

Master List Hydroethanolic Extracts

LEGEND

SU = Summer
SP = Spring

W = Winter
F = Fall

Latin Name	Common Name	Harvest	Part of Plant	For	%C2H6O	%H2O	%GLY	Ratio	UK	Notes
<i>Agrimonia eupatoria</i>	AGRIMONY	SU	aerial						1:3 25%	Grind it well. Stems are woody.
<i>Alnus rubra</i>	ALDER	F/W	bark	dry	50	40	10	1:5		anthraquinone laxatives
<i>Angelica spp.</i>	ANGELICA	F	root	fresh	60	40		1:2	1:2 45%	Oil from fresh root may irritate skin.
<i>Angelica spp.</i>	ANGELICA	SU	seed	fresh	75	25		1:4		Use green seeds.
<i>Berberis vulgaris</i>	BARBERRY	SP/F	root bark	fresh	60	40		1:2	1:2 30%	Berberine is only slowly soluble in water. Double time. They lend themselves well to the idea of doing a second extraction of the marc and using that for next year's extraction. Dig crown, whittle bark off largest roots and replant crown with several intact smaller roots.
<i>Cimicifuga racemosa</i>	BLACK COHOSH	F	root	fresh	75	25		1:2		
<i>Juglans nigra</i>	BLACK WALNUT	SP	leaf	wilted	75	25		1:1		Bitters.
<i>Juglans nigra</i>	BLACK WALNUT	SU	hulls	fresh	75	25		1:2		Use green black walnut hulls.
<i>Dicentra formosa</i>	BLEEDING HEART	F	root	fresh	75	25		1:2		
<i>Cnicus benedictus</i>	BLESSED THISTLE	SU	aerial	fresh					1:3 25%	
<i>Caulophyllum thalictroides</i>	BLUE COHOSH	F	root	fresh	75	25		1:2		Prefer fresh. Dried less effective.
<i>Verbena hastata</i>	BLUE VERVAIN	SU	aerial	wilted	75	25		1:5		
<i>Eupatorium perfoliatum</i>	BONESET	SU	leaf/flowering tops	fresh	75	25		1:2		
<i>Borago officinalis</i>	BORAGE	SU	flowering tops	fresh	30	70		1:2	1:2 30%	Best if buds are tinctured just when they flower. This is the Brit Prep. Should turn a deep blue-green and smell of fairies.
<i>Arctium lappa</i>	BURDOCK	F	root	fresh	50	50		1:2		Generally prefer preserving decoction. Brit prep 1:2 25%.
<i>Arctium lappa</i>	BURDOCK	F	seed	dry	95	5		1:4		
<i>Eschscholtzia californica</i>	CA POPPY	SP/SU	whole plant	fresh	95	5		1:2		
<i>Acorus calamus</i>	CALAMUS	F	rhizome	fresh	75	25		1:2		Remove rootlets before chopping.
<i>Calendula officinalis</i>	CALENDULA	SU	flowering tops	fresh	95	5		1:1	1:3 30%	Have to denature proteins to extract carotenoids especially when addressing capillary fragility.
<i>Chelidonium majus</i>	CELANDINE	SU	stems	fresh	45	55		1:5		SCH 20 - 200 mL ; 1968 Medicines Act - 10-40 ml per week. Max 3 weeks. Act Wear gloves orange latex stains the skin.
<i>Erythraea centaurium</i>	CENTAURY	SU	aerial	fresh	50	50		1:2	1:3 25%	Pick when in bloom and flowers are pink.
<i>Stellaria media</i>	CHICKWEED	SU	aerial	fresh	30	70		1:1	1:3 25%	Prefer preserved decoction or succus.
