

Immune Boost Herbal Medicine Virtual Symposium

www.thedailyherbalist.com

Material You will Need for October 3rd class

- Chamomile flowers (*Matricaria recutita*)
- Elderflowers, (*Sambucus nigra*)
- Linden flowers (*Tilia europaea*)
- Yarrow flowers (*Achillea millefolium*)
- Boneset (*Eupatorium perfoliatum*)
- Echinacea root (*Echinacea Angustifolia*)
- Astragalus (*Astragalus membranaceus*)
- Elderberry (*Sambucus nigra*)
- Licorice root (*Glycyrrhiza glabra*)
- Cayenne (*Capsicum annuum*)
- Fennel (*Foeniculum vulgare*)
- Cloves (*Syzygium aromaticum*)
- Comfrey oil (*Symphytum officinale*)
- Peppermint leaf (*Mentha piperita*)

Vodka at least 40%

2oz mason jar with lid

Fresh gingerroot

you can purchase the herbs yourself or online via the [Herb Kit](#)

Material You Need October 10th Virtual Herbal Workshop class

2 fresh orange peel

1 fresh piece of ginger, peeled and sliced (3 inch)

1 fresh horseradish root, peeled and grated

6 garlic cloves, coarsely chopped (i use a whole bulb)

1 small onion, coarsely chopped

4 small cinnamon sticks (mortal & pestle)

1 tablespoon dried rosehips

4 tablespoon dried elderberries (in herbal kit)

2 teaspoon ground turmeric (fresh if possible)

½ teaspoon crushed peppercorns (mortal & pestle)
2 tablespoon cracked fennel seed (mortal & pestle) (in herbal kit)
½ teaspoon whole clove (mortal & pestle) (in herbal Kit)
2 cups apple cider vinegar with “the mother”
1 cup or more raw honey

1 or 2 clamp jars with rubber or plastic (2-16oz or 1-32oz)

