



# CREATING YOUR HOME APOTHECARY

---

simple herbs and how to use them



## The Heart of Herbal Wellness

*"I'm interested in gardening and herbs and want to take control of my family's health. Where do I begin?"*

You may be surprised that my first step doesn't require you to pull out your shovel and garden gloves quite yet. Before we can dig into the dirt, we need to dig into our hearts to figure out the why behind our desire to pursue herbal wellness and create a home apothecary.

*Do I want to learn more about natural ways to support my body?*

*To replace or add to my medicinal toolbox so I am prepared to care for my family?*

*To gain knowledge of the growing process?*

*Something else?*

Whatever it is, lean into it. Write it down, post it somewhere easy to see because on the challenging days where pests sneak in, watering is overlooked, a child knocks over a jar, progress is lost... and I promise those tough days will come at some point... you will remember why you chose to go on this journey in the first place. You will remember why you took the first step.

---





# WHAT IS a home apothecary?

**Does the word "apothecary" cause you pull out the dictionary to make sure you're in the right place?**

If you answered yes, don't worry. You are not alone.

A home apothecary is simply a family medicine cabinet filled with herbs - flowers, roots, and seeds - to support health and wellness through natural methods. These herbs can be utilized in a variety of ways to combat anything from earaches, rashes, fevers, indigestion, anxiety, and more.

I personally hear the word "apothecary" and picture a little tattered cottage filled with dusty books and old glass jars filled to the brim and a weedy garden out back overgrown with beauty. While that description is dreamy and picturesque, a home apothecary can look quite different depending on your "why". It could be as simple as simple unused cupboard, repurposed food jars for storage, masking tape labels, and little herb pots out on your deck.

Not everyone's vision will be the same, but the goal of supporting your health, and your family's health, is what every home apothecary has at the forefront.

\*Please note: the information presented in this ebook is for educational purposes only. It is not meant to treat, diagnose, or cure any medical condition. It is not medical advice nor intended to be used as such. Please seek care from your trusted medical professional.

---

## Let's dig in!

There are two ways to begin building your home apothecary - growing your own herbs or purchasing from a reputable grower or wildcrafter.

Creating a home grown herbal garden is a wonderful way to connect with nature and appreciate the beauty these herbs offer, but it also takes tremendous patience to make it through a growing season before being able to have enough stored to care for your family's health needs.

I started out by growing the herbs listed in this book, and have supplemented by purchasing as my knowledge and interest level has grown. Either path can lead to success. What's more important is that you choose a path and just *begin and dig in!*

If purchasing, 4oz of each dried and sifted herb will most likely be more than enough for a beginning family apothecary. You will find what you like working with and can always add more as needed!

## Keeping your herbs fresh:

- ✓ Utilize glass jars with lids, labeling with the herb and date stored. Trust me, it's easy to forget! Dried flowers tend to have a shelf life of approx. 1 year, while roots and seeds can last 2-3 years. If in doubt or unsure, look for an aromatic smell and vibrancy in color!
  - ✓ Storing your herbs in a cool, dark place, such as a cabinet or pantry, will help retain their medicinal properties and potency.
-



CALENDULA OFFICINALIS, ASTERACEAE

# Calendula

## The benefits of calendula

Calendula is one of the easiest herbs to grow and has an incredible variety of medicinal uses, which is why it's where we are starting. If you have to pick just one herb to grow, give this one a try!

Another name for this sunshine herb is "pot marigold", but don't confuse it with your typical ornamental plant that grows in cut flower gardens. While related, these two beauties are not medicinally interchangeable.

If purchasing dried calendula, look for whole flowers as most of the medicinal oils are in the green bases of the flower heads. Even in a dried state, the flowers should be a vibrant orange or yellow hue.

## Common uses:

Topically and internally for wounds, burns, and rashes.



## Growing Tips

Calendula will thrive in just about any climate and is easy to grow for even the brownest of thumbs.