<i>Galium aparine</i>	CLEAVERS	SP	aerial	fresh	30	70		1:2	1:2 25%	
<i>Tussilago farfara</i>	COLTSFOOT	SP/F	leaf	fresh	75	25		1:2	1:3 25%	If you can pick some flowers early in the spring and dry them to add to the leaf, it is a nice preparation. Brit. 1:3 25%
<i>Corydalis spp</i>	CORYDALIS	F	root	fresh	75	25		1:2		
<i>Tanacetum balsamita</i>	COSTMARY	SU	leaf	fresh	45	55		1:3		Leaves are mature when they are a blue color. Pick only the cleanest leaves and some flowers if present.
<i>Populus balsamifera</i>	COTTONWOOD	SP/F	buds	fresh	95	5		1:2		Buds best prepared in an warm infused oil
<i>Viburnum spp.</i>	CRAMP BARK, BLACK HAW	W	bark	fresh	75	25		1:5	1:3 25%	Harvest in late fall after leaf drop but before bud formation.
<i>Rumex crispus</i>	CURLY DOCK	F	root	dry	50	40	10	1:5	1:3 45%	Self-seeding and will come back from root.

<i>Taraxacum officinale</i>	DANDELION	SU	leaf	fresh	75	25	1:2	1:2 25%	
<i>Taraxacum officinale</i>	DANDELION	SP	root	fresh	50	50	1:2	1:2 25%.	
<i>Datura spp</i>	DATURA	SU	leaf only	fresh	45	55	1:10		Schedule 20 - 10 mL ; 1968 Medicines Act Dosage 5 -10 ml per week. Save seeds for topicals.
<i>Atropa belladonna</i>	DEADLY NIGHTSHADE	SU	leaf only	fresh	70	30	1:10		SCH 20 -10 mL ; 1968 Medicine's Act 2.5-10ml per week. Harvest leaves before berries develop.
<i>Apocynum androsaemifolium</i>	DOGBANE	F	root	dry	50	50	1:5		
<i>Cornus nuttallii</i>	DOGWOOD	SP/F	bark	fresh	75	25	1:2		
<i>Lysichiton americanum</i>	E. SKUNK CABBAGE	SU/F	root	fresh	95	5	1:2		
<i>Echinacea spp.</i>	ECHINACEA	F	root	fresh	95	5	1:2	1:3 45%	Harvest as soon as foliage dies off in the fall. Use this extract to preserve decoction. Angustifolia maintains its constituents better through the drying process.
<i>Echinacea spp.</i>	ECHINACEA	F	seed	fresh	75	25	1:5		Use green seeds.
<i>Sambucus spp</i>	ELDER	SP	flower	fresh	75	25	1:2	1:3 25%	
<i>Sambucus spp</i>	ELDER	SU	berry	dried	50	50	1:5		Fresh berries may cause digestive complaints. Better as a liqueur. Harvest 2nd year roots. Leave two or three young roots on crown and replant.
<i>Inula helenium</i>	ELECAMPANE	F	root	fresh	45	55	1:2		
<i>Pedicularis groenlandicum</i>	ELEPHANT'S HEAD	F	aerial	fresh	75	25	1:2		
<i>Euphrasia officinalis</i>	EYEBRIGHT	Late SU	leaf and flowers	fresh	75	25	1:2	1:3 25%	Let some go to seed and collect. It's fussy about re-seeding itself.
<i>Smilacina racemosa</i>	FALSE SOLOMON'S SEAL	SU	root	fresh		50	1:2		Dried fairly ineffective.
<i>Tanacetum parthenium</i>	FEVERFEW	SP/F	leaf and flowering tops	fresh	75	25	1:2	1:3 25%	This is better as close to 1:1 as you can get it. Not using stems helps.
<i>Fumaria officinalis</i>	FUMITORY	SU	aerial	wilted	75	25	1:2	1:5 25%	Brit Prep: 1:5 25% dried
<i>Gentiana sceptrum</i>	GENTIAN	SP	aerial	fresh	75	25	1:2		Only harvest one stalk per plant.
<i>Matricaria recutita</i>	GER. CHAMOMILE	SU	flowering tops	fresh	60	40	1:2	1:3 25%,	
<i>Ginkgo biloba</i>	GINGKO	F	leaves	fresh	50	50	1:2	1:3 25%	Harvest as leaves turn yellow and falls onto tarps on the ground.
