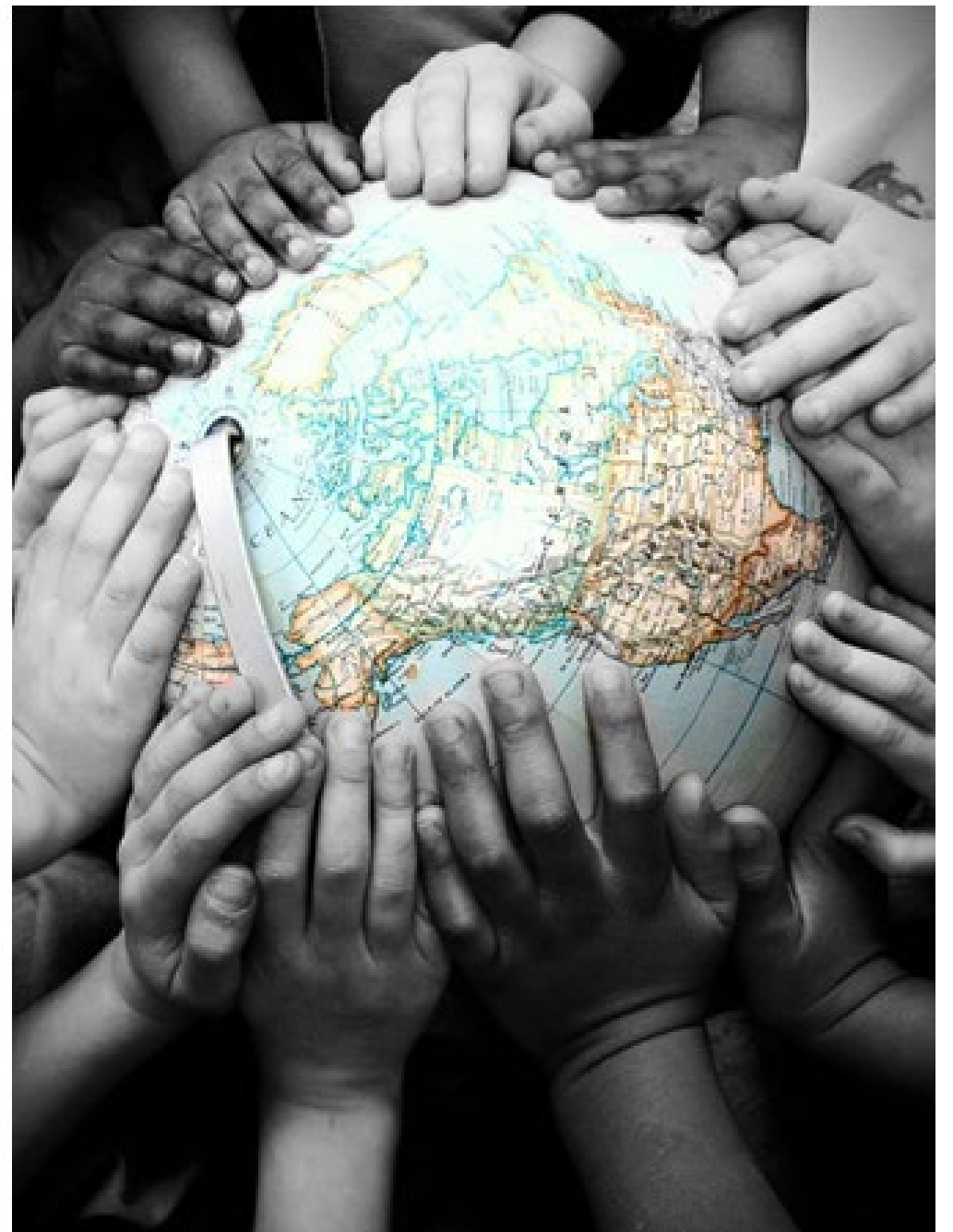




# HOMEGROWN APOTHECARY

**Grow  
Create  
Inspire**





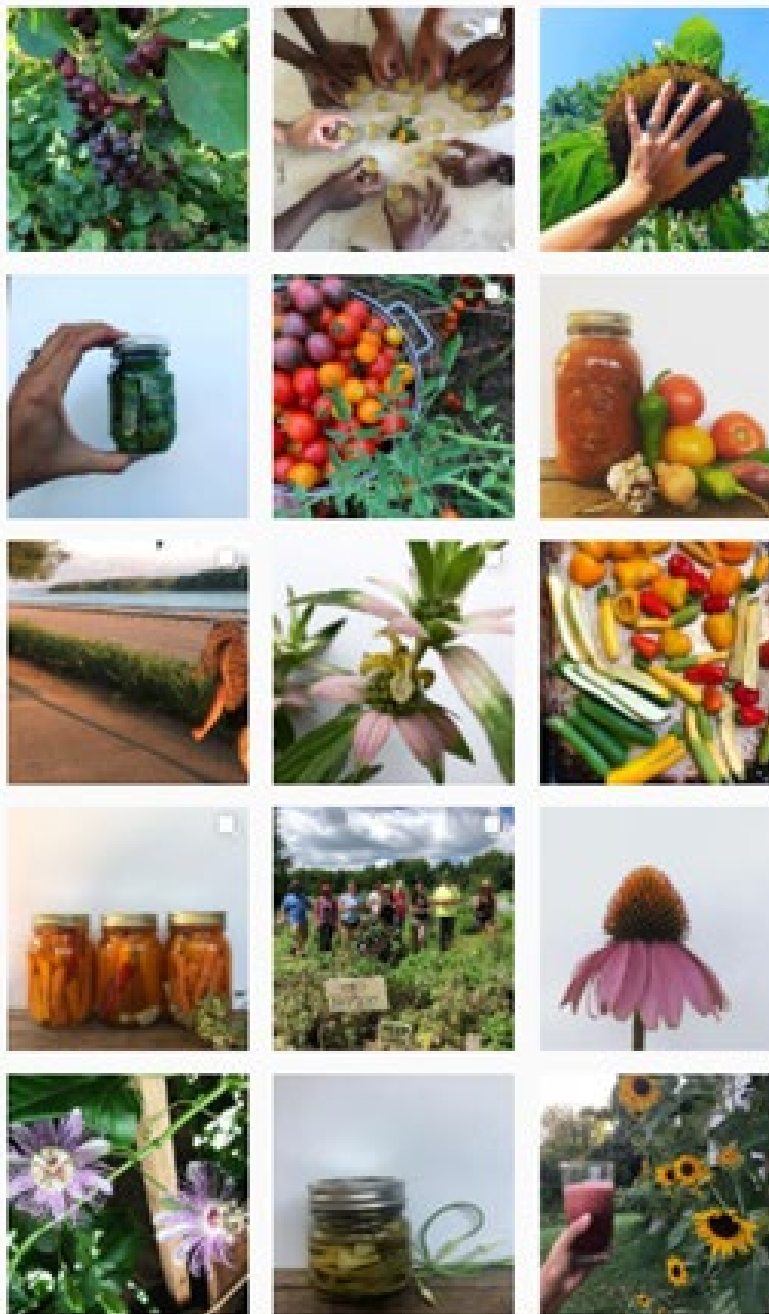
Grow Create  
Inspire

New Society  
Publishers



**@growcreateinspire**

**@earthdancefarms**



**Grow Create Inspire**

**EarthDance  
Organic Farm School**





The diagram is set against a dark grey background with a repeating pattern of green chevron shapes pointing downwards. At the top center is an orange rectangular box. Below it, two green arrow-shaped boxes point towards each other: one pointing right labeled 'Dry Ecosystems' and one pointing left labeled 'Wet Ecosystems'. Under the 'Dry Ecosystems' header, five light grey rectangular boxes are stacked vertically, each preceded by a bullet point and a green chevron shape pointing down. The text in these boxes is 'Prairie', 'Savanna', 'Glade', 'Woodland', and 'Forest'. Under the 'Wet Ecosystems' header, four light grey rectangular boxes are stacked vertically, each preceded by a bullet point and a green chevron shape pointing down. The text in these boxes is 'Swamp', 'Marsh/Fen', 'Ponds & Lakes', and 'Streams & Rivers'.