To start, sow seeds directly in ground after the danger of frost has passed. Germination will take place 5-14 days post planting. You will begin to see little sprouts appear so do a little happy dance knowing you are on your way! Thin to approximately 12 inches apart and water moderately as it prefers well drained soil.

If you live in a cooler climate or want to get a head start, try starting seeds indoors and transplanting outside when the weather warms up.

To keep your calendula blooming all summer, deadhead – or cut off – any flowers that begin to go to seed. You can return them to the earth immediately or save to plant at a later time. For medicinal usage, pick flower heads when at their peak bloom leaving the stems and roots to continue to grow more flowers.

Once you've gathered your flower heads, dry them for 7-10 days on a screen or in baskets with air flow. Gently shuffle often throughout the drying process to ensure your herbs are completely dried prior to storage.



## Calendula Infusion

The simplest way to utilize calendula for a variety of ailments is infusing fresh or dried petals in filtered water. To prepare simply place leaves and flowers in a teapot of warm water and let infuse for 10–15 minutes before enjoying!



### TEA

Enjoy this sweet beverage as a hot tea freshly steeped or over ice as a cool summer refresher to aid in healing of the gastrointestinal tract and lower inflammation.



### MOUTHWASH

Because of the antiviral properties, using this infusion as a mouth rinse can assist with minor infections of the throat and mouth, such as gingivitis, thrush, and ulcers. Swish around through teeth, gargle, and rinse!



### COMPRESS

For minor eye or ear irritation, soak a cotton cloth in calendula infused water and press gently over the affected area for 10–15 minutes. Repeat as needed with a clean cloth and fresh infusion each time to prevent cross infection.



ANGUSTIFOLIA; PALLIDA; PURPUREA

# Echinacea

## The benefits of echinacea

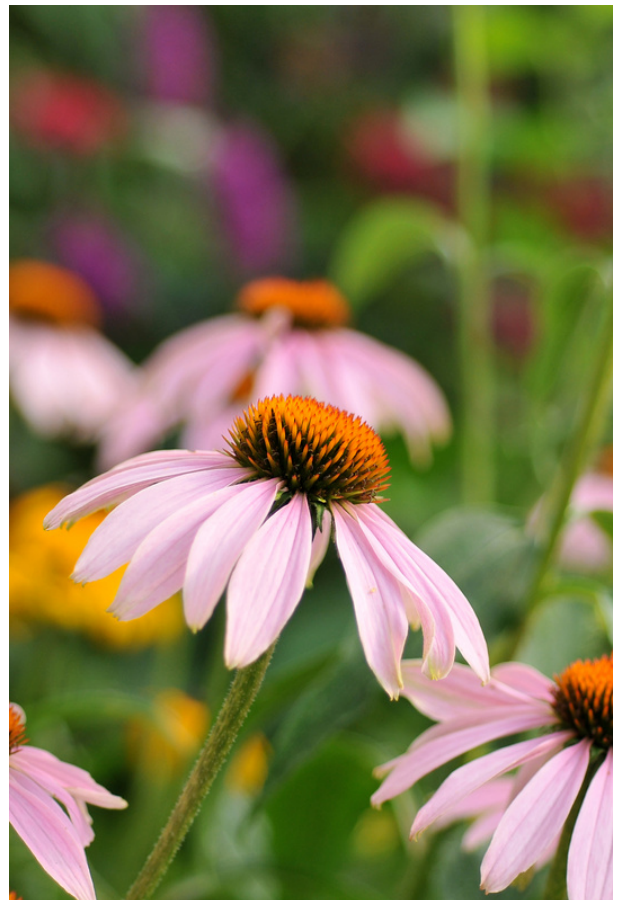
Echinacea is widely known for its benefits boosting the immune system to fight against cold and flu symptoms, infections, and inflammation.

