

## **Herbal Apothecary**

- Your apothecary should be filled with herbs and preparations that are most useful to you and / or your family.
- Can contain herbal first aid care, your regular herbal medicines you consume, medicine making supplies and more.

### **Choose Your Herbs**

- Create a list of 20 herbs you'd like to have in your herbal apothecary
- what are the main functions of your apothecary - what are the main herbal actions you want to include
  - adaptogens, alteratives, anodynes, anti depressants, antiseptics, antispasmodics, aphrodesiacs, bitters, astringents, carminatives, lymphatics, nervines, sedatives,
  - first aid,
  - your personal health and wellness
  - your families health and wellness
  - your community
  - these will all help guide the herbs you choose, the supplies you need and the practices you employ
- **Sourcing your Herbs**
  - your garden
  - local herb farms, Zach Woods Herb Farms
  - small reputable herbal apothecaries and herbalists, us! olivia, mortar and pestle, blue Nile botanicals
  - bulk rates like Mountain Rose Herbs, Frontier, Starwest Botanicals
  - Poppyswap - online retail for herbalists
  - careful when selling online!
  - local health food store

### **Herbal Medicine Making Resources**

- Making Plant Medicine (Richo Cech)
- The Herbal Medicine Makers Handbook - James Green

### **- Supplies**

- quart, pint, half gallon, gallon size jars for making tinctures, storing herbs
  - grocery and local hardware stores
  - gallon jars from Five Guys
- brown or blue bottles to hold tinctures
- choose your booze for tincturing (at least 80 proof - or 40%)
  - choose an alcohol that does not have added flavoring agents, herbal tinctures work best when they taste like the herbs they are made of
- vegetable glycerine
- vinegars
- droppers or various tops
- salve tins or plastic containers
- deodorant tubes/lipbalm
- plastic or metal spritzers
- tea tins
- tea bags
- plastic bags
  - Mountain Rose Herbs
  - SKS Bottles
  - Specialty [bottle.com](http://bottle.com)
- graduated cylinders - amazon
- measuring cups

- measuring spoons (powders, herbs)
  - tea funnels
  - tincture funnels
  - tincture press
  - cheese cloth
  - strainers (fine)
  - coffee filters (non bleached)
  - cotton muslin cloth
  - parchment paper
  - mortar and pestal
  - coffee grinder
  - blender or vitamin
  - metal bowls
  - rubber spatulas to remove all material from containers
  - stirring devices
  - double boiler for oil infusions
  - scales
  - pouring devices
  - permanent markers
  - good herbal books!
  - calculator
  - beeswax for salves
  - aloe vera gel
  - witch hazel
  - isopropyl alcohol for linaments
  - carrier oils (olive, almond, apricot)
  - essential oils
  - preservatives such as vitamin e or rosemary eo
  - paper towels
  - sponges and rags
  - dehydrator
  - yogurt maker (or your car) for oil extracts
  - crock pot that stays around 100 or 110 degree
  - thermometer to check!
- **Labels**
    - vistaprint
    - label makers
    - hand written using recycle paper bags
    - think about waterproofing!
- **Storing your herbs**
    - away from sun
    - in plastic bags
    - transfer to glass jars
    - cover bags in bags to avoid bugs

### **Harvesting & Processing Herbs**

- harvesting supplies
  - small/large shovels, pitch forks, gloves, pair of hands, sticks, cut, whittle, srape, dig and carry
  - pruning sheers - felcos
  - leatherman or other good pocketknife
  - trowels, shovels
  - harvest into baskets or paperboys NOT plasic!
  - record your harvest, location, quantity, parts harvested etc
  - dont harvest with bare feet when using tools!

- fresh aerial parts
    - harvest leaves and flowers mid morning, after dew has dried
    - leaves tend to contain the highest quantity of herbal medicine right before they flower
  - leaves of biennials are usually harvest on the first year of growth
  - roots are usually dug at the end of the growing season or during dormancy
  - harvest and was in water, can use a high pressure hose, scrub brush if necessary just to remove dirt and rocks
  - use pruning sheers to remove portions of stem, old wood, or rotten portions.
  - place on clean cutting board chop or use pruning sheers if very wood
  - flowers are harvested in the early stages of maturity
  - harvest - finely mince or chop (some use blenders, some would never)
  - place in jar and add alcohol
  - Wise Woman
    - fresh herbs fill the jar then add alcohol
    - fully label
    - shake daily for 2-4 weeks
    - press and store
- 1:5 - weight (herb) to volume of menstrual (alcohol) - YEAR 2

### **Drying**

- shaded dry area with good air circulation
- optimal air temp is between 85-100 degrees
- drying racks
- or herbal bundles (not too big!)
- you can hang twine or string to put your bundles
- laying plants on sheets in shade (use area where there is tall grass so air can circulate under, watch out for rain!)
- dehydrator great for roots/super moist herbs

### **Record Keeping**

- Keeping good records of your harvests and the medicines you make helps you to gain information and trouble shoot when inevitable questions come up!
- Keep an apothecary journal in addition to labeling your medicines you make
- as your harvest or as you receive herbs keep track of those in your journal
- Medicine Making - list herb name, botanical name, date, and the lot #
- lots help to keep track of each batch of medicine you make, and are essential in larger scale apothecaries
- can also track the lot of the herb in addition to the tincture
- if there is a question about how a preparation came out
- if there was a complaint

### **Dosage of tinctures**

- 1 oz bottle is 30 ml
- one dropper full is 1 ml (30 drops)
- half a dropper (or one squeeze is 15 drops)
  - infants (10 weeks to 3 years)
    - 2 to 5 drops well diluted in water, milk, juice, taken 3-5 times daily
    - many herbs are safe, but low dose botanicals should be avoided (arnica, lobelia)
    - infants are very sensitive to botanical medicine and the lowest dose possible should be used
- Dosage for Children
  - 4-10 years
  - average dose is 4-10 drops well diluted in water or juice, 3-5 times daily, low dose botanicals should be avoided in favor of gentler herbs
- Adults

- 30-60 drops (1 to 2 droppersfull diluted in water 3-5 times daily) t
- this is a therapeutic intake and appropriate starting dosage
- always start lower and build from there
- Drop dosage is sometimes employed
- Senior Dosage
  - seniors also tend to be sensitive to herbal therapy
  - good starting dose is 30 drops 3-5 time daily
- This all varies based on
  - body weight
  - severity of condition
  - herb you are using - the nature of the herbs
  - large single doses are not as effective, rather with herbs we are gently nudging the body back towards homeostasis therefore lower dose, frequently is preferred
- Appropriate use
  - get to know your herbs!
  - ethical use/distribution of herbs is important!
  - kava kava example
  - herbs have a physiological affect, we would not want to use liver stimulating herbs (oregon grape) on someone who has an inflamed liver for example
- Pregnancy
  - many herbs are not advised during pregnancy, generally because of affect on fetus, vascular system or uterus
  - check contraindications in your herbal books
  - examples include, barberry, black cohosh, cayenne, comfrey, goldenseal, mugwort, yarrow, oregon grape)
- Hypersensitivity and Allergies
  - most herbs are safe for most people
  - if a reaction occurs - recommended to stop
- Herb Drug Interactions - always check!!

## **Making an Herbal Formula**