Dry Ecosystems

- Prairie

- Savanna

- Glade

- Woodland

- Forest

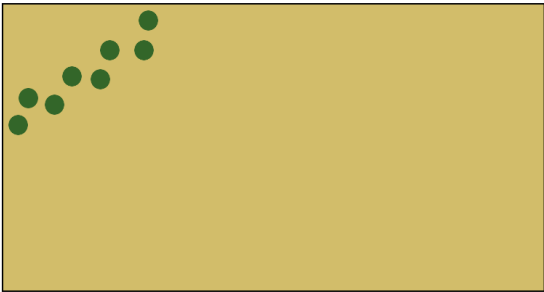
Wet Ecosystems

- Swamp

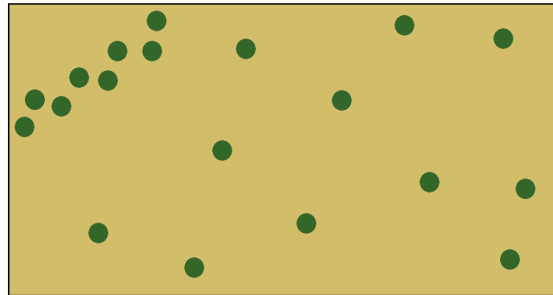
- Marsh/Fen

- Ponds & Lakes

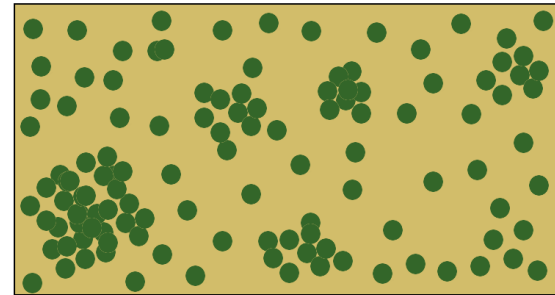
- Streams & Rivers



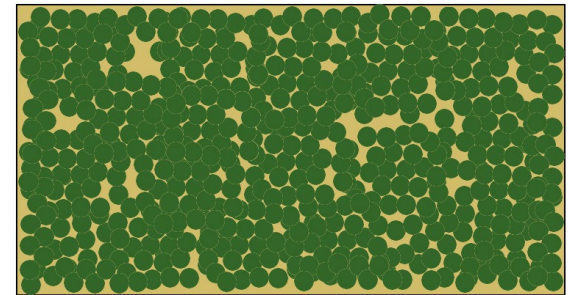
Prairie



Savanna



Woodland



Forest



# Purple Coneflower

*Echinacea purpurea*







**Wild Bergamot**  
*Monarda fistulosa*



**Yarrow**

*Achillea millefolium*



# Ragweed

*Ambrosia*





**New England Aster**

*Symphotrichum novae-angliae*

# St. John's Wort

*Hypericum perforatum*





**GOLDENROD**

*Solidago virgaurea*



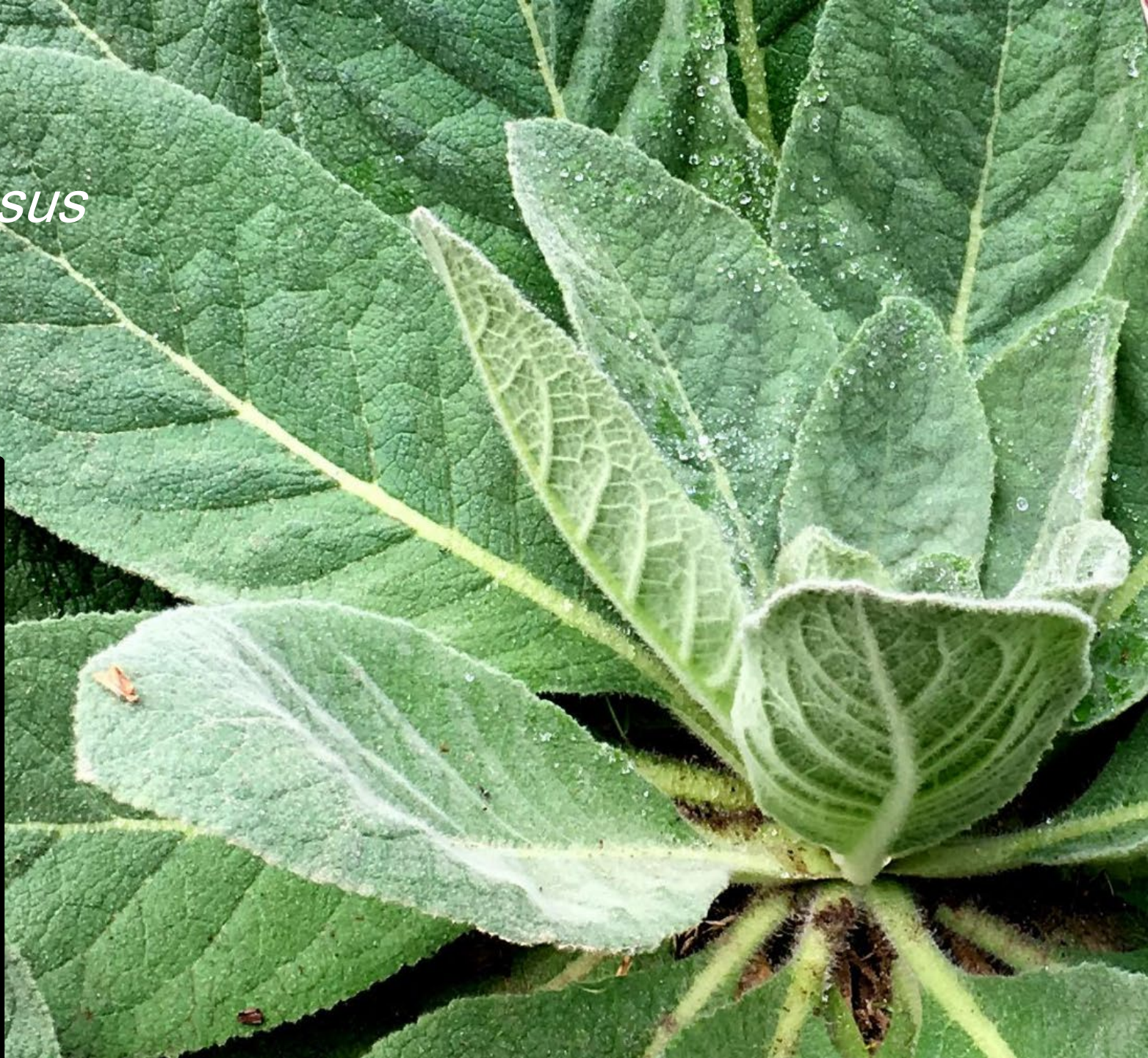


**ELDERBERRY**  
*Sambucus canadensis*



# Mullein

*Verbascum thapsus*





# Jewelweed





**Wild Ginger**





**Ginseng**

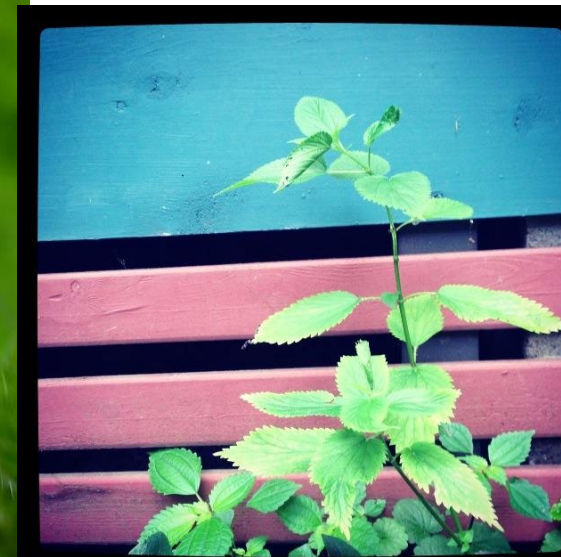
*Panax quinquefolius*

# Self Heal

*Prunella vulgaris*



# Stinging Nettles



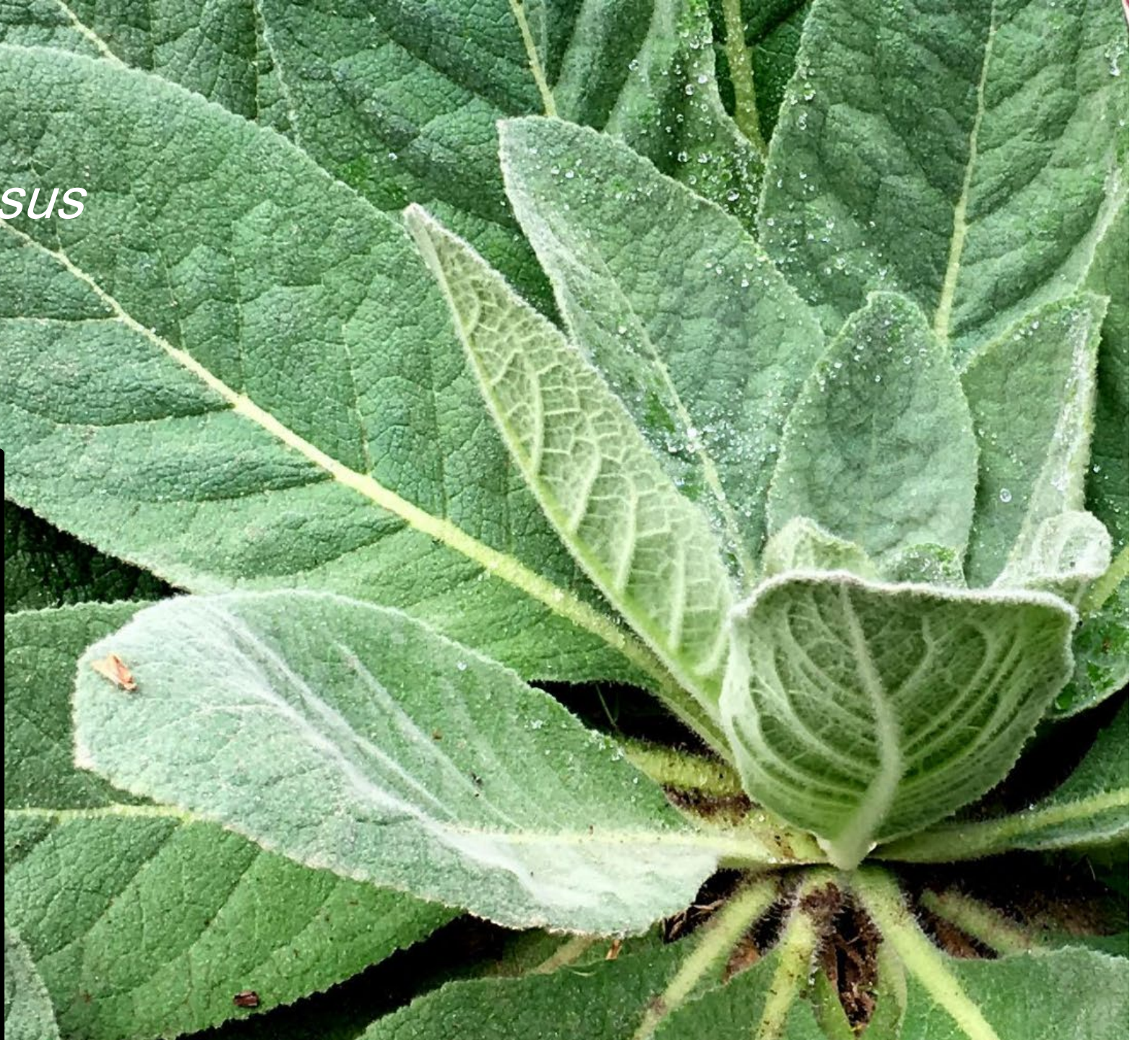




**Witch Hazel**

# Mullein

*Verbascum thapsus*





# BACKYARD MEDICINALS



plantain

yellow curly

creeping charlie

