

# SG31: Herbal Preparation Project

Transforming fresh or dried medicinal plants into herbal medicine is a foundational skill for any aspiring herbalist. Proper preparation ensures your herbal medicine will be effective and reliable. If you need guidance, James Green's *The Herbal Medicine-Maker's Handbook* is an excellent source.



**Complete one tincture and one project of your choice.**

## HERBAL PREPARATION: TINCTURE

Tinctures are easy to make and remain shelf-stable for many years. Every herbalist should be confident in proper tincture preparation.

### STEP ONE:

Choose which herbs, menstruum, and tincture process you would like to use.

### STEP TWO:

Prepare a paper describing your tincturing experience, the method, menstruum and herb(s) used, as well as any other observations you made during the project.

### STEP THREE:

Take a photo of your completed tincture and include it in your paper.

### STEP FOUR:

Please send your completed project to Megan: [healthschool@icloud.com](mailto:healthschool@icloud.com)

## HERBAL PREPARATION: OTHER

There are many ways to prepare herbs for personal and medicinal use. Select one that interests you: e.g. oil infusion, ointment, syrup, infused honey, salve...

### STEP ONE:

Choose which preparation, method and herb(s) you intend to use.

### STEP TWO:

Prepare a paper describing the chosen items from STEP ONE, as well as your experience making the preparation and any other observations made during the project.

### STEP THREE:

Take a photo of your completed herbal preparation and include it in your paper.

### STEP FOUR:

Please send your completed project to Megan: [healthschool@icloud.com](mailto:healthschool@icloud.com)

**Need to buy herbs?** While there are several herb companies to source from, [The Bulk Herb Store](#) and [Mountain Rose Herbs](#) are two companies known for fresh, high-quality products. These are my personal favorites.