



How to Make Herbal Teas, Tisanes & Water Infusions

COLD INFUSIONS, DECOCTIONS AND EVERYTHING IN
BETWEEN!

Intentions behind this class

Water: one of the simplest, easiest, accessible ways to enjoy herbs

- Pssst! You don't need tea bags!!!!
- Easy, accessible: herbal medicine for everyone.

What's more fun than drinking flowers?

- Essential oils internal use for severe, acute situations, something a trained clinical or physician would do.

Learning:

- Get to know what the plant looks like, feels like.
- Know the herbal actions by experiencing the plant!!! Attunement

Stop tormenting your aromatic herbs with hot, boiling water: different temps for different plants and intentions....

Working with Herbs

Food

“Teas”

- Tisane/Infusion/Maceration
- Hot (Short time)
- Cold (Longer)
- Decoction (Longer)

Solvent Extraction
(Tinctures)

- Ethanol
- Water
- Glycerin
- (Vinegar)

Distillation

- Essential oils
- Hydrosols

Flower essences

Infusion/Maceration
(topical & internal)

- Fixed oil base

Solubility

Water loving
(hydro-philic)

Fat loving
(lipo-philic)



Benefits of Water Infusions

Convenient & Easy to make!

Brings hydration

Can TASTE your medicine

Bathes tissues

- Excellent for digestive tract work
- Excellent for urinary system

Nutritive tonic vs medicine

- Both!

Thoughts on Tinctures (Solvent)



Pluses

- Portable (+)
- Convenient (+/-)
- Extract multiple components
- Water & ethanol) (+)

