
Recipe Sheet

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Tincturing Basics

Herb Type:

Fresh Herb:

- Finely chop or grind clean herb to release juice and expose surface area.
- Fill jar 2/3 to 3/4 with herb. ~ OR ~ Fill jar 1/4 to 1/2 with roots.
- Pour alcohol over the herbs.
- Jar should appear full of herb, but herb should move freely when shaken.

Dried Herb:

- Use finely cut herbal material.
- Fill jar 1/2 to 3/4 with herb ~ OR ~ Fill jar 1/4 to 1/3 with roots.
- Pour alcohol over the herbs.
- Roots will expand by 1/2 their size when reconstituted!

Alcohol Percentages:

40% – 50% (80-90 proof vodka)

- "Standard" percentage range for tinctures.
- Good for most dried herbs and fresh herbs that are not juicy.
- Good for extraction of water soluble properties.

67.5% – 70% (1/2 80 proof vodka + 1/2 190 proof grain alcohol)

- Extracts most volatile aromatic properties.
- Good for fresh high-moisture herbs like lemon balm, berries, and aromatic roots.
- The higher alcohol percentage will draw out more of the plant juices.

85% – 95% (190 proof grain alcohol)

- Good for gums and resins.
- Extracts aromatics and essential oils that are bound in the plant and do not dissipate easily.
- The alcohol strength can produce a tincture that is not quite pleasant to take.
- Often used for drop dosage medicines.
- Will totally dehydrate herbs.

Macerating:

- **Maceration** is the process by which the active chemical compounds are leached into the solvent solution. This is usually done by shaking the jar that contains the alcohol or vinegar and the herbal plant matter.
- **Alcohol tinctures** need to be left to macerate for at least **2-3 weeks** depending upon the ABV. The higher the ABV the less maceration time is needed.
- **Vinegar tinctures** need to be left to macerate for at least **a month** before straining and bottling.

Warnings:

- Tinctures are highly concentrated, use only 20-30 drops, or ½ to 1 tablespoon at a time.
- **Do not tincture sassafras!** It contains **safole** which acts on the liver. Use only as a decoction and not while consuming alcohol.

Easy Alcohol Tincture Recipes

- **Sarsaparilla Tincture:** Anti-inflammatory, tonic (do not take if you have kidney problems)
 - Sarsaparilla root
 - Vodka
- **Wild Cherry Tincture:** Antispasmodic, expectorant, sedative
 - Wild cherry bark
 - Dried cherries (for flavor)
 - Vodka
- **Herbal Bitters (simplified):** Tonic, diaphoretic, colds, flu, febrifuge, chills
 - 1 quart jar
 - 1/4 c. thyme
 - 1/4 c. oregano (or dittany)
 - 1/4 c. chopped fresh ginger
 - 1/4 c. hyssop
 - 1 cinnamon stick
 - 1 tbsp. cloves
 - Vodka
- **Stomach Bitters (simplified):** Stomach issues, cramps, urinary issues, digestive issues
 - 1 quart jar
 - 4 tbsp dried dandelion root
 - 2 tbsp fennel seed
 - 2 tbsp fresh ginger
 - 2 tbsp dried peppermint leaves (or mountain mint)
 - Vodka

- **First Aid Spray**
 - 1 part Plantain
 - 1 part Comfrey
 - 1 part Calendula
 - Vodka

Vinegar Tinctures

- Measurements and instructions are the same as with the alcohol tinctures at the beginning of the packet. **Remember:** vinegar tinctures need to be left longer to macerate, at least a month.
- Cover jar with a plastic bag before sealing. This will prevent the vinegar from rusting the metal lid.

Easy Vinegar Tincture Recipes

- **Fire Tonic:** Colds, flu, chills, general tonic
 - 1 32 oz. bottle apple cider vinegar. I like to use unfiltered, it seems to taste better and it's easier on the stomach.
 - 5-10 cloves of garlic, crushed
 - 3-5 hot peppers, as hot as you can stand
 - 1 3 inch knob of ginger, crushed
 - 1 medium onion, peeled and diced
 - ¼ c. chopped mullein
 - ¼ c. chopped rosemary
 - ¼ c. chopped thyme
 - ¼ c. crushed star anise or green sweetgum balls (sources for shikimic acid which helps fight the flu virus)

Take all of this and combine it in large mason jar, all the herbs and vegetables are going to take up a lot of room. Let this stand in a dark place for about two months. Shake everyday. After it's finished macerating strain off the liquid, add about a half cup honey, bottle.

