

SUSTAINABLE GARDEN SERIES



122 Tower Rd, Flat Top, WV 25841
mavisfarmacy@gmail.com
www.mavisfarmacy.com

Prepare the Herb

1

- Fresh herbs: Chop finely to expose more surface area.
- Fill jar about $\frac{2}{3}$ full.
- Dried herbs: Crumble slightly. Fill jar about $\frac{1}{2}$ full.
- (Dried herbs are more concentrated, so you use less.)

Add the Solvent

2

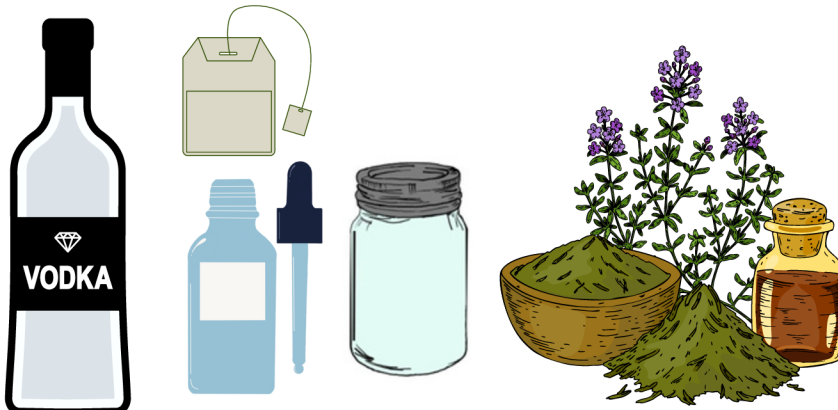
- Pour alcohol over the herbs until the jar is almost full.
- Leave a little headspace so you can shake it.
- Make sure all plant matter is submerged (prevents mold).

Shake & Label

3

- Cap tightly. Shake
- Label with:
 - Herb name
 - Alcohol type
 - Date started
 - Ratio if known

MATERIALS NEEDED



Herbs

80-100 proof vodka

Tea Bag

Mason Jar w/ Lid

Dark Glass Bottle

Label

Steep

4

- Store in a cool, dark place for 4-6 weeks.
- Shake the jar every few days to keep everything moving.

Strain & Bottle

5

- After steeping, strain through cheesecloth into a clean bowl.
- Squeeze out every last drop.
- Transfer liquid into dark glass dropper bottles.
- Label again with herb, date, and dosage notes.

Store & Use

6

- Store tinctures in a cool, dark place.
- Shelf life: 5+ years if made with alcohol.
- Typical adult dose: 20-40 drops (1-2 mL) in water, 2x daily (Always research dosage for the specific herb.)

Live
HEALTHY



The Mavis Institute Co-Op

a 501(c)(3) tax-exempt nonprofit organization registered in the US under EIN 82-2647384