



# herbal access

*A guide to accessing herbs financially, and making herbal knowledge accessible by Emma*

## Herbal Access

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# *An Herbal Expedition*



My vision for this self designed expedition is to inform students and community members about how to access herbal knowledge, and how to make herbalism financially accessible. I have created recipes that are simple to follow, and a budget featuring the herbs found in the recipes, and other herbs commonly used in teas and other herbal remedies.

# *An Important Observation*

In today's world, there is a lot of skepticism about the effectiveness of herbalism. To a lot of people, it is mumbo-jumbo, a radical belief, and a rejection of technology and medical science. I hope this book can contribute to dispelling those beliefs in some way. Here is something extremely important to note about the medicine that you take in a bottle; it all comes from herbs. Pharmaceuticals, ARE herbs. Its nature in disguise. People take concentrations or chemical compounds derivative of plants and put it in a different package. Have you ever asked yourself the questions "but where does this medicine come from? What is the origin of this medicine?" These healing properties are a product of nature, even if it doesn't feel like it. Taking these medications is so important, and doctors are vital to maintaining your health. However, using herbs to heal yourself in an informed way is also a viable and wonderful way to have power over your healthcare, and to understand the role we often forget nature plays in our health.



## *Herbal Tea Definitions*

### *Herb*

Herbs are basically any plants used for consumption, aroma, or topical use

### *Steep*

To put it simply, this is the process of soaking your herbs in water or some liquid to make an herbal blend, often tea. Your hot water absorbs the medicinal qualities, and flavor of the herbs.

### *Time*

The amount of time you steep your herbs for depends on what you like mostly. Sometimes I steep my herbs for longer, because I like strong teas. That means when it says 'steep for 20-45 minutes,' I may steep it for 40 minutes rather than 20. You can also use more herbs to make your tea stronger. Don't be afraid to experiment, but note that if you are being contentious of medicinal properties, some teas have a time range of retention for these properties.



### *Infusions*

When you want to make a tea out of the more delicate parts of a plant, usually the leaves or the flowers, you prepare it as an 'infusion.' It's not complicated, just one way to make tea. Boil the amount of water called for in a recipe. Then, pour water over the herbs, and let steep for time called for. (note: when you put a tea bag in a mug of hot water, you are making an infusion)

### *Decoctions*

Here's another way to make teas, using tougher parts of the herbs, like the roots and the bark. The medicinal contents of these herbs are harder to extract. So when you make these kinds of teas, you put the herbs in a saucepan, and cover them with the amount of water called for in the recipe. The water should be cold, I just use water right out of the tap. Cover the saucepan and simmer for time called for.



# *Easy Herbal Recipes*



*pictured above: fresh mozzarella pizza made with borage flowers, an annual herb with purple blossoms*

## *Mint or Peppermint Tea*

### *Ingredients*

2 cups water  
2 teaspoons dried mint/peppermint

~or~

2 cups water  
2 tablespoons fresh mint/peppermint

### *Preparation*

prepare as an 'infusion.' In other words, boil the water and pour it over the herbs and let steep for 5-8 minutes. Add honey for sweetness, or whatever you like-you're allowed to make it tasty  
This tea is good to drink when you have a headache or are nauseous, and it will help with coughing too.





## *Ginger Lemon Tea*

### *Ingredients*

2 cups water  
2 tablespoons fresh ginger  
1/2 a lemon  
*optional:* 1 or 2 shakes of cayenne powder

### *Preparation*

Cut the ginger into thin disks, and remember, the amount is approximate. Prepare as a 'dection'. In other words, pour the 2 cups of cold water over the ginger in a saucepan. Simmer slowly, for 10-20 minutes (ginger has a really strong flavor, so if you are sensitive to spiciness, steep for less time. experiment). Squeeze lemon juice into tea before drinking. add optional cayenne last, if at all. Sweeten with honey, or what ever you please. This is another great tea for colds, and for the flu. It really wakes you up too.



## *Lemon Face Scrub*

### *Ingerdients*

lemon juice and white sugar

### *Preperations*

Mix lemon and sugar until you have a paste- like consitency. It shouldn't be runny at all. This is one of my favorite things to do for myself at night after a long day. At first I thought the lemon juice would make my skin burn, but after using this scrub, my face felt pretty fresh and smooth. If you use it on your hands, they too will be amazingly smooth.

## *Herbal Bath*

### *Ingredients*

1/8 cup rosemary

1/8 cup sage

1/4 cup peppermint ~or~ spearmint

### *Preparations*

These measurements are approximate- you just want about a half a cup of herbs. Place herbs in the middle of a hankerchief , and tie the hankerchief to the nozzle of your bath.

When used in aromatherapy, the herbs in this blend are used mainly as a destressor. Aromatherapy is basically the treatment of common illls or negative emotions with different natural scents. In my experience, it really, really helps. And this one will enhance your mood for sure.



# *Red Raspberry Rose Hip tea*

## *Ingredients*

2 cups water  
1 teaspoon dried peppermint  
1 teaspoon dried red raspberry leaf  
1 teaspoon dried rose hips  
lemon juice to taste

## *Preperations*

Oh yeah. Prepare dried herbs as an infusion, and let steep for 5-8 minutes. Add lemon and sweetener at the end.