dandelion

burdock

chickweed

violet

sour flower

red clover

lambsquarters

lump sum

Mulberry

# Dandelion















**Make your own medicine from  
native plants & herbs**

# OIL INFUSION

- **Materials:**

- **Mason Jar with lid**
- **9 ounces of dried herbs or 1-1/4 pound of fresh herbs**
- **2 cups oil (soy, olive, canola blend) or Grapeseed, Sunflowers, Sweet Almond, or Olive Oil**
- **3 Capsules of Vitamin E Oil**

- **Instructions:**

- **Pack your herbs in a large, glass jar and cover with oil and add Vitamin E capsules, leaving an inch at the top.**
- **Shake vigorously.**
- **Seal the jar and leave it in a warm, sunny place for two weeks, shaking daily.**
- **Pour into a clean, glass jar, straining through cheesecloth.**
- **Squeeze as much oil through the bag, and pour into clean, dark, glass bottles.**
- **Seal the bottles and store in the refrigerator for up to three months.**
- **For the first aid salve, you will use the following herbs:**

**Comfrey, Chickweed, Echinacea, Sage, Plantain, Dandelion & Lemon Balm**



# SALVES

# FIRST AID SALVE

- Great general purpose salve will yield about 10 ounces.
- Materials:
- 2 cups of your Herbal Oil Infusion
- (Comfrey, Chickweed, Echinacea, Plantain, Lemon Balm, Dandelion)
- 1 ounce of grated or chopped beeswax
- 3 vitamin E capsules (of at least 400 units) this is your preservative
- 10 drops of Lavender Essential oil
- Cheesecloth to strain herbs
- A double boiler, or 2 pots (one that fits inside of the other)
- A glass measuring cup    A large spoon
- A stainless steel container with a narrow pouring spout
- Baby Food Jars, or Tins

Melt beeswax in the top pot of your double boiler on a burner or on the stovetop.

Very GENTLY add your Herbal Oil Infusion heat the wax oil mix on low and stir regularly

Puncture and add your vitamin E capsules

Stir until it's completely melted and blended.

Remove from heat and let cool just a minute or two

Add 10 drops of Lavender Essential oil and stir.

Pour into a wide mouth jar or several small jars.

First Aid Salve may be used in place of double or triple antibiotic ointment .

Helps to heal minor cuts, scrapes and burns. It also helps with bruises, dry skin, joint and muscle pain and even arthritis pain.

# TINCTURES



# Tincture Making

## Materials:

- Herbs of your choice
- Mason Jar with lid
- Alcohol (brandy or inexpensive Vodka, organic alcohol is best)
- Cheesecloth/strainer

## Instructions:

Label your jar with contents and date

Fill mason jar  $\frac{3}{4}$  of the way full with herbs

Fill Jar with Alcohol, leaving one inch at the top of the jar.

Be sure your herbs are covered. If they are not, tamp them down with a spoon.

Shake vigorously for 1 minute.

Store in a dark, cool, dry place.

Shake daily. Strain after 2 weeks-1 month

Medicine will be ready in 2 weeks and will last up to one year.





# TEAS





# Herbal Tea Blends

❖ **Cold & Flu Support Tea**

Slippery elm bark, dandelion root, burdock root, Mullein, Echinacea root Lemon & Honey

❖ **Floral Energy Tea**

Rose hips, Red Raspberry Leaf, Nettles

❖ **Digestion Tea**

Ginger root, Peppermint Leaf, Chamomile flowers

❖ **Rest Easy Tea**

Chamomile, Valerian Root

❖ **De-Stress Tea**

Chamomile flowers, Spearmint, Passionflower herb, Rose petals, Lavender flowers and Cinnamon bark.

