Making Herbal Tinctures and Oils at Home

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**Garlic Tincture and a Calendula Tincture: PHOTOS OF GARLIC AND CALENDULA**

Learn the simple steps to extract medicinal elements from plants using alcohol and olive oil. In the first video, Liz will demonstrate how to make a Garlic tincture and a Calendula tincture. You will need a very clean glass jar for each plant material; fill them each about ¾ full of the plant material, then fill the jar to the top with vodka (80 proof is fine). Top with a layer of wax paper, then put the lid on firmly. The wax paper will create a better seal so that nothing leaks when you shake it. Shake daily for a week or two; store in a cool, dark place. Strain the mixture, discarding the plant material, then water down, by half, the tincture before administering it to any animal. It is easier on the animal to receive twice the volume of a weaker solution. Garlic is an immune system stimulator, and a natural antibiotic. Calendula is also a natural antibiotic, and supportive for skin and internal tissues. Liz prefers to combine both tinctures in the treatment of retained placenta, giving 60 ccs vaginally two times per day for 3-5 days. Use either for a natural antibiotic, for example give a calf with some respiratory illness the garlic tincture to stimulate healing. Using the garlic and calendula tincture together provides a better outcome of either separately.

# Healing Salve of Comfrey, Plantain and Calendula oils and beeswax PHOTO OF COMFREY AND PLANTAIN

In the second video, Liz will demonstrate how to make a healing salve from a mixture of Comfrey, Plantain and Calendula oils mixed with beeswax. Fill your jars full with chopped plant material, one plant type per jar, and then add olive oil to cover. Store the jars in a cool dark place for at least a month. For the salve, add equal amounts of each of the three oils in a small stainless steel/non-reactive pot. Warm slowly on the stove. Add about 15-20% beeswax, by volume, depending on how thick you want it. Beeswax will make it very stiff but it can be warmed up to loosen it up. When the beeswax has melted, pour into a small clean container and let cool. Use this for chapped teats or wounds, even burns in humans!