



THE *art* OF
SIMPLING

developing your herbal intuition

SUPPLIES FOR THE FOLK HERBALIST

Herbs:

Fresh and dried herb

Solvents:

Vodka (or other 40-50% alcohol)

Food-grade Vegetable Glycerine

Oil (olive oil, sweet almond oil, sunflower oil grapeseed oil, etc.)

Water (spring or filtered)

Honey (preferably local and raw)

Kitchen Supplies:

Quart Glass Jars w/ Lids

Pint Glass Jars w/ Lids

Mixing Bowls

Mortar & Pestle (or coffee grinder)

Unbleached Cotton Cloth

Strainers

Saucepan

Spoon

Knife

Cutting Board

Other Supplies:

Herbal Books

Journal

Pencils and Pens

Permanent Marker

Paper

Adhesive Tape