

Chart of herbs/labs used in as I teach this course to my students. For your courses, you will have to adjust the material to fit the time that you have for each class.

lab	Content/topic	methods	chapters	herbs
1	The Extraction process; solvents, plant constituents. Water as a solvent. Digestive system herbs.	Infusions: Making and using teas, tonics, and decoctions using water , Eat small bits, bitters	Chapter 5 – extraction process Chapter 6 – solvents Chapter 7 – forms of herbal medicine Chapter 8 – Infusion Chapter 9 – decoction	1) Peppermint, spearmint tea 2) Raspberry, nettle, red clover nutritional everyday tonic. 3) decoction of ginger root 4) ginger fennel, cardamom small bits
2	Infusions continued – solvents other than water Immune system herbs	1) vinegar of 4 thieves infusion 2) oil infusion –medicated 3-cs oil) 3) Make cough syrup	15 – vinegar infusion 16 – glycerin infusion 17 – oil infusion 14 – wine infusion	1) Thyme, Mint, garlic Oregano, Rosemary 2) Calendula, comfrey, chickweed 3) Elderberry in honey
3	Hydrosols & essential oils, and baths & soaks Nervous system herbs	Distillation demo; flower essence demo. 1) Make a room spray with essential oils 2) Make a bath soak sachet 3) calming teas	10 – distillation of hydrosols 11 – flower essences 23 - baths for water therapy	1) Lavender, orange, Rosemary, spearmint room spray. 2) Burdock root, Dandelion foot bath 3) chamomile tea, Tulsi basil, lemon balm
4	Everyday remedies Skin & muscle system herbs	1)Make a medicated salve 3-Cs 2)Make a poultice or plaster	18 – ointments, salves, balms 19 – lotions & creams 24 - poultices and fomentations	1) Calendula, chickweed, Comfrey 2) Plantain or Comfrey
5	Respiratory, cold & flu	1) Make a steam inhale 2) Make cough drop	21 - herb jellos 22 - syrups, honeys, oxymels and electuaries	1) Rosemary, hyssop, oregano 2) marsh mallow, licorice, slippery elm, kickers,
6	General/pets/review	1) Make a garlic tincture 2) Aloe drench, homeopathy Review	12 – tincturing by maceration 13 – tincturing by percolation	1) garlic, echinaceae 2) aloe, pulsitilla

Chart of herbs used in lab

lab	Body system	method	Preparation method	herb	Symptom it relieves
1	Digestive	eat	Crystal candy & seeds; eat small bits	1.Ginger, 2.fennel 3.cardomom	Upset stomach, nausea
1	Digestive	infusion	Hot Tea	4. Peppermint, spearmint	Upset stomach
1	digestive	eat	Eat with salad	Bitters – dandelion how to taste an herb	
2	Nervous	Water infusion	Hot tea	5. Tulsi basil chamomile	Sleeplessness, nervousness
2	Nervous	Honey infusion	6.Honey infusion	Catmint, lemon balm	Sleeplessness, nervousness
2	Nervous		7. Essential oil room spray	Lavender, orange, Rosemary, spearmint	Calms nerves
2	nervous		Bath tea or soak	8. Echinacae 9. Burdock root 10. Dandelion	Stress or detox
3	Skin/muscle		11. Medicated oil	Calendula Rosemary Plantain Comfrey	Itching, irritation Sore muscles Anti-inflammatory Cell regeneration
3	Skin/muscle		Poultice, plaster	12. Plantain	Irritations, bites

			<i>Compress, Tea soak</i>	<i>13. Comfrey</i>	<i>Strains, injury</i>
4	<i>Everyday remedies</i>		<i>salve</i>	<i>14. Calendula, 15. chickweed 16. Comfrey 17. yarrow</i>	<i>Minor cuts, abrasions</i>
4	<i>Everyday remedies</i>		<i>18. Nourishing infusion</i>	<i>Raspberry, nettle Red clover</i>	<i>Nutritional supplementation</i>
4	<i>Everyday remedies</i>		<i>19. Vinegar of 4 thieves infusion</i>	<i>Thyme, Mint, garlic Oregano, Rosemary</i>	<i>Insect repellent Disinfectant</i>
5	<i>Respiratory</i>		<i>Cough drop</i>	<i>20. marshmallow</i>	<i>coughing</i>
5	<i>Respiratory</i>		<i>21. Steam inhale</i>	<i>Rosemary, hyssop, oregano</i>	<i>Congestion, mucous, irritation</i>
6	<i>Immune</i>		<i>Alcohol tincture</i>	<i>22. garlic</i>	<i>antibiotic</i>
6	<i>Immune</i>		<i>juice</i>	<i>Aloe vera</i>	<i>Supports cells</i>



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