This herb is more commonly known as purple coneflower and can be found in many backyard gardens because of its bright beautiful blooms. Beyond its beauty, this little flower packs quite a punch with medicinal properties. Three species of echinacea are commonly used for medicinal purposes today, and many preparations contain some of all three.

The flowers, leaves, stems, and roots of this plant can all be utilized for medicinal use so it is a wonderful plant to grow for yourself!

## Common uses:

Immune booster for flu, sore throat, cough, fever



## Growing Tips

Echinacea grows well in many home gardens thriving in well drained soil and at least four hours of sunlight per day. This plant suffers from little pests or disease so it is an easy and beautiful plant to grow!

This plant requires a bit of patience when sowing seeds as it doesn't typically bloom until its second year. Because this plant requires a cold, moist period to germinate, sow seeds directly in the ground in the fall after a hard frost, covering with a light layer of soil to prevent birds from eating them. Germination will take place in the spring.

Because echinacea is a late bloomer, it may be more advantageous to start with started plants over seeds. If you choose to do this, purchase from a reputable, local grower if at all possible to learn about their growing process. Avoid plants that have been treated with chemical fertilizers for medicinal benefits.

For medicinal usage, cut the flowers after they have opened just under the bloom at their first set of leaves. You can also harvest the leaves for tea by removing a few from each plant and drying as needed.

To dry, hang individual flowers upside down on a string or lay flat for 7-10 days to ensure the herbs are completely dry. Choose an area that is warm, out of direct sunlight, and has good airflow for best results. Once dried, store in an air tight container.



## Echinacea Tincture

This herbal remedy is a powerful and simple immune boosting remedy that is incredibly beneficial for overcoming colds and flus. Although a tincture sounds complicated, it really is quite simple to prepare and the cost savings are undeniable.

Gather roots, herbs, and flowers from your echinacea plant washing to ensure a clean surface. Whether you use fresh or dried the following preparation is the same.

Chop fresh or dried plant into small pieces to provide more surface for drawing out the most medicinal benefit from the plant. Place chopped pieces into a sterile jar and fill the remaining space with either vinegar or high proof alcohol (We use 100 proof vodka or vegetable glycerine for alcohol based tinctures).

Top jar with parchment paper and canning lid to create a tight seal. Give the jar a shake to thoroughly stir contents and place in a cool, dark place for 4-6 weeks. Be sure to label the jar with the contents and date to know when it is ready for use!

Shake jar daily until you reach your desired infusing time. Strain contents with a cheesecloth to catch all floral debris and place into a dropper bottle what use.



MATRICARIA CHAMOMILLA

# Chamomile

## The benefits of chamomile

Chamomile is one of the most popular herbs in the Western world, and for good reason! Its medicinal uses are vast including lowering stress, aiding in sleep, and relieving minor colds.

There are two different types of chamomile – German and Roman (or English). They may belong to different species, but both are used to treat similar ailments.

The most common use for chamomile is in tea form using the dried flower heads steeped in hot water. Other ways to use chamomile include creating tinctures, capsules, or crushed into an oil for soothing skin.

These tiny blooms grow well bordering an herb garden or in pots around the porch for pollinators!

## Common uses:

sleep aid, treatment for fevers, colds, Stomach ailments and anxiety



## Growing Tips

Roman, or English, chamomile is a creeping ground perennial that covers the ground like a mat. German chamomile is a reseeding annual that grows upright reaching 1-2 feet in height.

Although there are two different types of chamomile, their growing tips are very similar. Hardy in zones 3-9, this sweet herb grows best in partial sun. However, it can tolerate full sun and seasons of drought. Like most herbs, once established it is very easy to maintain and is a great garden companion to eliminate pests.

Chamomile is very simple to grow from seeds by starting indoors in early spring or direct seeding in the garden once the danger of frost has past. They take about 10 weeks to reach bloom and will continue to produce fragrant flowers throughout the summer.