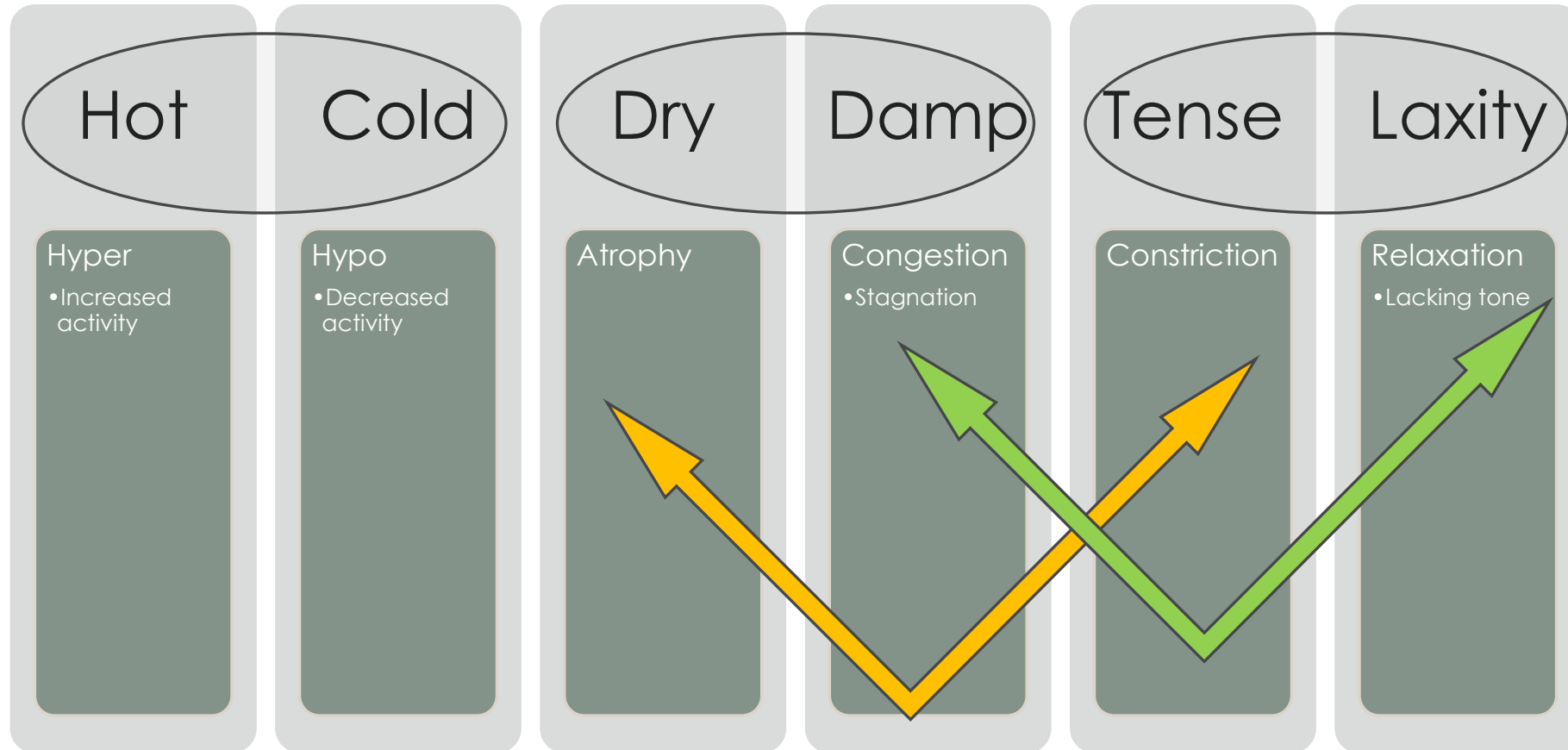
Minuses

- Tinctures are excellent but not suitable for everyone
- Alcohol (-)
- Less easy for the “non-herbalist” to make (-)

Energetics

TISSUE STATES: HOW DO I CHOOSE HERBS AND METHODS?

Western Energetics: Tissue States



Western Energetics: Herbal Actions

Secondary Action: implies
end result

Primary Action: Relation to
system/organ/tissue



Foundational Actions: Stuff
you can taste/feel

Foundational

Aromatic

Dispersive

Warming

Drying

Stimulating

Astringent

Toning

Sour
(Rose family)

Demulcent

Emollient

Slime

Cooling

Coats/
Soothes

Sweet

Relaxant

Acrid =
anti-spastic

Stinky

Sedative

Stimulant

Increase
activity

Brings
blood

Possibly
irritating

Bitter

Digestive

Stimulate
secretions

Cooling

Primary Action

Affinity with System/Organ/Tissue

Adaptogen

Diuretic

Carminatives

Cholagogue

Diaphoretic

Diuretic

Emetic

Emmenagogue

Expectorant

Galactagogue

Laxative

Nervine

Nutritive

Parturient

Rubefacient

Sialagogue

Tonic

Secondary

Adaptogen

Anodyne

Anti-arthritic

Antibacterial

Antidepressant

Antifungal

Antitussive

Antiviral

Bronchodilating

Febrifuge

Hemostatic

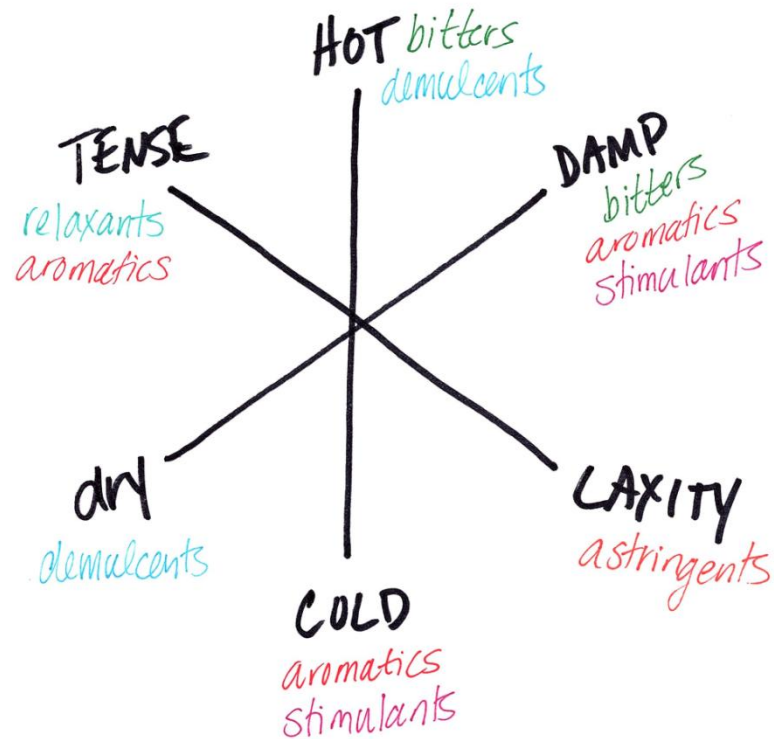
Hypoglycemic

Parturient

Stomachic

Vermifuge

Energetics & Actions



Consider the person's

- Constitution
- Symptoms

Then think in opposites

Blend plants to offset
"side-effects"

Water is AMAZING

WATER, SOLUBILITY & OTHER MUSINGS

Universal Water

Universal Life Force

- Universal solvent
- Great powers of absorption
- Necessary for ALL life
 - Solar heat & Earth's atmosphere allow us to have liquid water
- We are water
 - We are 60-70% H₂O
 - Blood is 90% H₂O
- Plants are mostly made of water!
- Use filtered or distilled water!

