

ROOTED
Medicine
CIRCLE
sample

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WELCOME!

Thank you for downloading this sample lesson from Rooted Medicine Circle.

Teas are some of the simplest and most powerful ways to make plant medicine. By getting your copy of this tutorial, you are on your way to making exceptional, healing brews.

The Rooted Medicine Circle course guides you in how to confidently make high-quality herbal medicines while deepening your relationship with the natural world around you. In addition to teas, we cover syrups, tinctures, oils, and many more herbal preparations.

Rooted Medicine Circle is enrolling until Wednesday, January 26, 2022.

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Enjoy! ✨

Emily Rosalee

INFUSIONS

What Are Infusions?

Infusions, also called herbal teas or tisanes, are water-based extractions. In the simplest sense, you make an infusion by soaking herbs in water, straining out the herbs, and then drinking the liquid. These types of brews are some of the oldest and most revered kinds of medicine. It wasn't until about 150 years ago that high-proof alcohol extractions, or even isolated constituents, were commonly used in making herbal medicines.

There is no one right way to make infusions. Instead, you can choose from a variety of methods and preferences. What's most important when making tea is to match your intended outcome with your chosen method. For example, you might make a delicious and enjoyable cup of tea with friends differently than a potent brew with specific desired healing outcomes.

Sometimes people feel resistant to infusions because they see them as an inconvenience. It's true, there's more to tea than simply swallowing capsules or taking a few drops of a tincture. We invite you to immerse yourself in the experience of both making and drinking tea. Taking a moment to make and sip tea is part of the healing process.

I like the pause that tea allows.

– Waris Ahluwalia



Key Ingredients for Making Infusions

Herbs

As is true in all medicine making, the vibrancy and potency of the herbs is the foundation of a strong brew. Using old and faded herbs will not give you the same results as vibrant herbal material. Besides how old the herbs are, the way the herbs were grown, harvested, and dried all play a role in the end quality.

Your senses, developed over time, are your best judge for quality herbal material. Does this herb look good? Is it the right color? Does it smell the way it should? Does it taste the way it should? Take peppermint, for example. Well-preserved peppermint is dark green, smells strongly of mint, and has a strong menthol, cooling taste. Old peppermint may be dull green or even brown, smell faintly of peppermint, and not taste like much.

For the most part, we make teas with dried herbs (with some exceptions, see below). Dried herbs are more easily extracted into the water. You can experiment with fresh vs. dried herbs to get a sense of flavor and potency. A general rule is that you use half as much dried material as you would fresh to compensate for the water loss (e.g., 1 teaspoon fresh mint vs. ½ teaspoon dried mint).

Teas also tend to be made with pliant, aerial parts of herbs, such as leaves and flowers (again, with some exceptions). Roots, barks, and seeds generally need more coaxing out and so they are simmered, rather than soaked, and made into what is called a decoction (see Module 1, "Decoctions").



Water

Water is the basis of all life. Around 70% of the mass on Earth is water and that same ratio is found within our own bodies. Water is called the universal solvent because it extracts a wide variety of constituents from plants, especially vitamins, minerals, polysaccharides, and volatile oils. But not all water is equal in its extraction abilities.

Distilled water has had all minerals removed from it, as a result it's a “hungry” or “empty” water and able to extract the most from herbs.

Spring water, rain water, and soft waters may not be as empty as distilled water, but they are completely fine for making teas.

Hard water, as can be found in many well-based waters, is filled with minerals and is not ideal for making herbal preparations. That being said Rosalee lived with hard water for nine years and did just fine.

Unfortunately, not all water is safe. Various forms of pollution, whether it's industrial run-off, sub-standard piping systems, waterborne pathogens, or even water treatments can make water unfit for internal use. When choosing water find the best possible option for you. For some that may mean tap water, others may need a home filter, and others may need bottled water.

Supplies for Making Infusions

What you use to make infusions can be as simple or as complicated as you want. All you need is:

- Something to make the tea in, such as a mug, glass jar, or teapot
- Something to heat the water, such as a kitchen saucepan or kettle
- Something to strain off the herbs, such as a fine-mesh strainer
- A cup or mug to drink from

When choosing kitchen utensils, reach for stainless steel, glass, enamel, and ceramic materials. Avoid using plastic, aluminum, and non-stick surfaces.

With time, you may want to use fancier tea-making supplies, including specific tea strainers, teapots, specialized kettles, etc. There's a lot to choose from!

