

HOW TO PREPARE ECHINACEA

Echinacea purpurea / angustifolia

★ Root and aerial parts traditionally used ★

Tincture



1. Fill a jar 1/2 to 3/4 full with fresh echinacea root and/or aerial parts, finely chopped.
2. Cover completely with 60-70% alcohol (e.g., vodka, brandy).
3. Infuse for 2-8 weeks. Strain and bottle.

Fresh preparation is traditional for acute use.

Decoction



1. Add 1-2 tablespoons dried echinacea root to 16 oz of water.
2. Simmer gently, covered, for 20-25 minutes.
3. Strain, pressing roots, and drink warm; 1-3 cup daily, as needed.

Deeply extracts immune-mobilizing compounds.

Glycerite



1. Fill a jar 1/2 to 3/4 full with fresh echinacea root and/or aerial parts, finely chopped.
2. Cover with a mixture of 3 parts vegetable glycerin to 1 part water.
3. Infuse for 2-8 weeks. Strain and bottle.

Alcohol-free alternative suitable for broader use.

Honors Patient Extraction ♦ Preserves Purposeful Activity

♦ *The Forager's Cabinet* ♦