

# Siberian CedarLand

## Herbal Water Extractions Tea. Infusion. Decoction.

### Two types of dry Herbs:

#### Soft herbs

dry leaves, petals, flowers, calyx, buds, soft stems, grass.

#### Hard herbs

roots, bark, dried berries, hard woody stems, seeds, dry peelings & mushrooms.

**if you have Soft herbs**  
you make a tea or an infusion

**If you have Hard herbs**  
you make a decoction

**If you have both**  
you combine the two methods

### Herbal Tea

Combine 1-2 tsp. of dried herbs per cup of boiling water. Once you've added the herbs to the water, remove from heat. Cover and steep for 5-10 minutes. Strain the herbs and drink.

### Herbal Infusion

Same as an Herbal Tea, only for an infusion you take a larger amount of herb brewed for a long time. Usually 1 oz of dry herb to a quart of water.

### Two types of Infusions:

#### Cold Infusions

is ideal for slimy, mucous herbs, bitter herbs and herbs with delicate essential oils (see the list below)

#### Hot Infusions

for all the rest soft herbs

#### How to make a Cold Infusion

Add 1 oz. (about a cup) of herb and 32 ounces of water. Place herbs in a quart jar, fill with cold water, and cap. Allow to infuse overnight. Strain the herbs and drink.

#### How to make a Hot Infusion

add 1 oz. (about a cup) of dried herbs to a quart jar. Pour boiling water over the herbs to the top of the jar. Cover with a lid and cozy the jar under a thick warm towel or blanket and let the herbs steep 4-10 hours and then strain.

### Herbal Decoction

Decoctions are simmered teas and this method is used when extracting constituents from the Hard Herbs, except the herbs recommended for Cold Infusion method.

#### How to make an Herbal Decoction

One tablespoon of herbs per cup of cold water. Slowly heat the water and herbs to a simmer and cover. Allow to gently simmer on low for 15 to 45 minutes. Remove from the heat cover with a thick old towel and let cool. Leave to infuse for 4 to 10 hours. Strain and drink.

#### General Adult Dosage:

A general adult dose is a quart of herbal infusion/decoction throughout the day.

#### General Infants & Children Dosage:

6-12 months old - 1/10th of an adult dose  
1-6 years old - 1/3 adult dose  
7-12 years old - 1/2 adult dose.

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## List of Herbs that are BEST prepared with COLD INFUSION method

### Materia Medica Factsheet:

Marshmallow root (*Althaea officinalis*)

Slippery Elm (*Ulmus rubra*)

Horehound (*Marrubium vulgare*)

Angelica root (*Angelica archangelica*)

Roman Chamomile (*Chamaemelum nobile*)

Cleavers (*Galium aparine*)

Gentian (*Gentiana lutea*) root

Cascara Sagrada (*Rhamnus purshiana*) bark

Comfrey (*Symphytum officinale*) root

Pau D'Arco (*Tabebuia*) inner bark

Blessed Thistle (*Cnicus benedictus*)

Hyssop (*Hyssopus officinalis*)

American Sarsaparilla (*Aralia nudicaulis*) root

Burdock root (*Arctium lappa*)

Wormwood (*Artemisia absinthium*)

Stinging Nettles (*Urtica dioica*)

Sagebrush (*Artemisia tridentata*)

Mugwort (*Artemisia vulgaris*)

Bidens pilosa

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Red Root (*Ceanothus americanus*)

Desert Willow (*Chilopsis linearis*) bark, twigs

Feverfew (*Chrysanthemum parthenium*)

Dogwood (*Cornus*) root, bark

Tree of Heaven (*Ailanthus altissima*)

Common prickly-ash (*Zanthoxylum americanum*) bark

Witch Hazel (*Hamamelis virginiana*) bark

Fresh Lemon Balm (*Melissa officinalis*)

Peppermint (*Mentha piperita*) and all mint family

Wild Chokecherry (*Prunus*) bark

Cal. Buckthorn (*Rhamnus californica*) bark

Buckthorn (*Rhamnus frangula*) bark

Senna (*Cassia angustifolium*)

Licorice root (*Glycyrrhiza glabra*)

Fresh flowers (rose petals, wild violets, evening primrose, lilacs, lavender...)

### a very simple & gentle Digestive Bitter Recipe

#### **you will need:**

- A glass jar with a lid
- 4 cups of cold water
- 1/2 cup Marshmallow root
- 1/4 cup Chamomile
- 1/4 cup Burdock root
- 1 tsp Licorice
- 1 tsp of fresh grated Ginger
- stainless steel mesh strainer

#### **How to:**

Place all ingredients in a glass jar, mix, put the lid on and allow to infuse overnight on the countertop then move the jar in the fridge. Strain out as much as needed, until it will become hard to get the liquid out, so then strain, squeeze out the wet herbs as best you can. Use within 3 days.

Compost the herbs.

**dose:** Adult: 1-4 cup 3 x a day between meals

Children over 2 yo - 1 Tbsp 3-4 times a day between meals

**note:** take for two weeks, then switch to a different digestive bitter.