass.

Hard herbs

roots, bark, dried berries, hard woody stems, seeds, dry peelings & mushrooms.

Herbal Tea

Combine 1-2 tsp. of dried herbs per cup of boiling water. Once you've added the herbs to the water, remove from heat. Cover and steep for 5-10 minutes. Strain the herbs and drink.

if you have Soft herbs
you make a tea or an infusion

If you have Hard herbs
you make a decoction

If you have both
you combine the two methods

Herbal Infusion

Same as an Herbal Tea, only for an infusion you take a larger amount of herb brewed for a long time.
Usually 1 oz of dry herb to a quart of water.

Two types of Infusions:

Cold Infusions

is ideal for slimy, mucous herbs, bitter herbs and herbs with delicate essential oils (see the list below)

How to make a Cold Infusion

Add 1 oz. (about a cup) of herb and 32 ounces of water. Place herbs in a quart jar, fill with cold water, and cap. Allow to infuse overnight. Strain the herbs and drink.

Hot Infusions

for all the rest soft herbs

How to make a Hot Infusion

add 1 oz. (about a cup) of dried herbs to a quart jar. Pour boiling water over the herbs to the top of the jar. Cover with a lid and cozy the jar under a thick warm towel or blanket and let the herbs steep 4-10 hours and then strain.

Herbal Decoction

Decoctions are simmered teas and this method is used when extracting constituents from the Hard Herbs, except the herbs recommended for Cold Infusion method.

How to make an Herbal Decoction

One tablespoon of herbs per cup of cold water. Slowly heat the water with the herbs to a simmer and cover. Allow to gently simmer on low for 15 to 45 minutes. Remove from the heat cover with a thick old towel and let cool. Leave to infuse for 4 to 10 hours. Strain and drink.

General Adult Dosage:

A general adult dose is a quart of herbal infusion/decoction throughout the day.

General Infants & Children Dosage:

6-12 months old - 1/10th of an adult dose
1-6 years old - 1/3 adult dose
7-12 years old - 1/2 adult dose.

Useful tip:

once you strain the herbs out, before you compost them, wait, because there is much goodness still there and you can make a cup of tea for yourself, as I do all the time. Just pour boiling water over the strained herbs, cover and let sit for few hours or overnight. After that compost them knowing that nothing is wasted. Or if you have chickens, toss it to them, they will pick at what they like and compost the rest.

Summary:

There isn't much difference between the 4 ways of making the Cold Infusion at all. You can either mix the loose herbs with the water and filter them later or place the herbs in a cloth and not worry about a strainer as they are wrapped in the muslin already.

Also you can either leave your jar to infuse on the countertop, fridge, under the Moon or the Sun. Either way you will get a very nice cup of tea!

Herbal Sun Tea

Author: Milla Ezman

Ingredients

- 1/4 cup dry Hibiscus calyx
- 2 Tbsp Marshmallow root
- 2 Tbsp Dried Bergamot blossoms & leaves
- 2 Tbsp Dry Red Clover blossoms
- 2 Tbsp Dry Calendula petals
- couple of fresh Raspberry leafs
- Couple of fresh stalks of Ground Ivy
- 4 cups Cold Water



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Instructions

1. Place all the herbs (it should be about a cup in volume) in a clean glass jar, add the water, put the lid on, give it a shake and place on a sunny spot for the entire day.
2. after the sun goes down, move your jar in your fridge.
3. In the morning, strain the herbs out, thank them for coming and compost them.
4. Add lemon, orange, ginger or cucumber slices and honey and drink your tea through the day!
5. Blessings!

Recipe Notes

Any mint family herbs are great for this method: lemon balm, peppermint, ground ivy, catnip, lavender, hyssop, lemon thyme, bee balm(bergamot)...
Other combinations:

1. Hibiscus, Chamomile, Marshmallow, lemon, and honey.
2. Calendula, chamomile, cucumber, blessed thistle, lemon balm, and honey.

3. Hibiscus and Marshmallow, with frozen blueberries and fresh celery stick.
 4. Marshmallow, licorice, and calendula with cucumber and honey
 5. Lavender, rose petals and mugwort with added cucumber and lemon.
 6. Hibiscus, orange slices, red clover and burdock root...
- ...the possibilities of the combinations are truly endless! You can make a different tea each time you make it for the rest of your life, never repeating!

REFERENCES:

Making Plant Medicine, by Cech, Richo

Moore, Michael "Cold Infusion" list of herbs. Retrieved July 2014 from
<http://www.swsbm.com/ManualsMM/CldInfus.txt>

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3 thoughts on “A Complete Guide to making an Herbal COLD INFUSION (FREE printable)”



PRISCILA BRAVER

10/30/2019 AT 2:19 AM

Great post. I will be facing a few of these issues as well..

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MICHELLE DREYFUSS

03/23/2019 AT 3:03 AM

An amazing read!!! ❤ Thank you. I'm sort of new to all this. My question is should I use a cold water infusion with mullein? I have COPD and need all the benfits I can get from this lovely herb

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[Reply](#)**MILLA EZMAN**

03/23/2019 AT 10:55 AM

A cold infusion pulls out the components of mullein that considered to be amazing for the whole respiratory tract and weak lungs. So if it is the lungs you want to focus, yes, mullein via cold infusion method is the way to go. a tablespoon of crushed or chopped leaves to a cup of cold water overnight. The lunar infusion will work even better. Blessings!

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Ground ivy

the invasive Creeping Charly is actually an

amazing medicinal Herb!

How to harvest, Dry, Store.

Health Benefits.
Medicinal Uses.
Preparation.





Candida

(yeast infection)

How to
control it with
Herbs & Foods

without
removing fruit

Helpful optional tools

Ball Mason Jar-32 oz. Clear Glass Ball Wide Mouth-Set of 2

[check the price](#)

these jars are the ones I use to make a small batch of cold infusion.

Cold Brew Coffee Maker Kit - 2 Quart (64 ounces)

[check the price](#)

this looks like it would be perfect to make a larger batch of cold infusion, if you want to freeze some for later.

Cold Brew Coffee Maker & Tea Infuser Kit - 2 Quart Glass Ball Mason Jar, reCAP Pour Spout, and Conical Stainless Steel Filter

[check the price](#)

same thing, only with the pour spout, would make it easy on the go.

Ultra-Fine Mesh Cold Brew Coffee Filter to Use with 2-Quart Mason Jar

[check the price](#)

This is if you already have a 64 oz mason jars for it

Fine Mesh Stainless Steel Strainers Set of 3.

[check the price](#)

I had this set for years, and the sizes are perfect to strain anything.

Funnel Set - Stainless Steel

[check the price](#)

I just got this set recently, after been using a small plastic funnel. these are on a larger side, which will be very very handy! and they just look so sturdy! Very well made.

Organic Muslin Reusable Strainer Cloth.

[check the price](#)

this muslin is great to strain the tiniest specs of your tea as well as making seed and nut milks. My kids don't like when herbs floating on top, and it must be organic, because cotton crops are sprayed with glyphosate the heaviest.

Or just use an old dinner napkin that had been washed a hundred times 😊 I've done it. Worked great too!

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