Alternate Ozark "yarbs" to use: Dittany, Self-heal, Plantain, Horsemint

Vinegar Oxymels

- Also called "sipping vinegars" these mixtures are basic vinegar tinctures sweetened and thickened with honey to make them more palatable.

Basic Oxymel:

- 1 part herb : 3 parts honey and apple cider vinegar
- Quart mason jars: fill up 1/4 jar with herb, 1/4 with honey, then the rest with vinegar. Macerate for a few weeks.

Easy Oxymel Recipes

- **Colds and Immune System Oxymel:**
 - 1 part elderberries
 - 1 part ginger root (dried)
- **Another for Colds with Cough Oxymel:**
 - 1 part Mullein
 - 1 part Horehound

 - Ozark “yarbs” to add:
 - 1 part Horsemint
 - 1 part Mountain Mint
- **Stomach Complaints Oxymel:**
 - 2 parts ginger
 - 1 part peppermint
 - 1 part fennel seed
- **Sinus Congestion Oxymel:**
 - 2 parts garlic
 - 1 part cayenne pepper
 - 1 part thyme
 - 1 part rosemary

Alcohol Liniments

- Liniments are tinctures that rather than being ingested, are applied to the skin.
- The alcohol will evaporate leaving behind the herbal medicine.
- Liniments can also be mixed with a carrier oil, sweet almond oil, olive oil, coconut oil, etc. to sooth the skin and prevent burning from the alcohol.

Basic Oil and Alcohol Liniment:

- 1 part alcohol tincture : 1 part carrier oil

Easy Liniment Recipes

- **Fiery Liniment** – think something like Tiger Balm. Hot and cold to sooth aching muscles. This does contain capsicum, menthol, and camphor, so do not apply to sensitive skin areas. A carrier oil is recommended with this one.

Tincture: for a quart jar

½ c. Cinnamon

½ c. Fresh Ginger

½ c. Calendula flowers

3-4 medium sized Chili Peppers

1 tbsp. Menthol crystals (or oil, crystals can be found on Amazon)

1 tbsp. Camphor crystals (or oil, crystals can be found on Amazon)

1 tsp. Cinnamon oil (optional)

Vodka (fill jar)

Carrier Oil:

Sweet Almond oil

- **Field Liniment** – great for taking out hiking. Apply to aches, pains, sprains, cuts, and wounds to help in emergencies. Can be used with or without carrier oils.

Tincture: for a quart jar

½ c. Plantain leaf

½ c. Comfrey root (and/or leaf)

½ c. Self Heal leaf

¼ c. Pine resin

Vodka (fill jar)

Carrier Oil:

Sweet Almond oil

Beginners Ozark Medicinal Plants

Caution should always be taken when looking for medicinal plants out in the wild. Do not consume or use any plant that you are unsure about. The internet is a wonderful resource for plant identification. Look up photos and identification information for plants from reputable sources before collecting any plant out in the wild. NOTE also that many Ozark medicinal plants are endangered and should not be harvested out in the wild.

When wild-harvesting take only what you need at that time. **DO NOT STOCKPILE!** Chances are the plants will go bad before you can use them. A good rule of thumb for any plant is to count three plants then take one, that way there are plants left behind to go to seed. Leave the roots intact unless the root is being harvested, then try and leave a piece of the root or any seeds/berries behind in the soil.

Responsible harvesting means these medicinal plants will be around for many more generations.

I'm not including photos of plants on purpose! I want folks to go look up the plants and find as many identifying photos and identifying information as they can. Do the work! Google is an amazing resource for plant identification.

