The Wild Garden

Coleen French

French Garden Creations

Herb Tea, Soap, Slaves, Workshops and Lectures

9783 Butler Rd, Portland, MI 48875

(517) 647-7814 [french@power-net.net](mailto:french@power-net.net)

Some Really “Wild” Ideas

* For Bee stings or bug bites

1. Find some plantain or burdock plants
2. Break the plant open by bending, twisting, wadding up the entire plant, etc.
3. Place the “juicy” part of the plant directly on the wound and hold with direct pressure for 15 minutes.
4. Enjoy the soothing relief!

* Run a bath … to soothe bug bites or scratches

1. Toss some Burdock into your tub water to soothe bug bites or scratches
2. Be sure to clean the plant parts out of the tub so your family doesn’t get mad!

* Herbal Tea

1. Combine any or all of the **herbs** listed below
   1. Violet leaves and flowers
   2. Spearmint (*use for sweetness*)
   3. Chickweed (*use for aches and pains*)
   4. Lemon Balm leaves
   5. Monarda (*use as a Bee Balm*)
2. Use about ¼ cup of fresh herbs or 1/8 cup dried herbs
   1. To dry the plants, just leave them out on a windowsill for 1-2 days
   2. Break up the plant (fresh or dried) by wadding, twisting, bending, etc. before placing in the **container**
3. Pour boiling **distilled water** over the herbs and let steep for 3-5 minutes
4. Strain the tea using **cheesecloth** or a coffee filter to remove the plant parts
5. Sweeten with **honey** or sugar
6. This makes a great iced tea

* Plantain or Burdock salve *(“pulling agent” for thorns, glass, slivers; use on bee stings and minor scratches)*

MATERIALS

One pint glass jar Virgin Olive Oil Crock Pot

Plantain Cheesecloth Beeswax (shredded)

Vitamin E Plastic containers Labels

1. A salve is made much like a tea, except you use oil instead of water to extract the properties of the herbs (this process is called infusion.)
2. Collect plantain or burdock and allow to set out for 1 day
3. The INFUSION process can be done one or two different ways
   1. HOT method
      1. Add **Virgin Olive Oil** to a pint jar until ~2/3 full
      2. Pack the plantain into the pint jar and oil so that the oil completely covers the plant (otherwise, some plant extracts will escape)
      3. Warm the oils and herbs gently in a double boiler or a very low heat oven or **crock pot**
         1. heat on LOW for 24 hours
         2. For best results, heat the present **batch of plantain** in the oil for 12 hours, then remove the plant material and add fresh plantain for an additional 12 hours
   2. COLD method
      1. Add Virgin Olive Oil to a pint jar until ~2/3 full
      2. Pack the plantain into the pint jar and oil so that the oil completely covers the plant (otherwise, some plant extracts will escape)
      3. Seal the jar with some kind of cover
      4. Place in a sunny spot (windowsill) for two to three weeks, SHAKE everyday once in the morning, once at night)
4. Straining the herbs out of the oil
   1. Use **cheesecloth** or screen door fabric (*sheer netting window fabric*)
   2. Pour the “Infused” oil through the screening agent to remove visible plant parts
5. Adding THICKENER (**Beeswax**)
   1. You can use a 1:1 ratio of beeswax to infused oil mixture (e.g. 1 cup beeswax to 1 cup of infused oil)
   2. Use less or more beeswax, depending on the thickness you desire in the salve
   3. Shredded beeswax melts much quicker than blocks of beeswax
6. Adding PRESERVATIVE to make the salve last longer
   1. Wheat germ or **Vitamin E** are easy to find in stores
   2. For Vitamin E, buy capsules, cut open the capsule and empty the contents into the infused salve mixture before the salve cools
7. PACKAGING your salve
   1. Pour the melted salve/Beeswax mixture into **small plastic containers**
   2. Allow the salve to cool
   3. **Label** the herb name and the date of preparation