

Materials List for Herbalism Beyond the Basics

In this 8-week course, students will learn multiple ways to formulate many of most important and widely used herbal remedies. Students will receive a kit of herbs along with some small containers at the start of class. Below is a list of items students will need to either purchase or have on hand for participation in the hands-on demonstration portion of the classes.

For Class 2:

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

For Class 4:

- Honey – ¼ to ½ cup
- Brandy (optional) – 2-3 tablespoons
- Cheesecloth
- [8-ounce dark bottle](#)
 - Can be purchased singly at Specialty Bottle – www.specialtybottle.com

For Class 6:

- Olive Oil
- Cheesecloth

For Class 8:

- 80-proof vodka
- Cheesecloth

Other Supplies:

- Distilled or spring water
- A small funnel
- Double boiler or 2 small saucepans
- Non-reactive pot or glass container or lid – a coffee press works well
- Bowl for mixing herbs
- Strainer
- Spoon
- Grater
- Wax paper or plastic wrap
- Extra glass jars for storing herbs