



Kitchen Pharmacy

RECIPE BOOK

**EASY STEP BY
STEP RECIPES**

From oils, to teas, lip
balms and syrups



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Get started making home remedies in the kitchen

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About me

My name is Laura Carpenter and I am a herbal educator.

I love bringing 'lost herbal knowledge' back into the everyday,

I run courses at all levels, from the absolute beginners, right up to professional development for herbal practitioners.

You can find out more about me on my website. www.lauracarpenter.co.uk





Before we get started we need to take a moment to talk about safety

It is important to remember that just because herbal medicine is natural **does not mean that it is automatically safe.**

Some people can have reactions to herbal medicines, and although this is rare it is important to bear in mind.

Are you taking any medication?

If you are taking any form of medication it is important to check that it is safe to take a particular herb with that medication before proceeding. Some herbs can directly interact with a drug and some can stop the drug working altogether.

Pregnancy

If you are pregnant or there is a chance you might be, you must only use herbal medicine with the supervision of a medical herbalist.

If you are unsure about a herbal medicine and how you might react to it, the safest thing to do is not take it and consult a medical herbalist for more information.

It is important to recognise when a condition is more serious, and to know your limits. If you become ill with something you'd normally go see the doctor about, it is important that you still go as normal.

Teas and infusions

Teas or infusions are when a medicinal plant is soaked in hot water. Traditionally an infusion is where the herb is steeped in hot water for several hours.

Teas are steeped for much less time and are weaker but still valuable in their medicinal uses.

A **simple infusion** is when a herb is steeped in hot water, and usually left for 10-15 minutes to infuse and the herb is then removed, leaving a tea type liquid, often quite strong.

Infusions are often used for acute conditions such as colds and flu. The heat of the liquid and its journey through the body is most beneficial in acute conditions, for example, drinking peppermint tea for indigestion.

Herbs that are made into infusions are usually leafy, flowery herbs. The usual dosage for an infusion is 5-10g ; the number of doses per day would depend on the condition and the herbs being used. For example, in colds and flu's infusions are usually taken 4-5 times a day, whereas in the case of indigestion, one dose would usually be sufficient.



Basic recipe

5-10g of herb
1 cup of hot water

Either add the herb to a tea strainer and leave in the cup of hot water for 10 minutes. Or add the herb to the cup of hot water, cover and allow to sit for 10 minutes, strain using muslin or a fine tea strainer.

Here are some of my favourite tea blends to try:

- Yarrow, peppermint and elderflower for colds and flu
- Chamomile, limeflower and lemon for restful sleep
- Chamomile, fennerl and peppermint for good digestion



Infusing oils

Infused oils are a brilliant way of extracting herbal constituents, any oil or fat will work, e.g. olive or sunflower.

The oil slowly breaks down the cell walls within the plant material and extracts the herbal constituents. If kept well and made correctly an infused oil can easily last for 6 months to a year.

Infused oils can then be added to creams and ointments, or applied to the skin directly.

Infused oils are not to be confused with pressed oils (e.g. olive or walnut). Or essential oils which are actually not oils at all but a steam distilled extraction.

Infused oils can be made from any plant material, although leaves and flowers work best, but some extract better than others. Fresh and dried plant matter can be used, but remember that a fresh plant is up to 80% water and that will introduce mould into your oil.

Basic recipe

- Enough herb to fill a jar
- Enough vegetable oil to cover the herb

Add the herb to a clean jar and cover with the vegetable oil of your choice. Ensure it is completely covered. Cover and leave for one month. Strain through muslin or a jelly bag and bottle in a clean jar or bottle.

This is known as the cold infusion method.

For more details and other methods please see **my YouTube channel**.

Here are some of my favourite oil blends to try:

- Bay leaf and willow leaf for a pain relieving oil.
- Chamomile to be used in eczema creams
- Calendula for healing gardeners' balm.



Tinctures

A tincture is simply a herb steeped in alcohol. A good example of this sloe gin!

The alcohol breaks down the cell walls of the plant parts allowing more of the constituents to be dissolved in it.

Tinctures are therefore stronger than teas and the dosage is very different.

Each tincture dosage usually depends on the herb used in the tincture.

Tinctures are also made at different strengths and you may see this on the side of the bottle if you'd bought one, e.g. 1:3. This means there was one part herb and three parts alcohol.

Tinctures are also made with fresh and dried plant materials.

For more details and other methods please see my **[YouTube channel](#)**.



Basic recipe

Enough herb to fill your jar almost fill your jar

Enough alcohol to cover the herb in your jar e.g. vodka, gin or brandy (over 25%)

Add the herb and alcohol to the container. Keep in a safe dry place away from sunlight for two to four weeks.

Strain and bottle in a dark bottle and store in a cool dry place.

Make sure you label the bottle well with the date it was made, what from and with what alcohol.

Here are some of my favourite tinctures to try:

- Elderberry for cold and flu symptoms.
- Chamomile to aid digestion.