<i>Solidago spp.</i>	GOLDENROD	F	flowering tops	wilted	75	25	1:2	1:3 25%	<i>S. virgaurea</i> is superior to <i>S. canadensis</i> .
<i>Hydrastis canadensis</i>	GOLDENSEAL	F	root	fresh	60	40	1.5	1:3 45%	Re-macerate the spent marc as next years menstruum. Prefer root infusions.
<i>Grindelia sp.</i>	GRINDELIA	SU	flowering tops	fresh	95	5	1:2		
<i>Glechoma hederacea</i>	GROUND IVY	SU	aerial	fresh	75	25	1:2	1:2 30%	
<i>Crataegus monogyna</i>	HAWTHORN	SP	flowering twigs	fresh	75	15	10	1:2	1:3 25%
<i>Crataegus monogyna</i>	HAWTHORN	F	berry	dry	50	40	10	1:5	1:2 45%
<i>Viola tricolor</i>	HEARTSEASE	SU	aerial	fresh	50	50	1:2		
<i>Hyoscyamus niger</i>	HENBANE	SU	leaf and flowering tops	fresh	70	30	1:10		SCH 20 - 20 mL ; 1968 Medicines Act Dosage 5-10 ml per week.
<i>Ocimum sanctum</i>	HOLY BASIL	F	leaf and flowering tops.	fresh	75	25	1:2		
<i>Humulus lupulus</i>	HOPS	F	strobules	dry	75	25	1:3	1:4 60%	
<i>Marrubium vulgare</i>	HOREHOUND	F	leaf	dry	50	40	1:5	1:3 25%	
<i>Equisetum sp.</i>	HORSETAIL	SP	aerial	fresh	95	5	1:2		
<i>Hyssopus officinalis</i>	HYSSOP	S	flowering tops	fresh	75	25	1.2	1:3 45%	Use blue-flowered variety.
<i>Juniperus occidentalis</i>	JUNIPER	SU/F	berry	dry	75	25	1:5	1:2 45%	Soak overnight to extract hydrocyanic acid.
<i>Piper methysticum</i>	KAVA KAVA		root	dry	75	25	1:5		Fresh root requires 95%
<i>Alchemilla vulgaris</i>	LADY'S MANTLE	SP	flowering tops	fresh	75	25	1:2	1:3 25%	
<i>Lavendula angustifolia</i>	LAVENDER	SU	flowering tops	fresh	75	25	1:2	1:2 45%,	Harvest stems close to ground.

<i>Melissa officinalis</i>	LEMON BALM	SU	aerial	wilted	95	5	1:2	1:3 45%	Harvest in on a hot, dry afternoon. Avoid stems to get to 1:1 if possible. Brit's only steep lemon balm tinctures for overnight and they are quite light and lovely.
<i>Glycyrrhiza glabra</i>	LICORICE	F	root	fresh	60	40	1:3	1:3 25%	Good licorice root is green when cut.
<i>Ligusticum grayii</i>	LIGUSTICUM	SU/F	root	dry	70	30	1:5		
<i>Convallaria majalis</i>	LILY OF THE VALLEY	SP	leaf and stem	dry	45	55	1:10		SCH 20 - 24 mL 1968 Medicines act - 5-15 ml per week. Max 3 weeks. Harvest upon flowering. Pick your sweetheart a posy of the blooms and then cut the stems and leaves off at the ground.
<i>Lobelia spp.</i>	LOBELIA	SU	aerial	dry	60	40	1:8		SCH 20 - 32 mL ; 1968 Medicine's Act Dosage: 5-30 ml per week.
<i>Lomatium dissectum</i>	LOMATIUM	SU/F	root	dry	75	25	1:5		
<i>Filipendula ulmaria</i>	MEADOWSWEET	SU/F	flowering tops	dried	50	50	1:2	1:3 25%	Patience! Wait until flowers smell right.
