

## Moisturizer Recipes

Almond oil, Grapeseed oil, or Calendula infused oil make great moisturizers, especially after the shower. Or try one of the following recipes.

### Basic Cream

- 1 cup oil
- ¾ ounce beeswax (22 grams)
- 1 cup water (lukewarm)
- 30-50 drops essential oil

### Basic Lotion

- ¾ cup oil
- 1 cup water
- ½ ounce beeswax, shaved  
(about 2 tablespoons)

30 drops essential oil

Directions for Basic Cream or Lotion: Melt beeswax and oil in a double boiler until the beeswax has melted. Put the lid on your blender, removing the center ring. Pour water in the blender and turn it on to high speed. Slowly add the beeswax and oil mixture. The mixture should become completely emulsified. Lastly add the essential oils. Storing in the refrigerator will prolong the shelf life.

### References

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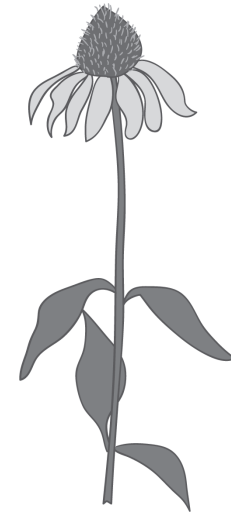
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Weed, Susun S. Healing Wise. Ash Tree Publishing, Woodstock, NY, 1989.

## About City Market, Onion River Co-op

City Market, Onion River Co-op is a consumer cooperative, with over 10,800 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of local, organic and conventional foods, and thousands of local and Vermont-made products. Visit City Market, Onion River Co-op online at [www.CityMarket.coop](http://www.CityMarket.coop) or call 802-861-9700.

# Medicinal Herbs



The sky is the limit when using the herbs from our bulk section! We carry an array of herbs that may be used for culinary, medicinal, or body care purposes. Buying herbs in bulk allows you to decide the amount you purchase, the way the herbs are prepared, and the combination of herbs used. This brochure contains directions for various herbal preparations using different mediums for extraction, such as water, oil, vinegar, honey, and alcohol. There are many ways to use bulk herbs beyond these guidelines.



**Your Community-Owned Grocery Store**  
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## Tea

This is a quick and easy way to make a tasty medicinal beverage.

Herbs are placed in a tea bag or tea ball and steeped in hot water for 10-20 minutes. Use 1-3 tablespoons of herbs per cup of water.

## Infusion

This is the preferred preparation for aerial (above-ground) parts of plants. This extraction brings out vitamins, minerals, nutrients, and other medicinal compounds.

An herb or combination of herbs (4-6 Tbs.) is steeped in hot water in a quart mason jar for several hours or overnight and then strained. A solar infusion may be made by placing the jar of herbs and water in the direct sunlight for several hours.

## Decoction

These extractions are preferred for woody parts of plants such as barks, roots, rhizomes, seeds, and nuts. These plant parts need more heat to extract their medicinal benefits.

Use 4-6 Tablespoons per quart of water. Place the herbs in a small saucepan and cover with cold water. Simmer covered for at least 45 minutes.

For a stronger decoction, simmer the herbs for a longer period of time.

## Syrups

Children often prefer this method, as it is one of the tastiest herbal preparations.

Start with 2 ounces of herbs and one quart of water. Simmer over low heat until the liquid is reduced to one pint. Strain the herbs and for each pint of liquid, add one cup of honey (or maple syrup or vegetable glycerin). Warm the liquid and sweetener together to thoroughly mix the ingredients. Bottle and refrigerate. The syrup will keep in the fridge for several weeks.

## Tincture

### (Traditional or Simpler's Method)

Made with alcohol and water, or sometimes with glycerin or vinegar, tinctures are potent and convenient for travel.

Place the finely chopped plant material in a jar. Cover the herbs by 2-3 inches with alcohol (80-100 proof vodka, gin, or brandy) or vinegar. Let the herbs steep in the alcohol for 4-6 weeks, shaking daily. Strain the liquid and store it in a glass jar. To use glycerin instead, dilute it by half with water before pouring it over the herb.

## Double Extraction

This is the way medicinal mushrooms, astragalus, and codonopsis are prepared. This allows extraction of both water soluble and alcohol soluble constituents.

Part 1: Use 1 part dried mushrooms to 5 parts water, and simmer in a covered pot for two hours. Remove 2/3 of the mushrooms, set aside until cool, and then refrigerate. Take the cover off the pot and simmer over a very low flame until the liquid has been reduced to 1/5 of the original volume.

Part 2: Let the liquid and mushrooms cool until room temperature and add the mushrooms from the refrigerator. Add alcohol until the volume is 25% alcohol. Example: If tea/mushroom total is 30 oz add 20 oz of 100 proof vodka. Shake daily for 6 weeks and then strain.

## Infused oil

Infused oils can be used in cooking or topically as a massage oil or moisturizer. They are also used in making salves and lotions. Fill a mason jar with fresh or dried herbs and cover by 2 inches with oil. Some herbs float, so instead you will want the two inches of liquid below the plant material. Shake daily and then strain after 4-6 weeks. If you're infusing fresh plants in oil, allow them to wilt slightly before putting them into the jar to decrease water content. After straining the oil, allow it to sit for 24 hours so the water from the plants and oil separate, and then, pour off the oil the following day.

## Salves

Once you've made an infused oil, you can use it to create a healing salve.

Start by following the directions for making an infused oil. For each cup of infused oil, add 1 oz (weight) of grated beeswax. Melt the oil and beeswax in a double boiler. Once melted, check the consistency of the mixture by putting some on a spoon and putting it in the freezer. Add more beeswax or oil as needed to reach the preferred consistency. Pour the melted mixture into small glass jars or tins and allow to solidify.

