

HOW TO PREPARE WILD CHERRY BARK

Prunus serotina

Simple Herbal Preparations

DECOCTION

1. Simmer 1 tablespoon dried wild cherry bark in 1 cup water, covered, for 10–15 minutes.
2. Strain, pressing bark to extract all liquid.



SYRUP

1. Prepare a strong decoction of wild cherry bark, reducing liquid by half.
2. Add raw honey, warming gently until dissolved, at a ratio of approximately 2 parts decoction to 1 part honey.



TINCTURE

1. Fill a jar $\frac{1}{2}$ full with chopped dried wild cherry bark.
2. Cover with high-proof alcohol and infuse for 4–6 weeks.
3. Strain, bottle & label.



POWDER

1. Grind dried wild cherry bark to a fine powder.
2. Use powder in lozenges or incorporated into capsules or formulations.



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to ease irritation and restore balanced
respiratory rhythm.

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