

Materials List for Herbal Honeys

In this class, students will create several herbal honeys utilizing dried and fresh herbs, spices, and flowers. I'll be demonstrating how to make Herbal Honeys for skin wounds, to soothe coughs and sore throats, and to fight infections.

Supplies for Herbal Honeys:

- 3-4 8-ounce glass jars (you may want to have extra jars on hand)
 - Example: <https://amzn.to/3CC2xwi>
- Cheesecloth - https://www.amazon.com/s?k=cheesecloth&ref=nb_sb_noss
- Approximately 3 pounds of raw honey, available at your local apiary or at nyshoney.com

Kitchen Items:

- Glass or clear measuring cups
- A small sieve or strainer
- Double boiler or 2 small saucepans
- 1 bowl
- Labels
- Spoons

Fresh Herbs:

- White or Yellow Onion – 1 large
- Garlic – 1 large head

Dried Herbs: 1-2 ounces per herb

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

- Lavender (*Lavandula* spp.)
- Sage (*Salvia officinalis*)
- Thyme (*Thymus vulgaris*)