<i>Ganoderma lucidum</i> , <i>Hericium erinaceus</i> , <i>Coriolus versicolor</i> , <i>Pluerotus ostreatus</i>	MEDICINAL MUSHROOM	SP/SU	fruiting body	dry	80	20	1:5		Preserve the fresh mushroom decoction with this extract.
<i>Silybum marianum</i>	MILK THISTLE	F	seeds	dry	75	25	1:3	1:2 25%	Wear heavy gloves when harvesting. Burdock seed method
<i>Mentha x piperita</i> , <i>Nepeta cataria</i> , <i>Mentha spicata</i>	MINTS	SU	leaf	wilted	75	25	1:1	1:3 45%	Fresh 95:5 Don't use stems in measuring plant material.
<i>Monarda fistulosa</i>	MONARDA	SU	flowering tops	fresh	95	5	1:2		1:3:25 works for wilted. M. punctata has more tynmoi than M fistulosa
<i>Ephedra viridis</i>	MORMON TEA	SU/F	aerial	dry	50	40	10	1:5	
<i>Leonurus cardiaca</i>	MOTHERWORT	SU	leaf	fresh	95	5	1:2		
<i>Leonurus cardiaca</i>	MOTHERWORT	SU	leaf	dry	65	15	1:5	1:3 25%	
<i>Artemisia vulgaris</i>	MUGWORT	SU	leaf	wilted	75	25	1:5	1:3 30%	
<i>Verbascum thapsus</i>	MULLEIN	F	root	fresh	50	50	1:2		
<i>Verbascum thapsus</i>	MULLEIN	F	leaf	fresh	75	25	1:2	1:3 25%	Make this extract to use as a menstroom for the root extract.
<i>Thuja occidentalis</i>	N. WHITE CEDAR	F	leaf	dry	75	25	1:5		
<i>Quercus spp.</i>	OAK	SP	bark	dry	95	5	1:5	1:2 25%	Oak galls can be dried, powdered per the Trotula, or used to make astringent liniments.
<i>Avena sativa</i>	OATS	SP	milky seeds	fresh	45	55	1:2		Use green seeds.
<i>Petrolselinum crispus</i>	PARSLEY	F	root	fresh	75	25	1:3	1:3 25%	Use root of flat-leaved Italian Parsley plants. Use the leaves as it encourages root growth. This is a good one to use extract the leaf of the plant in the summer and use that extract to macerate the roots.
<i>Pinus ponderosa</i>	PINE	F	resin	fresh	95	5	1:2		
<i>Chimaphila umbellata</i>	PIPSISSEWA	SU	aerial	dry	50	50	1:5		
<i>Plantago spp</i>	PLANTAIN	F	leaf	fresh	75	25	1:2	1:3 25%,	Ribwort especially.
<i>Phytolacca americana</i>	POKE	SU	root	fresh	45	55	1:3	1:3 45%	Leave 2-3 young roots on crown and replant.
<i>Anemone spp</i>	PULSATILLA	SU	aerial	dried	50	50	1:5		
<i>Populus tremuloides</i>	QUAKING ASPEN	F	bark	fresh	75	25	1:2		
<i>t</i>	RED BANEBERRY	SU/F	root	fresh	80	20	1:8		
<i>Ceanothus spp.</i>	RED ROOT	F	root bark	dry	50	40	10	1:5	fresh: 60:30:10
<i>Commiphora, Boswellia</i>	RESINS			dried	95	5	1:3		
<i>Chamaemelum nobile</i>	ROMAN CHAMOMILE	SU	flowers	fresh	45	55	1:3		Brits consider it to be a stronger preparation despite the lower yields
<i>Rosa spp</i>	ROSE	SU	flower petals	fresh	50	50	1:4		Key to an aromatic rose extract is a short maceration period. Longer than 48 hours and tannins start to extract.
