

Herbal Infinities

There are infinite ways to work with plants, in the kitchen is where it often starts.

Simple Edible Herbal Preparations

teas/infusions: can be made from fresh, dried, even powdered plant material. can prepare as a cold infusion by steeping herb in cold water, or a hot infusion either by steeping in water heated by the sun or by pouring boiling water

herb vinegars: can be made by chopping/blending fresh or dried herb in vinegar, usually letting sit bottled for weeks and then straining

oils: can be made with fresh/slightly wilted or dried herb, chopped and covered with vegetable oil like olive or sunflower, letting sit for days or weeks, then or not

tinctures: can be made with fresh or dried herb, chopped/blended and steeped in alcohol

pestos: lots of fresh herb blended with nuts or seeds, oil, S&P, and lemon juice

drinks: fresh herb added to smoothies and juices!!!! my favorite way !!

condiments: use fresh or as a pesto on top of sandwich/wrap fixins, burgers, pizza, anything!

Simple Body Care Preparations

hair/body rinses: teas/infusions, vinegars and herbal waters* can be used as hair rinses

facial steams: fresh and/or dried herb and essential oils can be inhaled through steam

masks/scrubs: powdered herbs can be incorporated into homemade masks/scrubs

lotions: herb infused oils and essential oils can be used in homemade lotions and creams