Backyard Plants with Stacie Satery

Supplies Needed for *Backyard Plants* Hands-on Assignments

- 1 oz Beeswax
- Almond oil
- Olive oil (extra virgin)
- 1 oz dried Plantain
- 1 oz dried Calendula
- 1 oz dried Cleavers
- 1 oz dried Stinging Nettle
- 1 oz dried Echinacea
- 1 oz dried Dandelion Root, roasted
- 1 oz dried Chickweed
- Cacao nibs, 1 tsp
- Cinnamon chips, pinch
- Measuring spoons and cups
- A double boiler (or a jar and a pot to act as a double boiler)
- Quart size glass jar made for pouring boiling water into
- Loose leaf tea strainer
- Tea kettle or pot for boiling water
- Small pot
- Mortar and pestle*
- Coffee Grinder* (but not your usual coffee grinder…unless you want your coffee to taste like herbs!)
- 8 oz 100-proof Vodka or 6 oz Vegetable Glycerin (for making tinctures)
- Tins or small glass jars to store salve in
- Dropper bottles for storing strained tincture
- 8 oz glass jar with lid for tincture making

*Not necessary, but definitely handy

Note: You can purchase herbs through Stacie Satery (see kits below) or at mountainroseherbs.com. Be sure to source your herbs from reputable sources!

DRIED HERBS KIT $40

Includes US shipping

- 1 oz dried Plantain
- 1 oz dried Calendula
- 1 oz dried Cleavers
- 1 oz dried Stinging Nettle
- 1 oz dried Echinacea
- 1 oz dried Dandelion Root, roasted
- 1 oz dried Chickweed
- Cacao nibs, 1 tsp
- Cinnamon chips, pinch

OPTIONAL ADD-ON KIT $40

Includes US shipping

- 4 - 1 oz Dropper bottles for finished tinctures
- 4 Tins for finished salve
- 2 jars for finished salve
- 1 oz Beeswax