<i>Schizandra chinensis</i>	SCHIZANDRA	F	berries	fresh	75	25	1:2		
<i>Prunella vulgaris</i>	SELF HEAL	SU	flowering tops	fresh	65	25	10	1:2	
<i>Capsella bursa-pastoris</i>	SHEPHERD'S PURSE	SP	whole plant	fresh	75	25	1:2		

<i>Sculletaria lateriflora</i>	SKULLCAP	F	flowering tops	fresh	50	25	1:2	1:3 45%	This preparation turns bright burgandy.
<i>Polygonatum biflorum</i>	SOLOMON'S SEAL	SP/F	rhizome	fresh	50	50	1:2		
<i>Hypericum perforatum</i>	ST JOHN'S WORT	SU	flowering tops	fresh	95	5	1:2	1:3 45%	Pick after first flower opens. Crush buds before macerating.
<i>Urtica dioica</i>	STINGING NETTLE	SU	aerial	fresh	75	25	1:2	1:2 25%	
<i>Urtica dioica</i>	STINGING NETTLE	F	root	dried	50	50	1:3	1:2 45%	
<i>Urtica dioica</i>	STINGING NETTLE	F	seed	dry	95	5	1:5		
<i>Artemisia annua</i>	SWEET ANNIE	SU	flowering tops	fresh	75	25	1:2	1:3 45%	Flowers are diminutive. Self-seeding annual so leave some flowers for seeds!
<i>Thymus vulgaris</i>	THYME	SU	aerial	fresh	75	25	1:2	1:3 45%	Harvest just as it comes into flower.
<i>Usnea spp.</i>	USNEA	SP	thallus	wilted	50	50	1:5		Tincture over low heat.
<i>Arctostaphylos uva-ursi</i>	UVA-URSI	SU	leaf	dry	50	50	1:5		Pear skins also contain arbutin.
<i>Valeriana spp</i>	VALERIAN	SP/F	root & rhizome	fresh	75	25	1:2	1:2 45%	Don't let all of your valerian flower. It inhibits root growth and roots attached to stems that flower often die. Leave 2-3 young roots on crown and replant.
<i>Verbena officinalis</i>	VERVAIN	SU	aerial	fresh	75	25	1:2	1:3 30%	
<i>Viola spp</i>	VIOLET	SP/F	aerial	fresh	50	50	1:2		Lower alcohol to extract more leaf mucilage.
<i>Paeonia albiflora</i>	W. PEONY	F	root	dry	60	40	1:5		
<i>Daucus carota</i>	WILD CARROT	SU	seed	fresh	95	5	1:2		
<i>Prunus virginiana</i>	WILD CHERRY	SU	bark	dry	50	50	1:5	1:2 30%	Soak overnight to extract some hydrocyanic acid.
<i>Asarum caudatum</i>	WILD GINGER	F	root & rhizome	fresh	95	5	1:2		Leave 2-3 young roots on crown and replant.
<i>Lactuca spp.</i>	WILD LETTUCE	SU	stems	fresh	45	55	1:2	1:2 30%	Gash at stem to see if latex is running. Best if triplicated with same menstruum for 9 days each run.
<i>Salix alba</i>	WILLOW	SP	bark	fresh	75	25	1:2	1:3 25%	Harvest in early spring as leaf buds form. (Cottonwood time)
<i>Stachys officinalis</i>	WOOD BETONY	SU	aerial	wilted	75	25	1:2	1:3 25%	Harvest at full flower.
<i>Artemisia absinthium</i>	WORMWOOD	SU	aerial	wilted	75	25	1:3	1:3 45%	Macerate in white wine for future processing.
<i>Achillea millefolium</i>	YARROW	SU	leaf	fresh	95	5	1:2	1:3 25%	First Aid
<i>Achillea millefolium</i>	YARROW	SU	flower	wilted	75	25	1:5		Anti-inflammatory
<i>Nuphar polysepalum</i>	YELLOW POND LILY	SP	root	fresh	60	40	1:2		Per Lalayna.