Harvest the flowers when fully open by pinching off the blooms just below the flower head. They can be used fresh in teas or dried for future use in tinctures or capsules. The leaves can also be harvested for use in teas; however, if this is too bitter for your preference just use the flowers.

To dry, lay blooms and leaves flat for 7-10 days to ensure the herbs thoroughly dry. Choose an area that is warm, out of direct sunlight, and has good airflow for best results. Once dried, store in an air tight container.



## Chamomile Bath Salts

Soak up the calming benefits of chamomile and lavender in this sweet smelling bath soak! The combination of the stress relieving properties in chamomile, aromatherapy of lavender, and sleep aid in magnesium makes this soak is the ultimate relaxation therapy.

Ingredients:

- 1 1/2 cups pure epsom salts
- 1/2 cup dried lavender petals
- 1/4 cup dried chamomile flowers
- 10-20 drops of lavender essential oil

Combine all ingredients in a bowl and stir mixture to combine thoroughly

Pour into a sealable jar to store and enjoy!

It really is as simple as that!



LAVANDULA

# Lavender

## The benefits of lavender

Lavender, just the name inspires deep breaths and calm spirits! Even if herbal wellness is new to you, lavender is one of the most well known scents used in bath products and culinary cuisine.

Research indicates lavender aromatherapy can be used to treat anxiety, insomnia, and restlessness, and oil used on burns and for pain relief.

Essential oil is the most popular way to utilize lavender through diffusing or topical application. It can also be found in capsule form, tinctures, or tea depending on what ailment you are looking to treat.

Once established, this beautiful perennial thrives on neglect so it can be quite fun to grow in a backyard garden to attract butterflies and other pollinators.

## Common uses:

treatment for headaches, anxiety, skin ailments, and pain.



## Growing Tips

Because lavender hits its peak blooms about three years after planting, growing from starts is the fastest and easiest way to establish this fragrant herb in the garden. It is best to plant in the spring after danger of frost has passed to give plenty of time to establish a sturdy root system.

Full sun and heat is what lavender craves as it is a native plant of the Mediterranean. Proper drainage and alkaline soil are essentials for perennial lavender growing success. To amend soil, dig down deeper than needed for planting to add limestone rock which will increase drainage in clay soils, and add lime or compost to increase the soils pH levels.

Growing from seed is quite difficult, but not impossible. If you decide to take on this challenge, place seeds on a damp paper towel in the fridge for up to 40 days prior to planting to increase germination. Once germination has occurred, place seeds in a sterile seed starting mix barely under the surface. Pot up seedlings as needed to provide good air circulation to eliminate pests and mold growth. Lavender is a slow grower so it can take up to 3 months to be ready for potting up. Transplant outdoors when seedlings are at least 3 inches tall.

Lavender leaves and flowers are edible so to utilize grab sharp scissors and cut at the stem. Use fresh in teas, bouquets, and cuisine, or dry by hanging upside down for 7-10 days for future use.



## Lavender Infused Oil

Creating an infused oil is a simple way to utilize the healing properties in lavender. It can be used straight from the jar to soothe skin, diaper rash, cradle cap, or burns, and it is an excellent base for turning into salves for further use.

Fill jar 3/4 full with completely dried lavender flowers. It is essential that the buds are 100% dried so that the oil does not spoil or mold in the infusion process.

Pour carrier oil of choice over the flowers to fill the jar fully. Carrier oils could be almond, jojoba, olive oil, or others based on intended use. Cover with an airtight lid and shake to stir up contents.

Place jar in a sunny windowsill for 1-3 weeks, shaking on occasion to keep the contents mixed up and the infusion strong.

When infusion is complete, strain flower contents through a mesh strainer or cheesecloth into a clean amber jar. Utilize as is or strengthen the aromatherapy benefits by adding a few drops of essential oil if desired and enjoy!



OCIMUM TENUIFLORUM

# Tulsi

## The benefits of tulsi

I saved one of the best for last as tulsi, also known as holy basil, is called as "queen of the herbs" for its multitude of medicinal properties.

