



SWEET BIRCH  
HERBALS

Hannah Jacobson-Hardy 413-695-5968 [sweetbirchherbals@gmail.com](mailto:sweetbirchherbals@gmail.com)  
[www.sweetbirchherbals.com](http://www.sweetbirchherbals.com)

## Tinctures, Vinegars & Glycerites

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Plant material of choice

Tincture – 100 proof Vodka or 80 proof Brandy

Vinegar – Raw Apple Cider Vinegar

Glycerin – Pure Vegetable Glycerin (dilute to 75% V.G and 25% distilled water)

*There are two ways I make tinctures: scientific and folkloric.* Scientifically, I measure the weight of the plant and do a 1:2 ratio of fresh plant to menstruum (alcohol and water), or 1:5 of dried plant to menstruum. I blend the two together in a Vitamix for maximizing the breakdown of plant cell walls for extracting the medicine. A great resource is “Making Plant Medicine,” by Richo Cech, or come to a tincture making class I teach.

*Today we are following the folkloric way with fresh plants!*

Chop up the plant material as fine as possible and loosely pack into a mason jar. Cover the herb completely with your menstruum of choice (alcohol, glycerin, or vinegar). Label with date, location, and Latin name of plant and shake well. Let sit for 6 weeks out of direct sunlight. Shake at least once/week. I like to infuse the tincture with positive vibes & gratitude every time I shake it and remember where I harvested the plant. Was it sunny? Warm? Cool? In a field or forest?

Straining methods I prefer are cheesecloth or tincture press.

*Glycerites:* strain after about one month because they have a shorter shelf life of about a year. Because of the sweet taste, they are often preferred by children and those who do not consume alcohol.

*Vinegars:* strain after 6-12 weeks and they last a few years. Vinegars extract minerals and vitamins so they are great for using liberally as salad dressings. They are often preferred by people who do not consume alcohol.

*Alcohol:* these extractions can sit on the shelf for years strained or unstrained. They have the longest shelf life and alcohol extracts nearly all the medicinal constituents of plants making it preferred by herbalists. Once strained, store in amber glass jars or out of direct sunlight as sun can degrade the medicinal properties.