The one thing we caution against is using small tea strainers where you have to cram the herbs into the space. You always want your herbs to be able to dance and move throughout the water. Fillable tea bags can be used, but again, you want them roomy enough so the herbs can move. If you choose to use bags, we recommend reusable, unbleached cotton or unbleached paper (avoid nylon or plastic).

For some recommendations, see Rosalee's guide to [Tea Making Supplies](#).



How to Make Infusions

While the basic essence of an infusion is constant — herbs soaked or steeped in water — there are many different variations, including how much herb to use, how much water to use, the temperature of the water, and the duration of steeping time.

How Much Herbs to Use

How much herb you use depends on the herb and your desired end result. The dosage of herbs varies both with the herb and with the person. To reference two extremes, we generally use $\frac{1}{4}$ teaspoon of cayenne pepper to make an infusion and 1 ounce (28 grams) of nettle leaves. All of the monographs in this course list dosage recommendations for tea. Oftentimes it's worth starting small and then increasing the amount so you get a sense of the herb from a range of dosages.

The amount of herbs you use can also depend on your desired outcome. For example, using 1 teaspoon of chamomile steeped in 1 cup of water can make a pleasant after-dinner tea. Using $\frac{1}{4}$ cup of chamomile steeped in 1 cup of water can make a potent bitter blend that can be used to support the fever process and strongly reduce spasmodic muscle pain. As you can see, making a chamomile infusion with 1 teaspoon of herbs or $\frac{1}{4}$ cup of herbs isn't right or wrong, but choosing a $\frac{1}{4}$ cup of herbs for a pleasant tea will leave you disappointed!

How to Measure Herbs

Oftentimes the best way to measure herbs is by weight. Weight gives you the most accurate results because herbs come in all shapes and sizes, which can make them difficult to measure by volume (a teaspoon or measuring cup). To weigh herbs, we recommend using a kitchen scale that measures in grams.

That said, herbs that are uniform in size (e.g., fennel seeds) or herbs used in amounts smaller than 1 teaspoon are often measured by volume instead of weight.

How Much Water to Use

When making an infusion, what's most important is how much herb you use, rather than the amount of water. In other words, if someone says, "drink three cups of chamomile tea a day," it doesn't give you the necessary information — mainly, how much chamomile is in a cup?

The amount of water used in tea is chosen from a practical sense. If you choose too little, the herbs aren't able to extract well. If you use too much, then you could be drinking an uncomfortable amount of liquid.



Water Temperature

Most of the time, infusions are made with hot or boiling water. Hot water breaks open cell walls and encourages extraction. However, sometimes cold water is preferable. Cold water is a good solvent for mucilage (in the case of mallow or marshmallow) and can also infuse volatile oils in aromatic herbs (such as mint).

Whether you use hot or cold water, be sure to stir the herbs well so that they are well saturated with water. Stirring or agitating the herbs while steeping will also help them to extract more fully.

Steeping Time

The amount of time you soak or steep the herbs in water can also vary widely. Herbs high in aromatic oils as well as bitter herbs are often steeped for a shorter amount of time (minutes). Herbs that are high in vitamins and minerals are often steeped for far longer (hours).

When steeping herbs, it's important to cover the container to avoid volatile oil loss through the escaping steam. You can use a lid or small plate to cover the container.

Straining the Herbs

Strain the herbs from the liquid before drinking your tea. Give the herbs a good squeeze or press to extract most of the liquid. Once you are done with the herbs, they can be composted.

Can You Reuse the Herbs?

A common question is whether or not you can reuse the herbs for a second steep. When extracted well, especially with longer steeping times, herbs are pretty well spent after the first steep. Herbs that have been steeped for shorter amounts of time may still have some goodies left. If you are interested in using herbs more than once, give it a try! What you'll most likely find is that the herbs will taste blander or even more bitter with a second steep. But for those wanting to get the most out of their herbs, this may be acceptable.

As you can see, there is no one way to make infusions. However, tea making is a foundational skill and art. Rather than being haphazard, it's the result of smart choices based on the circumstance, herb, and person. The following basic recipes give you specific examples of how to make infusions in a variety of ways.



SIMPLE INFUSION

This preparation of a simple chamomile (*Matricaria chamomilla*) tea is a lovely after-meal drink and can be enjoyed by people of all ages. If you don't want to use chamomile, then lemon balm (*Melissa officinalis*) can be substituted in this recipe.