Classically, peppermint promotes healthy digestion, and calms headaches. Red raspberry leaf is associated with the reproductive system, especially for women, but don't worry if you're a guy. It's good for all of us, and it's another great cold and sore throat reliever too. Lemon is great for colds, infections, and general health. So this tea is a great option if you crave the taste, and if you have cold symptoms.

in the warmer seasons, you can also find red clover flowers in your lawn. They are a wonderful addition to this tea. Just add blossoms!





## *(Further) Medicinal Value of Herbs in These Recipes*

### *1. Peppermint/Mint*

Peppermint stimulates circulation. When prepared as a tea, peppermint has soothing qualities. Peppermint contains volatile oil compounds, or the essential oils that relax the smooth muscles that line the digestive tract.

### *2. Red Clover and Red Raspberry*

Red clover and red raspberry leaf (pictured the the right: red clover) are both used to regulate and relieve reproductive organs. This is not just of internal importance, when in distress it provides noticable physical comfort.

### *3. Ginger*

Ginger is great to take when you have a cold because it loosens phlegm and expands your lungs. Ginger is also a tonic herb, which means it strengthens your immune systems, and overall health. It helps you from getting sick in the future.

### *4. Lemon*

Lemon is an antiseptic, it fights infection. Lemon also makes your skin beautiful. When combined with lemon, it is good to drink in teas to treat colds.

### *5. Rosemary*

Rosemary is used by many in the herbal knowledge loop because of its aromatherapy qualities. When used in this capacity, rosemary lowers cortisol (which decreases anxiety) levels when combined with other herbs.

### *6. Sage*

Sage also has calming affects like peppermint and rosemary do, but more specifically sage has traditionally been associated with aromatherapy for depression.





The following is the best thing about this book- a formula to make your own recipes. It's really easy. Here's the guideline:

for every **cup**, use **1 teaspoon** of herb if the herb is **dry**.

If the herb is **fresh**, use **1 tablespoon** for every **cup**.

so if you want to make 4 cups of tea, use 4 teaspoons of herbs if dry, and 4 tablespoons of fresh. And use multiple herbs, too. For 3 cups of tea, you could use 1 teaspoon of one herb, and 2 teaspoons of another dry herb. In many herbal recipe books, you'll see something like. "1 part lavender, 2 parts mint" supposing the herbs are fresh, this means 1 tablespoon of fresh lavender, and 2 tablespoons of fresh mint.

Don't know where to start experimenting? Here's a list of common herbs that are easy to find, for you to try.

chamomile flowers and leaves   lavender flowers   clover flowers  
rose flowers   spearmint, peppermint   basil   cinnamon   allspice  
lemonbalm   lemongrass   goldenrod   apple fruit

some of these herbs are **flowery**, some are **minty**, **spicy**, **citrus**, **licorice**, and **sweet**.

## *Budget*

This is my receipt from whole foods for some common tea-herbs. Buying in bulk is cheap, and these amounts make between 20-50 cups of tea. I usually buy some of these at a time. Usually, I spend less than five dollars.

Ginger root- .26 pounds= \$0.78

Cardamom Pods- .025 pounds= \$1.03

Whole Black Peppercorns- .06 pounds= \$1.08

Chamomile- .02 pounds= \$0.58

Cinnamon sticks- .11 pounds= \$1.26

Peppermint leaf- .02 pounds= \$0.50

Rose hips, seedless- .09 pounds= \$1.26

Whole anise star- .07 pounds= \$1.61

Red raspberry leaf- .02 pounds= \$0.40

1 lemon= \$0.99 or less

Tea filters(Tea bags)= \$3.49 for 40 (*that's less than a cent each*)

You may have noticed, not all of the ingredients from the recipes included in this book are featured in this budget. And not all of the above herbs are in this book at all. But it is a good mix of herbs demonstrating the diversity of plant-parts used, i.e. root, flower, or leaf. And the magic of the herbal experience I had envisioned for you is going to the store for yourself and realizing how empowering herbalism is financially. So go out and shop for these recipes, and experience the mystique personally!



## *Gratitude*

This book has been made possible by the support of many people and organizations in Portland. I encourage you to reach out and take advantage of these resources if you want to engage in a journey similar to mine

Justice In the Body, and their weekly class *Reclaiming Our Roots*  
and Angel Bean and Cathleen Miller, the facilitators  
[www.justiceinthebody.com](http://www.justiceinthebody.com)

Casco Bay High School  
[cbhs.portlandschools.org](http://cbhs.portlandschools.org)

### *Suggested reading:*

*Rosemary Gladstar's Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family* By  
Rosemary Gladstar

*The Roots of Healing: A Woman's Book of Herbs* By Deb Soule

## *Things to note about this book*

This book is based on knowledge I have gained through a community herbalism class, herbal texts, and other research. The content is informed. However, I am not a licensed herbalist or physician, and I assume you, the audience, are not either. This is important to note, because there are some herbs out there that are not intended for consumption, and some herbs that should not be taken in large quantities with other medications. ***THIS SHOULD NOT PREVENT YOU*** from making your own herbal teas! You just have to make sure you are being smart about it. Plus, looking up the health benefits of herbs can be half the fun anyway!

Please,  
have fun,  
**and love it.**



