

Materials List for Intro to Herbalism

In this class, students will learn differences between herbal medicine and homeopathy, the three major branches of herbalism, and the fascinating history of herbal medicine. Participants will receive a live demonstration on how to make two common herbal remedies that help reduce stress.

Below is a list of items needed for the hands-on demonstration portion of the class.

Dried Herbs:

Approximately 1-2 ounces per herb ([Jean's Greens](#) sells all of these herbs in 1-ounce quantities)

- Chamomile (*Matricaria chamomile*)
- Lavender (*Lavandula* spp.)
- Lemon Balm (*Melissa officinalis*)
- Oatstraw (*Avena sativa*)
- Passionflower (*Passiflora incarnata*)
- Scullcap (*Scutellaria lateriflora*)
- Spearmint Leaf (*Mentha spicata*)

Other Supplies:

- 80-Proof Vodka for the tincture
- Bowl for mixing herbs
- Strainer
- Spoons for mixing herbs
- Tablespoons/Teaspoons for measuring herbs
- Wax paper or plastic wrap
- Cheesecloth: https://www.amazon.com/s?k=cheesecloth&ref=nb_sb_noss
- 4-ounce canning jar or same size clean, glass jar with good fitting lid – a plastic or non-metallic lid is ideal but not necessary.
- [Tincture bottles 1-ounce or 2-ounce size](#) (2-4 depending upon the size you choose) for holding your finished tincture
- Additional glass ball jars (or other clean jars) for storing herbal tea blends

Resources for Herbs:

[Flower Power](#)

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

[Starwest](#)