

How To: Infused Oils Folk Method

Use the sun to naturally infuse oil with the goodness of your herbs! Herbal oils made using this method can be used for both culinary and body care recipes. For food purposes, just be sure that the oil and the herb(s) you choose are both tasty and safe to eat.



Ingredients:

Carrier oil(s) of choice

Dried herb(s) of choice

Natural waxed paper

Sterilized, dry glass jar with a tight-fitting lid

Directions:

♥ To create an herb-infused oil using the folk method, simply fill a dry, sterilized container 1/2 full with dried herb(s) and pour room-temperature oil over the herb(s), making sure to completely cover the herb(s) by one inch.

♥ To create an herb-infused oil using the ratio method, fill a dry, sterilized container with 2-3 ounces of dried herb(s) and pour 10 fluid ounces of room-temperature oil over the herb(s).

Use a dry, sterilized spoon to mix thoroughly so all surfaces of the herb(s) are coated with oil and no air bubbles remain.

Place a square piece of natural waxed paper on top of the jar, then seal jar with a lid (this protects the herbal oil from any chemical coating that may be on the lid). Roll jar back and forth in your hands to continue to thoroughly mix the herb and oil.

Place the container in a dark, warm spot, such as a cupboard, out of direct sunlight, and let the mixture sit for 4-6 weeks. Stir or shake the herb and oil mixture to mix the contents and release the herbal constituents into the oil every few days. When the infusion time is up, line a wire strainer with a few layers of cheesecloth or finer cloth, or simply place the cloth within a funnel placed in the mouth of a dry, sterilized glass jar, and decant the mixture. With clean, dry hands, gather the cloth up and squeeze strongly, squeezing as much oil from the herb(s) as possible. Compost the herb(s). Cover the jar, and let the oil settle overnight in a cool, dark location. This will allow any herb sediment to settle to the bottom of the jar. You can also strain the oil through a finer filter such as an unbleached coffee filter to remove sediment. Pour the oil into dry, sterilized, dark-colored glass bottles with dropper tops or caps and add a couple of drops of vitamin E oil to each container, if desired, to slow down the oxidation of the oil.

Label, and store in a cool, dark location.