



## Medicinal Herbs

We carry an array of herbs that may be used for culinary, medicinal, or body care purposes. This brochure contains directions for various herbal preparations using different mediums for extraction such as water, oil, vinegar, honey, and alcohol.

### Using Medicinal Herbs

**Infusion** - This is the preferred preparation method for aerial (above-ground) parts of plants. This extraction brings out vitamins, minerals, nutrients, and other medicinal compounds. An herb or combination of herbs (4-8 Tbsp) is steeped in hot water in a quart mason jar for several hours or overnight and then strained.

**Decoction** - This method of extraction is preferred for the woody parts of plants such as bark, root, rhizomes, seeds, and nuts. Use 4-8 Tbsp per quart of water. Place the herbs in a small saucepan and simmer, covered for at least 45 minutes.

**Syrups** - This kid-friendly extraction method is one of the tastiest forms of herbal preparation. 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. Warm the liquid and the sweetener together to thoroughly mix the ingredients. Bottle and refrigerate for up to 3 weeks.

**Tinctures** - Made with alcohol and water (or vinegar/vegetable glycerin) tinctures are potent and convenient for travel. Place the finely chopped plant material in a jar.

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# Bulk Foods

## Medicinal Herbs

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.

**Infused Oils** - These oils can be used in cooking or topically as massage oil or moisturizer. Fill a mason jar with fresh or dried herbs and cover by 2 inches with oil. Shake daily and then strain after 4-6 weeks. After straining the oil, allow it to sit for 24 hours so the water from the plants and oil separate. 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. For each cup of infused oil, add  $\frac{1}{4}$  cup grated beeswax. Melt the oil and beeswax over very low heat. Check the consistency by putting some on a spoon and putting it in the freezer. Add more beeswax or oil as needed. Pour the melted mixture into small glass jars or tins to store.



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