There are three different types of Tulsi – Rama, Krishna, and Vana – which can be utilized to increase the immune system, aid in oxygen absorption, cleanse minor skin issues, and improve respiratory ailments. It also is wonderful for helping lactating mothers produce more milk!

Enjoy Tulsi cut fresh from the garden steeped in a fragrant tea or dry and store in an air tight container for future use.

## Common uses:

treatment for headache, cold, respiratory issues, and stress management



## Growing Tips

Unlike other varieties of basil which bitter after blooming, Holy Basil continues to flower beautifully offering food to pollinators and more opportunities to harvest before the fall frost comes. Although it is a perennial in more tropical climates, it can be grown indoors regardless of climate. If you live in a zone with a harsh winter, bring your plants indoors and it will continue to flower and offer its fragrance right through the winter with sunlight and light watering.

Start from seed 6-12 weeks before the last frost date in a warm and sunny growing spot. These little seeds need at least 70 degree temperatures to germinate so if your home is on the cooler end, consider using a heat mat along with a sunny windowsill to increase germination rate. Seeds will take approximately three weeks to germinate in warm, moist soil.

Because these plants are extremely frost sensitive, they are the perfect candidate for pot gardening as they can be moved in and out of the house easily. When ready to transplant outside, bring your starts indoors overnight or utilize a cold frame for at least a week to acclimate your little sprouts to the outdoor climate. If you prefer to grow indoors, place plant in a southern facing window with at least 4-6 hours of direct light.

Tulsi can also be grown from cuttings once a plant is established. To propagate, cut a stem and place in clean water on a sunny windowsill. Change water as needed and watch for root growth in a couple weeks.



## Healing Tulsi Tea

Soak up the calming benefits of chamomile and lavender in this sweet smelling bath soak! The combination of the stress relieving properties in chamomile, aromatherapy of lavender, and sleep aid in magnesium makes this soak is the ultimate relaxation therapy.

Ingredients:

- 1/4 cup dried tulsi
- 2 inches ginger, unpeeled and grated
- 1 tbsp manuka honey, or raw local honey
- 1/2 lemon, squeezed
- 3-5 star anise pods

Bring water to a boil. Add grated ginger and boil for 3, then turn down heat and simmer for another 3 minutes.

Roughly tear tulsi leaves and add to simmering pot. If desired, add star anise at this time also. Cover and turn off heat allowing the herbs to steep for up to 5 minutes.

Strain leaves + ginger and pour tea into desired mugs for serving. Drizzle honey, squeeze fresh lemon juice and stir to combine. Enjoy hot on an empty stomach.



# Completing your apothecary

Having these additional supplies on hand will make utilizing your herbal apothecary effortless for a variety of applications

- Scissors and twine
- Glass jars for storage
- Drying rack
- Labels and pen
- Strainer and cheesecloth
- Mortar and pestle
- 100 proof alcohol or glycerine
- Carrier oils of choice
- Beeswax and honey
- Kitchen scale
- Double boiler, pots, and bowls
- .....
- .....
- .....
- .....
- .....







# Hey there, I'm Holly!

Wife, mama, home herb crafter, and big dreamer... What started as a desire for wide open spaces to run, a garden to grow healthy foods, and a chicken or two here at Admiral Acres, has turned into a full vision dedicated to creating community and helping families see the beauty and blessings in wholly living in every season.

We all have a story built moment by moment – the beautiful memories filled with joy, the waiting for dreams to be brought to life, the grief that comes through hard times, and the faith that grounds it all. Every season is significant presenting us with opportunities to grow.



Admiral Acres was created for one reason.. to empower our community to dig deep, planting roots into what matters most. We would love nothing more than supporting you on your family's journey by offering garden planning strategies and herbal knowledge to help you create and support your natural health. Learn more at [admiralacres.com](http://admiralacres.com).

*Much love, Holly*