



INFUSIONS

1. Hot infusion- a method of extracting the beneficial compounds from herbs using hot water. It's a straightforward and effective technique often used for herbs that release their properties more readily when exposed to heat. Here's how it typically works:
Preparation: Start by placing the dried or fresh herb in a heatproof container, such as a teapot or a cup.
2. Boiling Water: Boil water and then pour it over the herbs.
3. Steeping: Allow the herbs to steep in the hot water for a period of time, usually between 5 to 15 minutes, depending on the herb and the desired strength of the infusion.
4. Straining: After steeping, strain the herbs from the liquid. The resulting infusion is now ready to be consumed or used as part of a treatment regimen.

Hot infusions are commonly used for herbs with delicate leaves or flowers, such as chamomile or peppermint, where the heat helps release essential oils and active constituents into the water. This method not only helps in extracting the herb's beneficial properties but also makes the infusion more palatable and soothing to drink.

COLD INFUSIONS

A cold infusion is another method of extracting the beneficial compounds from herbs, but it involves using cold or room-temperature water instead of hot. This technique is particularly useful for herbs that are sensitive to heat or for those whose active constituents are better extracted slowly. Here's how you typically make a cold infusion:

1. Preparation: Place the dried or fresh herb in a container, such as a jar or a pitcher.
2. Cold Water: Pour cold or room-temperature water over the herbs.
3. Infusing: Allow the herbs to steep in the water for an extended period, usually between 4 to 12 hours. This is often done overnight in the refrigerator or at room temperature, depending on the herb and your preference.
4. Straining: After the infusion period, strain out the herbs. The resulting liquid can be consumed or used as needed.

Cold infusions are ideal for herbs with delicate or volatile compounds, like mint or chamomile, which can be damaged or lost with heat. This method often yields a milder, more subtle flavor compared to hot infusions, and it's a refreshing option for herbal teas, especially in warmer weather.



LONG INFUSIONS

A long infusion, sometimes referred to as a cold or extended infusion, is a method of extracting the beneficial compounds from herbs by allowing them to steep in water for an extended period. This process typically involves soaking the herbs in water for several hours or even overnight. Here's how it generally works:

1. Preparation: Place the dried or fresh herb in a container, such as a jar or a pitcher.
2. Adding Water: Pour cold or room-temperature water over the herbs.
3. Infusing: Allow the herbs to steep for an extended period, usually between 8 to 12 hours or overnight. This can be done at room temperature or in the refrigerator.
4. Straining: After the infusion period, strain out the herbs from the liquid.

Long infusions are particularly useful for extracting a wide range of compounds from herbs, including those that are less soluble in hot water. This method is often used for herbs with delicate or complex constituents, such as roots, seeds, or leaves that benefit from a slow extraction process. Long infusions can yield a more potent and flavorful extract compared to shorter infusions, and they can be consumed as a refreshing beverage or used in various herbal preparations.

Hot Infusions:

Administration:

- Preparation: Use approximately 1 to 2 teaspoons of dried herb (or 2 to 3 teaspoons of fresh herb) per cup of boiling water.
- Steeping Time: Steep the herbs for 5 to 15 minutes, depending on the herb and the desired strength.
- Straining: Strain the herbs from the liquid before drinking.

Dosage Guidelines:

- General Recommendation: Drink 1 to 3 cups per day, but this can vary based on the herb and the specific health goals or conditions being addressed.
- Frequency: Infusions can be consumed daily, but it's important to follow dosage recommendations for specific herbs, as some may have different effects or interactions.

Cold Infusions

Administration:

- Preparation: Use approximately 1 to 2 teaspoons of dried herb (or 2 to 3 teaspoons of fresh herb) per cup of cold or room-temperature water.
- Steeping Time: Allow the herbs to steep for 4 to 12 hours, typically overnight.
- Straining: Strain the herbs from the liquid before drinking.

Dosage Guidelines:

- General Recommendation: Drink 1 to 2 cups per day, depending on the herb and individual tolerance.
- Frequency: As with hot infusions, cold infusions can be consumed daily. Adjust based on the herb's effects and any personal recommendations.

LONG INFUSIONS

Administration:

- Preparation: Use a higher ratio of herbs to water, often around 1 ounce of dried herb per quart (4 cups) of water.
- Steeping Time: Steep the herbs for 8 to 12 hours or overnight.
- Straining: Strain the herbs from the liquid before use.

Dosage Guidelines:

- General Recommendation: Consume 1 to 2 cups per day, or as directed based on the specific herb and health objectives.
- Frequency: Long infusions can be taken daily, but as with other infusions, it's essential to adhere to the herb-specific dosage guidelines.

GENERAL CONSIDERATIONS:

- Consultation: Always consult with a healthcare professional or a qualified herbalist before starting any new herbal regimen, especially if you have underlying health conditions or are taking other medications.
- Monitoring: Pay attention to how your body responds to the herbal infusions and adjust the dosage as needed.
- Quality: Use high-quality, organic herbs whenever possible to ensure the best efficacy and safety. These guidelines provide a starting point, but individual needs and responses can vary, so personal adjustment and professional advice are key.

Shelf Life & Storage

Dry herbs blended for an infusion can keep for years if stored in airtight containers. Once water is added, infusions are typically ok for 1-2 days (if refrigerated) could extend up to 3 days. Trust your senses on this one!

Tools / Ingredients needed

- Herbs
- Water
- Teacup, Teapot, Mason Jar, other container

