Tinctures, Teas and Oils for Your Home Medicine Cabinet

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Let me introduce myself

• Noelle Fuller

• Manager of UGArdens Herbs

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• Beautycounter consultant
Tell me about yourself

• Name
• Why are interested in making your own medicine
• What do you hope to learn?
Overview

• Framework
• Tinctures
• Break for LUNCH
• Herbal infused oils
• Teas
• Case Study: calendula
Framework

- Empower you as herbalists
Herbal Healing Traditions

- Clinical Western Herbalism
- Traditional Chinese Medicine
- Ayurveda
- Native American
How to Choose Herbs

• Herbal actions
• Energetics
• Accessibility
• Acute vs Tonic
THE KEY TO Winter Wellness
Extracting Medicine

- Herb with various phytochemicals
- Solvent: anything that will dissolve another thing
- General principle: like dissolves like
- Different solvents and solvent mixtures will extract a different set of constituents from the plant material
Extracting medicine

- Different preparations can target specific areas of the body, and different modes of action
  - Tea for sore throat
  - Bitters for digestion
  - Salve for a bug bite
Herb Sourcing

• Bioregional Herbalism
  – Grow your own!
Herb Sourcing

• Organoleptics
  – Judging the potency, quality and phytochemical composition of an herb or extract with the senses
Herb Sourcing

- 3rd party testing
• Best way to learn herbs is through experimentation
TINCTURES
Supplies Needed

- Solvent
- Herb
- Scale
- Grinder/chopper
- Container
- Cloth for straining and bowl
- Labels
When To Use Tinctures

• To preserve an herb that only has activity fresh
  – Milky oats
• To extract specific phytochemicals
  – Milk thistle
• For Convenience
• For specific body systems
• To have longer shelf life
• When the herb tastes bad
Choosing a solvent

- Solvent mixture is typically used

- Different solvents and solvent mixtures will extract a different set of constituents from the plant material
Choosing a solvent

- Alcohol (Tincture)
  - The proof the alcohol is double the percentage
    - 80 proof vodka = 40% ethanol
    - 190 proof alcohol = 95% ethanol
- Vinegar (Tincture)
- Glycerin (Glycerite)
Terminology

- Maceration: herbal extracts made by steeping herbs in solvent

- Menstruum: solvent, solution used to extract phytochemicals from herbs

- Marc: spent plant material strained out after maceration
Folk Method
Weight to Volume Method (W:V)

- Precise solvent mixtures
- Weighing out plant material and solvent (menstruum)
- When in doubt use dilute alcohol. 100 proof vodka
Shaking
Labeling

- Common name
- Botanical name
- Fresh or dried
  - and plant part if applicable
- Weight to Volume Ratio
  - herb : menstruum
- Alcohol Percentage
- Date
Labeling

• Examples

• Elecampane (*Inula helenium*) Fresh root [1:2, 50% alc] 9.6.19

• Calendula (*Calendula officinalis*) Dry [1:5, 70% alc] 9.06.19
Tincture Demonstration
Lunch Break

Fill out email form to receive copy of powerpoint PDF, online handout and extra resources

INFUSED OILS
Supplies Needed

- Herbs (fresh or dried)
- Oil
- Scale
- Container
- Way to heat herbs and oil
- Bowl and cloth for straining
- Label
When To Use Herbal Oils

- When herb is best extracted into oil
  - Resins
  - Essential oils
  - Flavonoids
- For specific body systems
  - Primarily for skincare
Basics of Oil Infusions

• Powder or chop plant material
• Mix with oil
• Place in heatproof container and gently heat
• Shake every day
• Infuse 1-10 days
• Strain
• Store in cool dark place
Ways to Infuse Oil

- Solar method
- Double boiler method
- Oven method
- Dehydrator
- Instant pot
- Yogurt maker
- Car method
Hydrodistillation

- Powder plant material and add water
Hydrodistillation
Hydrodistillation

Flask with sample and water
Hydrodistillation

Flask with sample and water

Heating Mantle and Rheostat
Hydrodistillation

Flask with sample and water

Clevenger trap

Heating Mantle and Rheostat
Hydrodistillation

- Condenser
- Flask with sample and water
- Clevenger trap
- Heating Mantle and Rheostat
Using Fresh vs. Dry Herbs
Preparations

• Salve
• Lip balm
• Body oil
• Face serum
• Culinary oil
• Etc…
Choosing Your Oil

• How do you want to use it?
• Where do you want to use it?
Choosing Your Herbs

• Top 3 skincare herbs
  • Plantain
  • Calendula
  • Comfrey
Add-Ins

• Beeswax
• Essential oils
• Tinctures?
• Other oils and waxes
Plantain Calendula Salve

All-Purpose Salve
insect bites, rashes, sores, and minor cuts

Ingredients: calendula and plantain infused olive oil, beeswax

Net wt. 0.5 oz. / 14 g
Powder Dried Material
Add Oil
Infuse in Dehydrator for 7-10 Days
Strain
Add Beeswax
Add Essential Oils (optional)
Labeling

- Common name
- Latin name
- Fresh or Dried
- Oil
- Weight to volume ratio
- Date
Labeling

• Example
  – Calendula (*Calendula officinalis*) Dried [1:4, olive oil] 9.02.19
TEAS
Supplies Needed

- Fresh or dried herb
- Container for steeping
- Water
- Way to heat water
  - if doing hot infusion
- Strainer
When to use teas

• When the herb is best extracted into water
  – Ex. Mucilage
• More accessible and less expensive
• Good for people that want to avoid alcohol
• Hydrating
• Comforting
• Sensual
Types of Water Preparations

- Decoctions
- Tisanes
- Infusions
Decoctions
Tisanes
Infusions
Cold vs. Hot
Fresh vs. Dried
How to Blend a Tea

- Think of symptoms
- Herbal actions
- Energetics
- Personal experience
- What do you have on hand?
- Taste testing
Model Plant: Calendula
Medicinal Uses Tea
Medicinal Uses Tincture
Medicinal Uses Salve
Resources
Where to Find Me

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