

NYBG

Materials List for Herbalism Beyond the Basics Course

In this 4-month 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.

Classes 1 & 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 (like [this](#))
1-quart canning jar or same size clean, glass jar with good fitting lid

Classes 3 & 4

Honey – ¼ to ½ cup
Brandy (optional) – 2-3 tablespoons
Cheesecloth
8-ounce dark bottle (like [these](#). They can also be purchased singly at [Specialty Bottle](#))

Classes 5 & 6

Olive Oil
Cheesecloth

Classes 7 & 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