Yield: 2 cups

Ingredients

- 2 teaspoons dried chamomile flowers
- 2 cups water
- Sweetener (optional)

Equipment/Tools

- Mug and lid or small dish to cover it
- Saucepan or water kettle
- Strainer

Instructions

1. Place the herbs in a mug.
2. Boil the water.
3. Pour the just-boiled water over the herbs. Stir, cover, and let steep for 5 minutes.
4. Strain.
5. Add a sweetener if desired.



STRONG INFUSION

This variation of chamomile (*Matricaria chamomilla*) tea is much stronger in action than the simple chamomile tea recipe. Reach for this recipe when someone is experiencing a lot of spasmodic pain, such as back pain or menstrual cramps. It can also provide support when there is a fever accompanied by aches, pains, and a headache. You'll notice that this infusion has a much stronger bitter taste than the simple infusion recipe, but you'll also notice that you can really feel its relaxing and pain-relieving properties. Again, lemon balm (*Melissa officinalis*) can be substituted in this recipe.

Yield: 2 cups

Ingredients

- 1/2 cup (10 grams) dried chamomile flowers
- 2 cups water
- Sweetener (optional)

Equipment/Tools

- Mug and lid or small dish to cover it
- Saucepan or water kettle
- Strainer

Instructions

1. Place the herbs in a mug.
2. Boil the water.
3. Pour the just-boiled water over the herbs. Stir, cover, and let steep for 5 minutes.
4. Strain.
5. Add a sweetener if desired.



STRONG NOURISHING INFUSION

Strong nourishing infusions use a lot more herbs and are steeped for much longer than your basic tea. Nourishing and food-like herbs like stinging nettle (*Urtica dioica*) and oatstraw (*Avena fatua*, *A. sativa*) are often made in this way. The high quantity of herbs, the hot water, plus the prolonged steeping time allow for the best extraction of vitamins and minerals. This method is not ideal for herbs high in volatile oils or extremely bitter herbs.

Yield: 3 cups

Ingredients

- 1 ounce (28 grams) dried nettle leaf
- 3 1/2 cups water

Equipment/Tools

- Mug and lid or small dish to cover it
- Saucepan or water kettle
- Strainer



Instructions

1. Place the herbs in a mug.
2. Boil the water.
3. Pour the just-boiled water over the herbs. Stir, cover, and let steep for 4 to 8 hours.
4. Strain.

Recipe Notes

When made with nourishing plants, this is a strong, nutrient-rich brew. While many come to love and even crave these strong infusions, they can be too strong tasting for some. You can use less herbs initially and then increase the amount of herbs as your taste buds change. Adding a pinch of an aromatic herb, like mint or ginger, can also help improve the flavor.

COLD INFUSION WITH DRIED PLANTS

Mallow (*Malva* spp.) and marshmallow (*Althaea officinalis*) are cooling and moistening, bringing relief to hot and dry conditions. They are especially well-suited when there is inflammation in the mucous membranes including the respiratory tract, digestive tract, and urinary tract. The roots of these plants (and the leaves to a smaller degree) are high in polysaccharides and starches. By using a cold infusion, you extract mainly the mucilaginous polysaccharides. If you simmer the root, you also extract the starches in the plant.

Yield: 1 1/3 cups

Ingredients

- 1 ounce (28 grams) mallow or marshmallow roots
- About 2 cups room temperature water

Equipment/Tools

- Jar (pint, 16 ounce, or 500 ml) and lid or small dish to cover it
- Strainer

Instructions

1. Place the roots into the jar.
2. Fill the rest of the jar with water and shake or stir well.
3. Cover and let steep for 4 to 8 hours.
4. Strain.



Recipe Notes

You can also try this recipe as a decoction. It's an interesting experiment to try both side by side and compare the difference. You may find you prefer one over the other.

COLD INFUSION WITH FRESH PLANTS

When steeped in cool water, fresh aromatic plants can gently lend their flavor to the water, making a refreshing and naturally flavored water. Members of the mint family (rosemary, peppermint, basil, lavender, etc.), rose petals, chamomile, etc. are all delicious plants to enjoy in cold infusions.

Yield: 4 cups

Ingredients

- Handful of fresh herbs
- 4 cups room temperature water

Equipment/Tools

- Jar (quart, 32 ounce, or liter) and lid or small dish to cover it
- Strainer

Instructions

1. Finely mince the fresh herbs and place them in the jar.
2. Fill the jar with water.
3. Cover and let steep for 30 minutes up to overnight. The taste gets stronger with more steeping time. If steeping for more than an hour, we recommend putting the water in the refrigerator.
4. Strain.