Foundational Actions & Obtaining Components

Aromatic	Astringent	Bitter	Demulcent
Volatile oils	Tannins	(Various)	Mucilage/ Polysaccharides
*Cold water	*Very soluble in water hot	*Hot water, longer extraction time	Cold water
*Warm water			
Distillation/Solvent extraction			
(Lipids)			

Potayto / Patahto

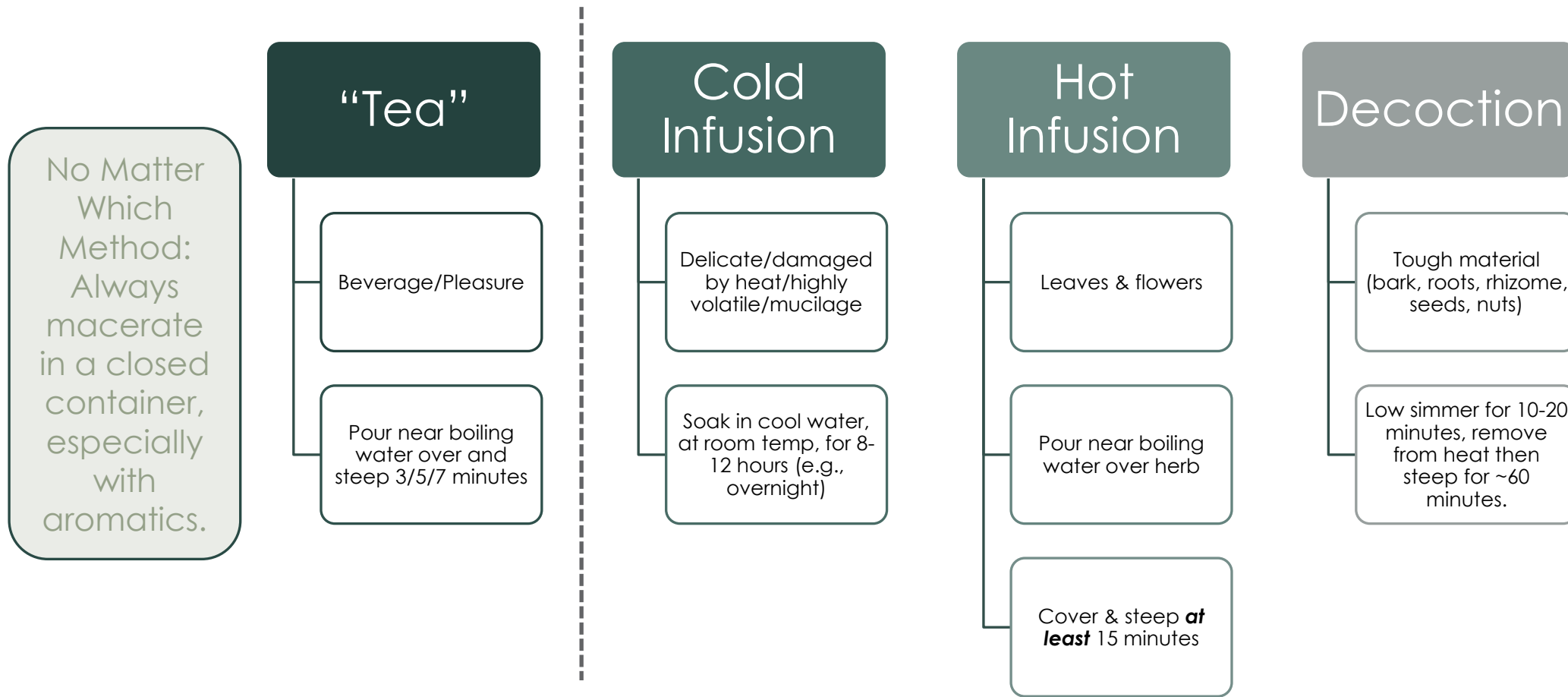


Tisane =
herbal
infusion
using water

Tea =
*Camellia
sinensis*



Enjoyable Beverage vs. Medicinal Infusion



Surface Area



Whole

Least



Crushed



Powdered

Most



A hand is shown pouring a golden liquid from a clear glass teapot into three white ceramic cups arranged on a dark wooden tray with a patterned surface. The background is a light-colored, textured surface.

