



## Herb Preparations

Cooking: added fresh or dry to soups, stews, sauces etc, with very light cooking  
Best not to boil aromatic leafy parts too long, to preserve aromatic molecules that would otherwise disperse  
Roots and barks of traditional spices can be cooked longer  
Cinnamon in hot cereal, ginger in curries, etc  
Added fresh to salads  
For cooking purposes no specific dosages or recipes need to be given

Tea infusions of herbaceous aromatics

Leaves and flowers

Dry herbs produce stronger infusions than fresh herbs

Typical recipe is one teaspoon dry herb per cup hot water, steeped for several minutes. Larger amounts can be made in the same ratio in a French press.

Decoctions: used for roots, barks, seeds and forms other than aromatic leaves

Recipes are typically less than infused leaves

¼ teaspoon per cup

Taken as tinctures, either as single remedies or in combinations

Taken as tinctures requires specific dosages, depending on the herb

Tinctures can also be added to infused teas

Fresh or dried plant material can be steeped in the bath, steeped in hot water for inhalations, or used traditionally in a steam cabinet or sauna