Alteratives - medicines which tend to change a morbid state into one of health

Anthelmintics - medicines used to destroy intestinal worms

Antiseptics - substances which have the power of preventing putrefaction

Antispasmodics - medicines used to allay or prevent spasms

Astringents - medicines having the power of influencing vital contractibility, thereby condensing tissues

Carminatives - medicines used to excite intestinal peristalsis and provoke an expulsion of flatus

Cathartics - medicines which produce discharges from the bowels

Demulcents - mucilaginous principles used in solution to soothe and protect irritated mucous membranes and other tissues

Diaphoretics - medicines which produce sweating

Diuretics - medicines which increase secretion of urine

Emetics - medicines which cause vomiting

Tonics - medicines which permanently increase systematic tone by stimulating nutrition

+ means the plant is not native but is common in the Ozarks

Black-Eyed Susan, *Rudbeckia hirta*: Flowers, roots:

Root infusion used for dermatological needs. Used to wash snakebites. Decoction of whole plant taken to aid with heart disease. Decoction of root taken for colds and chills. Cold infusion of flowers taken for headache and as a febrifuge. **Similar properties to other coneflowers (Purple coneflower, Missouri coneflower, etc.) Some say the active compounds are not water soluble. Better used as a tincture or extract.**

*** **Cautions:** Asteraceae family ***

Cinquefoil, Five Finger Grass, *Potentilla simplex*: Leaves, root:

Leaves taken for colds and as a febrifuge. Root astringent, infusion taken for dysentery, diarrhea, and as a mouthwash for sores and thrush.

+Cleavers, *Galium aparine*: Leaves:

Strong infusion as laxative. Externally as a dermatological aid. Has been linked to aiding with lowering blood pressure.

*** **Cautions:** Laxative ***

Common Dittany, *Cunila origanoides*: Leaves, stems, flowers:

Related to Oregano and Marjoram and can be used in similar ways. As an infusion it's good for colds and to help open up the sinuses. Boiled strong it helps the body sweat and can aid in lowering fevers. Infusion used to help aid a painful birth. Used as a stimulant and tonic. Contains trace amounts of *thujone*, an active chemical also found in wormwood, mugwort, and yarrow, and may cause drowsiness or headaches. Use only in small amounts and with caution.

*** **Cautions:** Contains trace amounts of thujone ***

Elderberry, *Sambucus nigra* or *Sambucus canadensis*: Berries, flowers, leaves, bark:

Berries used in formulas against chills and cold. Helps support the immune system. Infusion of berry used internally for rheumatism. Flower infusion used as a febrifuge and to sweat out a cold. Leaf infusion used to wash sores and prevent infection. Bark poultice used on sores, wounds, rashes, and other dermatological needs.

*** **Cautions:** Berries mildly toxic when unripe, foliage toxic in large quantities ***

Goldenrod, *Solidago*: Leaves, Flowers:

There are many different varieties of goldenrods, all of which have very similar medicinal uses. Topically the plant has traditionally been used in salves to help with sore muscles and arthritis. Internally it has traditionally been used as a diuretic to help bladder and kidney issues and to help break up "stones". It is also a good diaphoretic that can help reduce a fever, and an astringent that can aid in remedying diarrhea. The flowers also make a wonderful yellow dye.

*** **Cautions:** Asteraceae family, may cause skin irritation ***

Horsemint, *Monarda bradburiana*: Leaves, flowers:

Infusion used for colds, chills, as a febrifuge, and for bowel complaints. Can be used externally in oils and salves for dermatological needs. Used in many of the same ways as *Monarda fistulosa*.

Jewelweed, *Impatiens capensis*: Leaves, stems, flowers:

Sap produced by the leaves and stems used for poison ivy, rashes, burns, and other dermatological needs. Cold infusion of leaves as a febrifuge. Infusion whole plant taken internally for stomach cramps.

*** **Cautions:** Seeds toxic ***

+Mullein, *Verbascum thapsus*: Leaves, flowers, root:

Leaves and flowers can be used to clear chest congestion (smoked or as an infusion), as an analgesic for rashes, aches and pains. Leaves can be wilted and used in poultices for swollen glands. Roots can be used in decoctions for gynecological issues.