Cold Infusions

FEELING THE DIFFERENCE

Cool & Collected

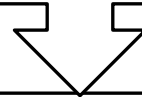
Stop beating up your aromatics!

Depending on what you want to extract...the heat brings out bitter, it also speeds up evaporation. Heat degrades, especially the volatile oils.

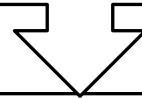
So why distill for essential oils? That's a whole other thing. Distillers that really care, use the proper temperature and pressure, not going "hot and heavy."

Cold Infusion Experience...

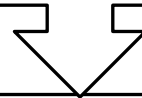
What does the infused water **look** like?



Does the infusion have an **aroma**...?



Taste it—is there a texture, what is the mouth-feel...?



Sip slowly over a few minutes and note down tasting notes, sensorial notes, any changes to your body...

Cold Infusion

What? Used for delicate/damaged by heat/highly volatile/mucilage

1:20 (dried herb to water)

- 25 gram to 500 ml (2 c) water
- 40 g to 800 ml water [this gives 3 cups...]

Soak in cool water, at room temp, for 8-12 hours (e.g., overnight)

Strain, press & enjoy 3x/day

- Add water so final product measures 800ml

Cold Infusion: Herbs and Actions

Chamomile (*Matricaria recutita*) [Asteraceae; flowers]

- Cooling & relaxing
- Key words: calming digestive, soothing hot conditions (temperature and emotions)
- Anti-inflammatory, antispasmodic, **aromatic**, carminative, diaphoretic, digestive tonic, nervine

Marshmallow* (*Althaea officinalis*) [Malvaceae; **roots**/leaves/flowers]

- Cooling & moistening
- Key words: digestion (constipation), irritated tissues (lungs, urinary)
- **Demulcent**, diuretic, emollient, galactagogue, nutritive, vulnerary

Note: Slippery Elm is a beneficial but endangered/on the watch list---Marshmallow is just as effective and more sustainable.

Cold Infusion: Herbs and Actions

Nettle (*Urtica dioica*) [Urticaceae; **leaves**;stems/roots]

- Neutral & nourishing
- Key words: Gentle, fortifying, nutritive tonic
- Anti-allergenic, anti-inflammatory, antihistamine, diuretic, kidney tonic, mineral

Rose (*Rosa sp.*) [Rosaceae; hips/petals]

- Cooling & drying
- Key words: Uplifting, anti-stress, nourish the emotional heart/heart centering
- Anti-inflammatory, antibacterial, antidepressant, astringent

Saffron (*Crocus sativus*) [Iridaceae; stamen]

- Warming & drying
- Antidepressant, anti-inflammatory

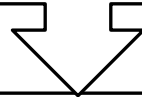
A hand is shown pouring a golden liquid from a clear glass teapot into a white ceramic cup. The scene is set on a dark wooden tray with a patterned surface. Other cups and a teapot are visible in the background.

Hot Infusions

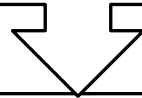
BRINGING OUT THE BITTER

Hot Infusion Experience...

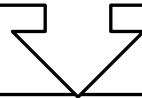
What does the infused water **look** like?



Does the infusion have an **aroma**...?



Taste it—is there a texture, what is the mouth-feel...?



Sip slowly over a few minutes and note down tasting notes, sensorial notes, any changes to your body...

Hot Infusion: About

What? Soft tissues (leaves, flowers)

1:20 (dried herb to water)

- 25 gram to 500 ml (2 cup) water
- 40 g to 800 ml water [this gives 3 cups...]

