

Materials List for Herbal Winter Apothecary

In this class, students will learn a diverse array of herbs that can be utilized for winter wellness and crafted into a multitude of healing remedies. Participants will receive a live demonstration on how to make two easy to make and fun remedies. Below is a list of items needed for the hands-on demonstration portion of the class.

Fresh Supplies for Fire Cider:

- Horseradish –1 root
- White Onion –1 large
- Garlic –1 head
- Jalapeno – 1
- Turmeric – fresh root or powdered
- Cayenne – ¼ to ½ teaspoon powdered
- Ginger – 1 large root
- Apple Cider Vinegar
- Honey –¼ to ½ 1 cup

Optional items for fire cider:

- Dried or Fresh Rosemary
- Orange or Lemon slices

Dried Herbs (approximately 1 ounce per herb)

- Cinnamon Bark Chips (*Cinnamomum verum*)
- Echinacea Leaf (*Echinacea purpurea*)
- Fennel Seed (*Foeniculum vulgare*)
- Sage Leaf (*Salvia officinalis*)
- Spearmint Leaf (*Mentha spicata*)
- Thyme Leaf (*Thymus vulgaris*)

Other Supplies:

- Bowl for mixing herbs
- Strainer
- Spoons for mixing herbs
- Tablespoons/Teaspoons for measuring herbs
- Grater
- Wax paper or plastic wrap

- Cheesecloth - https://www.amazon.com/s?k=cheesecloth&ref=nb_sb_noss
- 1-quart canning jar or same size clean, glass jar with good fitting lid – a plastic or non-metallic lid is ideal but not necessary.
- Additional glass ball jars (or other clean jars) for storing herbal tea blends.

Resources for Herbs:

[Flower Power](#)

[Jean's Greens](#) (sells in 1-ounce quantities and quick turnaround)

[Starwest](#)