

Instructions for Making Herbal Tinctures

ASSEMBLE ALL ITEMS BEFORE BEGINNING

- 1 Blender
- 1 quart glass canning jar with lid
- Paper Label or masking tape
- Permanent Marker
- 25-30 ounces 80 proof Vodka
- 4 oz Dry Herb Kit



- 1) Pour Herbs into blender;
- 2) Pour alcohol over herb until covered.
- 3) Blend with lid on about 60 seconds or until herb is blended with alcohol.

Pour alcohol and herb mixture into glass jar. Add more alcohol if needed. When herb has settled you will want to see no less than 60% herb on bottom of jar to 40% alcohol resting on top. If you have more herbs you may add a bit more alcohol.



If you only cover the herb in the blender with alcohol to blend you should need to add more Vodka not herb to the final mix.

Now Label and date your jar and place on a counter you pass by often, but out of direct sunlight. Shake it 3 or 4 times a day when you pass by to assist in the tincturing process. When following the moon cycles I have found that the tincture is usable in 14 days. Allowing the herbs to extract for at least 30-90 days is always better.



It is always best to set herbs on the new moon and squeeze them out of the full moon. Nature has a built in pull that assists in the planting and harvesting process this also is true of the tincturing process. Most calendars will show these dates with pictures of the moons. If you cannot find the dates email Heal (healletters@aol.com) and we will share them with you.

SQUEEZE OFF

Here is a list of Items to have on hand when you are ready to squeeze off your herbal extracts.

Light cotton fabric.
Glass mixing bowl
Jar to store herbs in when strained.
Label & Marker
Herbal Press *optional



- 1) Place cloth over glass bowl, you may secure it with large rubber band if working alone or have your partner hold it securely while you pour the herbs into it.
- 2) Empty contents of jar into center of cotton material,
- 3) Gather up the ends of the cloth around the herbs to form a ball and squeeze the remaining liquid extract out of the herbs into your bowl.



Pour strained extract into a dark colored jar and store in dark place.
(Extended exposure to sunlight will weaken your herb tincture).

HERBAL PRESS

An herbal press such as the one seen here is an excellent tool. When squeezing off the 32 oz jar above by hand, my husband was able to squeeze out an additional 4 ounces of extract using this press.

This herbal tincture press can pay for itself quickly by increasing both quality and quantity of your production. The powerful vice like mechanical screw delivers high pressure with little effort. This herb press is the ideal size for those doing tinctures and infusions in family size, one pint to several gallon batches.

Find it on the web at: <http://www.mathrespresents.com/HerbalTincturePress.htm>
If you would like more information you may email at charley@goldrush.com (please put "press or presses" in the subject box) or call us at 209-286-1232