Put herb in a pot w/lid

Pour near/just boiling water over the herb

Cover & macerate for 15 - 30 minutes

Strain, press & enjoy 3x/day

- Add water so final product measures 800ml

Hot Infusion: Herbs and Actions

Skullcap (*Scutellaria lateriflora*) [Lamiaceae; leaves]

- Cooling & relaxing
- Key words: Sleep aid, tension (headaches), overstimulated
- Anodyne, antispasmodic, nervine, sedative, soporific

Catnip (*Nepeta cataria*) [Lamiaceae; flowering tops]

- Cooling (but stimulating) & drying
- Key words: butterflies in the stomach, colds/chills, congestion
- Aromatic, carminative, diaphoretic, nervine, sedative

Melissa (*Melissa officinalis*) [Lamiaceae; flowering tops]

- Cooling (astringent) & relaxing
- Key words: upset (emotional, digestive) & nervousness
- Antidepressant, antiseptic, antithyrotropic, antiviral, aromatic, carminative, diaphoretic, nervine

Passion flower (*Passiflora incarnata*) [Passifloraceae; leaves & flowers]

- Cooling & relaxing
- Key words: Stress, tension, sleep aid, restless mind
- Nervine, relaxant, sedative

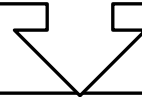
A hand is shown pouring a golden liquid from a clear glass teapot into three white ceramic cups arranged on a dark wooden tray with a patterned surface. The background is a light-colored, textured surface.

Decoctions

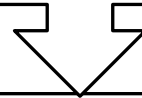
BREAKING IT DOWN

Decoctions: Experience....

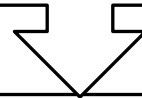
What does the infused water **look** like?



Does the infusion have an **aroma**...?



Taste it—is there a texture, what is the mouth-feel...?



Sip slowly over a few minutes and note down tasting notes, sensorial notes, any changes to your body...

Decoctions: About

What? Tough material (bark, roots, rhizome, seeds, nuts)

1:20 (dried herb to water)

- 25 gram to 500 ml water
- 40 g to 800 ml water [this gives 3 cups...]

Put herb in vessel, pour cool water over it & **COVER**

- Soak for 2-4 hours if possible

Low simmer for 10-20 minutes

- [If possible:] Remove from heat then steep for ~60 minutes.
- Add water so final product measures 800ml

Decoctions: Herbs and Actions

Astragalus (*Astragalus membranaceus*) [Leguminosae; root]

- Warming & moistening
- Key words: immune modulator, energy
- Adaptogen, anti-inflammatory, antiviral, diuretic, hypotensive, immune amphoteric

Dandelion root (*Taraxacum officinale*) [Asteraceae; root & leaves]

- Cooling & drying
- Key words: digestive bitter
- Alterative, bitter, cholagogue, diuretic, hepatoprotective

Echinacea root (*Echinacea angustifolia*, *E. purpurea*) [Asteraceae; root]

- Cooling & drying
- Key words: Immune stimulating & fortifying, Topical infections
- Alterative, antiseptic, antivenomous, antiviral, immune stimulant, lymphatic

Decoctions: Herbs and Actions

Ginger (*Zingiber officinale*) [Zingiberaceae; rhizome]

- Warming & drying
- Key words: digestive, warming, stimulating
- Anodyne, antibacterial, anti-emetic, aromatic, carminative, diaphoretic, digestive tonic, circulatory stimulant

Hawthorn (*Crataegus oxyacantha*) [Rosaceae; flowers/leaves/fruits]

- Cooling & moistening
- Key words: heart/circulatory tonic, nervine, digestive, protective
- Anti-arrhythmic, antiseptic, cardio-tonic (tension normative)

Blending Ideas

Nervine & sleep

- Melissa (10g)
- Catnip (10g)
- Passionflower (5g)

Pain & sleep

- Crampbark (~8g) [*could do long hot infusion*]
- Meadowsweet (~8g)
- Skullcap (10g)

Dry tissues & anxiety

- Marshmallow (15 g)
- Chamomile (10g)
- Saffron (0.05 gram, a pinch)

Digestive blend

- Dandelion (5g)
- Ginger (10g)
- Chamomile (10g)

Nutritive tonic

- Oat (15g)
- Nettle (10g) [*add nettle to oats after the oats cool*]

Immune support (before getting sick):

- Astragalus (6g)
- Echinacea (7g)
- Ginger (12g)

You don't HAVE to blend—the “simplers” method is OK.

Weigh out 25 Total grams of herb



Tips and Wrapping Up

IN CLOSING...

Resources

James Green

- The Herbal Medicine-Maker's Handbook: A Home Manual

Thomas Easley & Steven Horne

- The Modern Herbal Dispensatory: A Medicine-Making Guide Paperback – November 29, 2016

Places/Stores to buy herbs:

- Farmers Markets ☺
- Kalustyans (<http://foodsofnations.com/>) (in NYC)
- Frontier Herbs (online)
- Mountain Rose Herbs (online)
- Starwest Botanicals (online)