❖ **Immune Builder Tea**

Echinacea, Goldenseal, Red Clover blossoms, Nettle leaf, Sage leaf, St. John's Wort , Ginger root

## Cold and Flu Support

- Ginger
- Cinnamon
- Turmeric
- Garlic
- Echinacea Root
- Burdock Root
- Dandelion Root
- Slippery Elm Bark (ethically harvested)
- Licorice Root
- Pau d' Arco Bark
- New England Aster Flower
- Chamomile Flowers
- Nettle Leaf
- Reishi Mushroom
- Red Clover Blossoms
- Calendula Flower Petals
- Thyme Leaf
- Oregano Leaf

- Sage Leaf
- Rosemary Leaf
- Cloves
- Cinnamon Bark
- Mullein Leaf
- Ginger Root
- Peppermint Leaf
- Lavender Flowers

## Immune Support

- Cayenne
- Ginger root
- Garlic
- Echinacea
- Goldenseal
- Astragalus
- Oregon Grape extract
- Pau d' Arco Bark
- Reishi Mushroom
- Elderberry

## Natural Stress Relief

- Skullcap
- Oatstraw
- Chamomile
- St. John's Wort
- Motherwort
- Peppermint
- Lavender

## Women's Support

- Red Clover Blossoms
- Stinging Nettles
- Red Raspberry Leaf
- Skullcap
- Oatstraw
- Chamomile
- St. Johns Wort
- Motherwort

Dandelion & Burdock detox, antioxidant rich, high in vitamins and minerals



# Elderberry Syrup



# Elderberry Syrup

## Ingredients

$\frac{2}{3}$  cup [black elderberries](#)

3 $\frac{1}{2}$  cups of water

2 Tablespoons fresh or dried [ginger root](#)

1 teaspoon [cinnamon powder](#)

$\frac{1}{2}$  teaspoon cloves or clove powder

1 cup raw honey (we get from our farmer's market)

## Instructions

Pour water into medium saucepan and add elderberries, ginger, cinnamon and cloves (do not add honey!)

Bring to a boil and then cover and reduce to a simmer for about 45 minutes to an hour until the liquid has reduced by almost half. Remove from heat and let cool enough to be handled. Pour through a strainer into a glass jar or bowl.

and let the liquid cool to lukewarm. When it is no longer hot, add 1 cup of honey and stir well.

When honey is well mixed into the elderberry mixture, pour the syrup into a pint sized mason jar or 16 ounce glass bottle of some kind. Store in the fridge and take daily for its immune boosting properties. Standard dose is  $\frac{1}{2}$  tsp to 1 tsp for kids and  $\frac{1}{2}$  Tbsp to 1 Tbsp for adults. If the flu does strike, take the normal dose every 2-3 hours instead of once a day until symptoms disappear.

# Original Essiac Tea Recipe: Natural Cancer Treatment

**Blessed thistle , Burdock root, Indian rhubarb root, Kelp, Sheep sorrel, Slippery elm inner bark, Red clover, Watercress**

- **Burdock Root:** anti-tumor activity due to inulin. The researchers found that it attached to white blood cells and enhanced immune function. Has significant anti-cancer effects in humans.
- **Sheep Sorrel:** used in cancer treatment as early as the 1740s. It contains chlorophyll, which carries oxygen to cells.
- **Slippery Elm:** offers anti-tumor activity and is an anti-inflammatory agent.
- **Indian Rhubarb Root:** Rich in iron, purges the liver and body of waste. It contains aloe emodin which studies show inhibit tumors.

## New Essiac Tea Recipe

Six-and-a-half cups of burdock root, One pound of sheep sorrel, powdered, One-quarter pound of slippery elm bark, powdered, One ounce of Turkish rhubarb root, powdered

- Mix the ingredients and store in a glass jar in a dark cupboard. Use one ounce of herb mixture per 32 ounces of water. Boil rapidly for 10 minutes (covered). Turn off heat and leave overnight (covered).
- In the morning, heat until steaming hot and let settle for three minutes. Strain through a fine strainer into hot sterilized bottles and let cool. Store in a dark, cool cupboard. Tea must be refrigerated after opening.