Ointments and balms

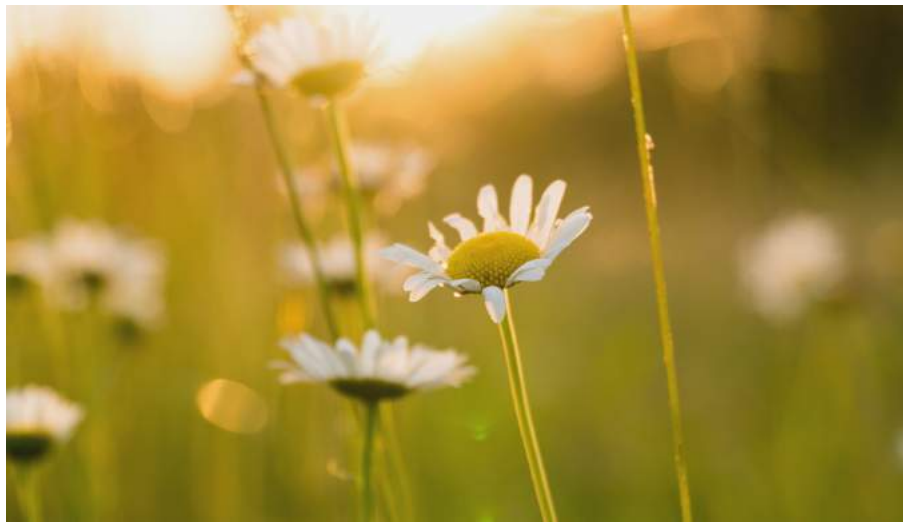
An ointment is heavier than a cream, and consists of a mixture of oil and beeswax (or plant wax).

It is usually used to ensure the herbal constituents in the ointment are kept on the surface of the skin for a long time. E.G. a pain relieving ointment.

Ointments also have a much longer shelf life than creams because they do not contain any water.

A well made ointment can last 1 - 2 years.

For more details and other methods please see **my [YouTube channel](#)**.



Basic recipe

6 - 12g beeswax/plant wax (6 grams will give a softer balm, and 12g will give a firmer texture)

50ml herbal infused oil

Clean glass pots (mixture makes approx 60ml)

In a glass bowl over a saucepan of boiling water, melt the beeswax/plant wax and herbal infused oil together.

Once the beeswax/plant wax has dissolved, remove from the heat and allow it to cool slightly.

Beat the mixture until it cools down and becomes thick, you may find it easier to spoon the mixture into the pots while it is still quite runny, that way it can cool in the pot and there will be less air pockets and less mess.

Allow these to cool and then label.

Here are some of my favourite ointments to try:

- Daisy for bruises and sprains.
- Chilli for pain relief (remember to wash your hands!)



Lip balms

A lip balm is a form of herbal ointment that has additional beeswax/plant wax to give it a firmer texture.

Lip balms can be medicinal, for example anti cold sore (using lemon balm infused oil), or for dry cracked lips (using calendula infused oil).

Or they can be for general protection from the elements.

Here are some of my favourite lip balms:

- Lavender and calendula for sore cracked lips.
- Replace the cocoa butter with dark chocolate for a cheeky treat.

Basic recipe

- 10g oil
- 5g cocoa butter
- 5g beeswax/plant wax (e.g. soy)

(Makes 2 - 3 tubes of lip balm)

Melt the oil, cocoa butter and beeswax/plant wax together at a low heat, in a double boiler (glass bowl over a pan of water).

Allow to cool slightly before adding essential oils. (If adding essential oils stir well).

Carefully pour or spoon the mixture into the lip balm tubes or pots

Because there is no water in this mixture it will last 1 – 2 years if kept well, but remember lip balms tend to re melt several times and that will decrease the shelf life.

For more details and other methods please see **my YouTube channel**.



Herbal cough syrup

There are several ways to make a herbal cough syrup. They can be made from vegetable glycerine (a glycerite), or even extracted directly from the herb itself (e.g. onion syrup).

They can also be made by infusing the herb in honey (or a sugar substitute such as agave).

They can also be made the traditional way but decocting the herb and then adding sugar or honey (or substitute) and that is the recipe I am giving.

The other recipes can be found on my **[YouTube channel](#)**.

Basic recipe

- 25g herb
- 570ml of water
- 250g honey or 225g brown sugar

Simmer the herb(s) in the water for 30 minutes on a low heat.

Strain the liquid and then return to the pan, reduce to ½ 275ml of liquid.

Add the sugar/substitute or honey and stir in until fully dissolved.

Bottle in a clean, warmed bottle, keep away from heat and light. Keep in the fridge for 1 week. The usual dosage (depending on herbs used) would be 5ml up to three times a day (depending on herbs and purpose).

Here are some of my favourite combinations to try:

- Bay leaf, rosehip and blackberry
- Liquorice and thyme
- Elderberry