+Plantain, *Plantago major* "Broadleaf Plantain" or *Plantago lanceolata* "Ribwort Plantain": Leaves, roots, flowers:

Leaves used in poultices for bug bites, inflammations, rashes, cuts, bruises, stings, and other skin complaints. Whole plant infusions for colds, fever, upper respiratory complaints, rheumatism, hypertension, regulating blood sugar, bladder problems, kidney problems. Root used as a gentle expectorant and in helping sinus issues. "Snake Weed" because of the belief that the plant can help draw venom out of a snakebite. It was also thought that a person could carry the plant to help ward off snakes.

Self-Heal, All Heal, *Prunella vulgaris*: Leaves, flowers:

Infusion is an analgesic used to wash sores, wounds, and used in salves for many dermatological needs. Used to flavor other medicines. Infusion used as a febrifuge and against colds. Used for sore throats. Mild sedative. Helps with stomach and bowel complaints. Antidiarrheal. Respiratory aid.

Spicebush, *Lindera benzoin*: Leaves, Bark:

The red berries of the spicebush have long been used as a substitute for cinnamon or allspice in mountain recipes. The leaves can be made into a pleasant infusion for colds and headaches while the bark can be brewed strong for fevers and chills. The leaves can also be used topically for skin irritations, rashes, and bites.

Sumac, *Rhus glabra* "Smooth Sumac" or *Rhus typhina* "Staghorn Sumac": Berries, Leaves, Bark:

The berries are used in a tasty beverage I've heard called "sumacade". It's lemony taste is quite pleasant, and the drink is high in vitamin C. The berries and bark are astringent and can be used as an effective gargle for a cough or mouth sores. A decoction of the bark can also be taken internally for diarrhea. In the Fall the red leaves can be dried and smoked to induce dreaming.

Sweet Everlasting, Rabbit Tobacco, *Pseudognaphalium obtusifolium*/*Gnaphalium obtusifolium*: Leaves, flowers:

Decoction whole plant used as a sedative and to aid sleeping. Analgesic for sores, pains, aches, wounds, and many other dermatological needs. Antirheumatic (internal). Decoction for colds and chills. Smoked and used in infusions to clear chest congestion. Chewed for sore mouth and throat. Used in sweat baths against many illnesses. **NOTE harvest leaves in the Fall when they start to turn brown.**

*** **Cautions:** Asteraceae family ***

Sweetgum tree, *Liquidambar styraciflua*: Leaves, bark, gum, balls:

Leaves can be used in poultices for several dermatological issues, cuts, and bruises. Gum and inner bark used for diarrhea and flux. Infusion of bark taken for "flooding" (gynecological). Infusion of bark given as a sedative. Sweetgum balls, when green in the Spring before seeds have formed can be soaked in alcohol then given for colds and the flu (antiviral, antibacterial due to contained shikimic acid).

White-Leafed Mountain Mint, *Pycnanthemum albescens*: Leaves, Flowers, Stems:

As an infusion, can be used to help treat headaches, stomach complaints, and colds. Brewed strong it can help to reduce fevers.

Wild Bergamot, Beebalm, *Monarda fistulosa*: Leaves, flowers:

Infusion used for coughs, colds, and sore throats. Carminative for stomach complaints. Diaphoretic, febrifuge, and diuretic. Mild sedative. Abortifacient, so caution should be taken. Externally an analgesic used in poultices for pains, aches, cuts, and rashes.

Witch Hazel, *Hamamelis vernalis* (Ozark Witch Hazel) and American Witch Hazel, *Hamamelis virginiana*: Leaves, bark:

Leaves and bark astringent used externally as a skin toner and for many dermatological issues. Infusion taken for colds and as a febrifuge. Antirheumatic. Decoction of bark taken as an emetic.

*** **Cautions:** Bark emetic***

+Yarrow, *Achillea millefolium*: Flowers, leaves:

Leaves astringent, used in bowel complaints and with dermatological needs. Foliage infusion used for colds, as a febrifuge, upset stomach, and as a mild sedative. Leaves can be smoked to loosen phlegm and clear chest congestion.

*** **Cautions:** Asteraceae family ***