

# NYBG

## Materials List for Herbalism Beyond the Basics Course beginning January 29, 2026

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.

### **Class 2**

Horseradish – 1 root

White Onion – 1 large

Garlic – 1 head

Jalapeno – 1

Tumeric – 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](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

### **Class 4**

Honey – ¼ to ½ cup

Brandy (optional) – 2-3 tablespoons

Cheesecloth

8-ounce dark bottle - [https://www.amazon.com/onzas-paquete-Boston-Botella-polietileno/dp/B01N2WC5HP/ref=sr\\_1\\_5?dchild=1&keywords=8-ounce+boston+round+glass+bottle&qid=1599160895&sr=8-5](https://www.amazon.com/onzas-paquete-Boston-Botella-polietileno/dp/B01N2WC5HP/ref=sr_1_5?dchild=1&keywords=8-ounce+boston+round+glass+bottle&qid=1599160895&sr=8-5)

Can be purchased singly at Specialty Bottle – [www.specialtybottle.com](http://www.specialtybottle.com)

### **Class 6**

Olive Oil

Cheesecloth

### **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