

Using Fresh Herbs

To make an oil infusion from *fresh* herbs, place the herbs in a Mason jar and cover them with just enough oil to leave no part of the plant is exposed to air. Let sit in the sun for 2 weeks, or cook in a Crock-Pot for 5 days at low setting. Then press the herbs through a cloth. Let the decanted oil sit. After a day, the water naturally present in the herbs will settle to the bottom. Pour off the oil and discard the water. Some herbalists prefer to start the oil infusion by letting the herb sit in just a bit of alcohol that has been poured over the leaves for 24 hours. This breaks down the cell walls of the plant and helps begin the extraction process. After this, add the oil and proceed as above.

Herbal Oil for Skin Infections

Oils are exceptionally good for the health and healing of the skin.

- 1 quart (1 l) olive oil
- 1 ounce (25 g) usnea
- 1 ounce (25 g) acacia
- 1 ounce (25 g) echinacea root or seed
- 1 ounce (25 g) garlic
- 1 ounce (25 g) sage

1. Add the oil to a heavy pot. Use glass or stainless steel, not aluminum or cast iron.
2. Grind all the herbs as fine as possible.
3. Add the herbs to the oil.
4. Heat the mixture overnight in the oven with the setting on low (150° to 200°F [66° to 93°C]), or heat covered on low in a Crock-Pot for 7 days.
5. Remove the pot from the oven and let the mixture cool. Press the oily herb mixture through a cloth to extract the oil.
6. Store the oil in a sealed glass container out of the sun. It does not need to be refrigerated.

