

WHAT YOU'LL NEED...

150 grams *Echinacea angustifolia* root (approximately 1 1/2 cups)

450 ml glycerine

300 ml water

INSTRUCTIONS

1. Place the Echinacea root in a 1-quart jar.

2. In a medium bowl, mix together the glycerine and water. Whisk to combine.

3. Pour the glycerine and water mixture over the Echinacea root.

4. Cover the jar and shake well. Continue to shake the jar every day for 1 week, and then every few days while it is macerating, or extracting, over the next 6 weeks.

5. You'll notice that the Echinacea root will expand as it soaks up the liquid. If the roots expand so much that the liquid no longer covers them, add a bit more glycerine and water. However, you want to add as little as possible to avoid diluting the mixture too much.

6. After 6 weeks, give the jar one last really good shake. Then strain the roots through cheesecloth, squeezing it well. (Alternatively, use a potato ricer to strain and squeeze the roots. Herbalists who make a lot of glycerites often get a tincture press.)

7. Using a small funnel, pour the glycerite into clean dropper bottles. Store in a cool, dark place.

Yield: approximately 3 cups (24 ounces)



SHOPPING LIST

Herbs & Supplies	Ingredient Amounts Used in Video	Minimum Amount to Purchase
<i>Echinacea angustifolia</i> root	150 grams (approximately 1 1/2 cups)	8 ounces
glycerine	450 ml	1 (16-ounce) bottle
digital kitchen scale		
1-quart jar		
strainer		
cheesecloth	available at natural foods markets or online; look for unbleached & organic	1 packet
potato ricer (optional)		
small funnel		
tincture bottles	available at Mountain Rose Herbs, Specialty Bottle, local co-ops and other sources	12 (2-ounce) tincture bottles with droppers
spray bottle	available at Mountain Rose Herbs, Specialty Bottle, local co-ops and other sources	1 (2-ounce) spray bottle with fingertip mister

ABOUT ECHINACEA

Other common names: coneflower, purple coneflower, Kansas snakeroot, hedgehog, black sampson

Botanical name: *Echinacea angustifolia*, *E. purpurea*, *E. pallida*

Family: Asteraceae (Aster or Composite)

Parts used: whole plant, flowers, roots, leaves

Energetics: cooling, drying

Taste: pungent, acrid

Plant properties: immunomodulator, sialagogue, modulates inflammation, antimicrobial, vulnerary, lymphagogue, alterative, anti-pyretic, circulatory stimulant

Plant uses: infected wounds, colds and flu, acne, boils, abscesses, septicemia, mouth infections, warts, venomous bites, fevers

Plant preparations: tincture, tea, decoction, mixed with clay, mouth wash, poultice



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