

# **Homestead Wife Life – Apothecary Series**

## **Tincture Blends – Pint Jar Quick Reference**

### **Cold & Flu Support – Immune Warrior**

- $\frac{3}{4}$  cup Echinacea (root + aerial)
- $\frac{1}{2}$  cup Yarrow
- $\frac{1}{2}$  cup Lemon Balm
- $1\frac{1}{2}$ – $1\frac{3}{4}$  cups 80–100 proof vodka
- Steep 4–6 weeks (shake often) → strain → bottle.
- **Use:**  $\frac{1}{2}$  tsp every 2–3 hrs at onset, then 3x daily.

### **Sleep & Anxiety Relief – Rest & Renew**

- $\frac{1}{2}$  cup Valerian root
- $\frac{1}{2}$  cup Lemon Balm
- $\frac{1}{4}$  cup Catnip
- $1\frac{1}{2}$  cups vodka
- Steep 6 weeks → strain → bottle.
- **Use:**  $\frac{1}{2}$ –1 dropper 30–60 min before bed or as needed.

### **Inflammation & Pain – Herbal Comfort**

- $\frac{1}{2}$  cup Willow Bark
- $\frac{1}{2}$  cup Tulsi
- $\frac{1}{2}$  cup Yarrow
- $1\frac{1}{2}$  cups vodka
- Steep 4–6 weeks → strain → bottle.
- **Use:**  $\frac{1}{4}$ – $\frac{1}{2}$  tsp up to 3x daily (as needed). *Avoid if aspirin-sensitive.*

### **Injury / Wound Recovery – Inner Healer**

- $\frac{1}{2}$  cup Calendula flowers
- $\frac{1}{2}$  cup Yarrow
- $\frac{1}{2}$  cup Plantain leaf
- $1\frac{1}{2}$  cups vodka
- Steep 4–6 weeks → strain → bottle.
- **Use:**  $\frac{1}{4}$  tsp 2–3x daily to support healing.

### **Topical Liniment – Bruise & Bone Mend (External use only)**

- $\frac{1}{2}$  cup Arnica flowers
- $\frac{1}{2}$  cup Comfrey root + leaf
- $\frac{1}{2}$  cup Calendula flowers
- $1\frac{1}{2}$ – $1\frac{3}{4}$  cups vodka or witch hazel
- Steep 4–6 weeks → strain → label 'External Use Only.'
- **Use:** Dilute 1 part tincture : 3 parts water or witch hazel; dab or spray on.

## Everyday Calm – Balance & Brighten

- ½ cup Tulsi
- ½ cup Lemon Balm
- ¼ cup Chamomile
- 1½ cups vodka
- Steep 4 weeks → strain → bottle.
- **Use:** ½ tsp morning and evening.

Each recipe fits a 16 oz (1 pint) jar. Ensure herbs are fully covered by 1 inch of vodka. Shake every few days and label with date, herbs, and 'internal' or 'external.'

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