

Making your own tinctures

As the EU ban takes grip, many people are starting to make their own tinctures and fluid extracts. Here we give you a step by step guide to the tincture making process.

You will need:

HERBS/ROOTS/FLOWERS/BARK (120g)

MUSLIN CLOTH

JAR (1 litre)

FUNNEL (14cm)

SYRUP BOTTLE (1 litre)

BOMEX GLASS BEAKER (1 litre)

500ml of 30% VODKA / BRANDY



- 1 Put 120g of finely chopped or ground dried herbs, roots, flowers or bark into a large glass container that can be tightly closed, a jar would be ideal.
- 2 Pour 500mls of 30% vodka or brandy on the herbs and close the lid tightly.



- 3 Keep the container in a warm place for two weeks and shake it twice every day.
- 4 After two weeks, decant the bulk of the liquid, pour the remainder through a muslin cloth suspended over a beaker.



- 5 Wring out all the liquid, the residue makes excellent compost.
- 6 Pour the tincture into a dark bottle, and keep in a cool dark place.

This tincture will stay preserved for 2 to 4 years and is used by taking 5–15 drops per day in a little water.