



WILD LETTUCE TINCTURE

This recipe has been gratefully adapted from 7Song's process for preparing a concentrated tincture of wild lettuce. Different *Lactuca* species can be used, and 7Song recommends species that produce a lot of latex. He says, "Wild lettuce tincture is commonly used as a general pain reliever with some sedative properties. To me, it is a medium strength pain reliever somewhere between hops and skullcap." See more at 7song.com.

Yield: Variable

Whole fresh wild lettuce plants
190-proof (95%) ethanol

Preparation:

1. Find a location where there are enough plants to respectfully and responsibly gather.
2. Have all your equipment and supplies ready.
3. Set aside a couple of days where you can commit to preparing the tincture.

Day 1:

1. Gather whole fresh wild lettuce plants.
2. Cut up the fresh plants and place them in a blender.
3. Blend them in 95% ethanol at a 1:2 weight-to-volume ratio. (For instance, if you have 10 ounces of wild lettuce, you would use 20 ounces of ethanol.)
4. Pour into a jar and cover.
5. Let the blended plant material sit in the liquid for at least 48 hours.

48+ hours later:

1. Press out the tincture made on Day 1 with a tincture press.
2. Clean the jar and pour the menstruum back in.
3. Gather more fresh plants.
4. Cut up the fresh plants and place them in the blender.
5. Using a 1:2 ratio, prepare and pour a menstruum of half 95% ethanol and half of the tincture pressed out from Day 1. (For instance, if you are going to blend 15 ounces of fresh wild lettuce, you would use 30 ounces of menstruum, which would consist of 15 ounces of 95% ethanol and 15 ounces of the pressed out tincture from Day 1.) Blend the fresh plant material and menstruum together.
6. Pour into the jar and cover.
7. Let sit for at least 2 weeks.

2+ weeks later:

1. After a minimum of 2 weeks, press out the tincture.
2. The medicine is now finished.