

Essential Tools

Mason Jars - These are always handy. Due to their heat resistant glass, boiling water can be poured right into them to make tea. They can also come in use for tinctures, storage, and more. Quart and pint size are most versatile. For storage, you may want some larger jars. Tip- You can reuse your old jars from the grocery store to save some money and all you have to do is hand wash them and let them dry!

Wire Mesh Strainers - Useful for straining tea or pressing out tinctures. You will need to have in handy various sizes. You can start with a few single mug strainers for making one cup at a time, and you can get a larger bowl size strainer for filtering larger amounts of herb-infused liquids.

Cheesecloth - Great for straining and squeezing herbs that are infused into liquid! Can also be used for wrapping the herbs in a poultice!

Measuring cups and spoons- Cup, Table, & Teaspoon are all helpful measures. Graduated measuring cups with pour spouts are also great for allowing you to measure down.

Funnels - Set of small funnels will come in handy for getting tinctures & other liquids into bottles with small openings.

Bottles - For storing tinctures long term - think amber colored or blue glass. One & Two fluid ounce are most convenient for dose bottles. Storage bottles are usually 4-12 fluid ounces. Use plain bottle caps for storage. You will need dropper tops for dose bottles.

Labels - Label your remedies as soon as you make them, you can even use masking tape!

Blender - For bulky fresh plant matter, mixing lotions and other purposes! Kitchen Blender will work just fine.

This equipment below is nice to have to make things easier but it is not a complete must!

French Press- Great tool for making herbal infusions, which allows herb material to float freely in the water & exposes surface area for extraction.

Press Pot- Insulated pot with lever you can press to dispense

Herb Grinder - You can get away with a small coffee grinder. However, if you are going to make a lot of powders you will most likely want a larger more dedicated machine.

Helpful Ingredients

Alcohol - Tinctures are mixtures of herb extracts & alcohol. Vodka or Brandy works.

Apple Cider Vinegar - Use this instead of white vinegar, for herb infused vinegars, oxymels - a blend of vinegar & honey, and topicals.

Honey - Unprocessed / unfiltered if you can get it. Local honey as well if you can. Please note that some big-brands have been found to be contaminated and sometimes contain high fructose corn syrup. Thicker honey is good for wound care & first aid. Liquid honey is great for herbal honey infusions.

Oils - Olive oil can be used for most purposes. In some cases you may want a lighter oil or a thicker oil depending on the remedy you are making.

Beeswax - Salves need wax to thicken them.

Witch hazel extract - Witch hazel extract without alcohol is the most versatile.

Rose Water - Used for skin care traditionally. You can get it from the ethnic food section and it will be just as good as the high priced rose water in the health & beauty section.

Sea salt & Epsom salts - Good for baths, soaks, nasal sprays & gargles.

Gelatin Capsules - size "00" is most used to make homemade herb capsules.