

# NYBG

## Materials List for Herbalism Beyond the Basics Course beginning January 26, 2022

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 - [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

### **Classes 3&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)

### **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 for storing herbs