Storage and Shelf Life of Infusions

Steeped teas do not store well. The constituents extracted into the water can deteriorate and spoil fairly quickly. It's best to make infusions in small amounts and then drink them within 24 hours. Leftover herbal teas can be poured onto house or garden plants.

If you make a large batch of tea in the morning to drink throughout the day, the tea can be reheated. You can also store it in a thermos to keep it warm.

If you would like to drink a certain herbal tea blend frequently, you can make a bulk blend of the dried herbs rather than mixing a single serving each time. Store this blend in an airtight container in a cool, dry place.

How to Use Infusions

Infusions are ideal preparations for many herbs and for many people. They work especially well for pleasant-tasting herbs (or herbs that don't taste all that bad), large dosage herbs, and herbs high in vitamins and minerals.

Teas can be an enjoyable habit and ritual and they can be powerful medicine. Drinking teas regularly is a wonderful way to welcome herbs into your daily life.

They can be challenging if an herb tastes especially bad. Water also doesn't extract alkaloids well, and so tea is not ideal for plants that have desirable alkaloids (instead we turn to vinegar and alcohol).



DECOCTIONS

What Are Decoctions?

Similar to teas or infusions, decoctions are a water-based preparations. However, instead of simply soaking the herbs in water, decoctions involve simmering the herbs in water, often for long periods of time. Decoctions are ideal for denser plant materials such as roots, barks, some berries, mushrooms, and seeds, which need sustained, high heat for a strong extraction.

Many of the principles and key ingredients for making a decoction are the same as making a tea. Be sure to go through Module 1, "Teas" prior to diving into decoctions.

Key Ingredients for Making Decoctions

Herbs

Decoctions are most commonly made with dried herbs. (Although, as is often the case in herbalism, we can certainly find exceptions.) As always, the vibrancy of the herbs will determine the potency of the end product.

Water

See Module 1, "Teas" for information on the type of water to use.

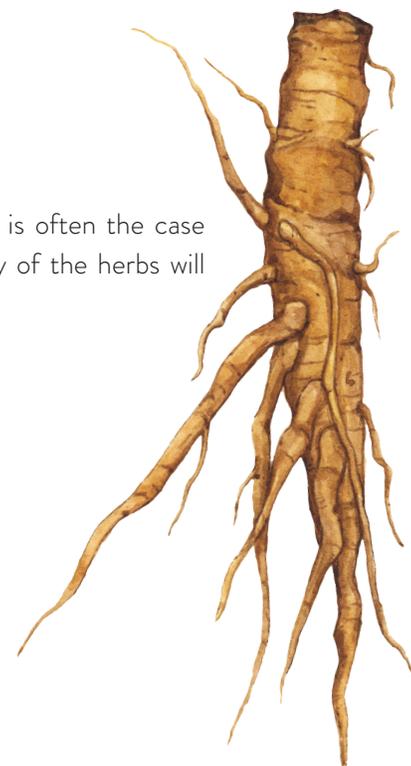
Supplies for Making Decoctions

Decoctions only require basic kitchen equipment:

- Saucepan with lid
- Strainer
- Mug or vessel to hold the strained liquid
- Crock-Pot or Instant Pot (optional)

As always, use stainless steel, enamel, or glass cookware. Avoid plastic and aluminum.

Decoctions can also be made in either a Crock-Pot or Instant Pot. These can be a convenient way to make decoctions, especially longer decoctions, because you don't need to tend them constantly.



How to Make Decoctions

How Much Herb to Use

The amount of herbs to use in a decoction depends on the plant(s) that you are using. Look in trusted sources for recommended dosage amounts. All the plant monographs in this course contain dosage information.

How Much Water to Use

The amount of water you use with a decoction, just like teas, falls into the practical realm. With decoctions, you are actively simmering the water, which leads to water loss. For that reason, you may use slightly more water depending on how long you'll be simmering it for.

Water Temperature

When making decoctions, we start with room temperature water and then slowly heat it. Medicine maker James Green recommends soaking herbs in lukewarm water up to a couple hours before starting to simmer the herbs, which sounds nice but isn't always practical.

Steeping Time

The type of herbs you are using can determine how long you'll simmer the brew. With teas, you practically always cover the tea while steeping to avoid the loss of volatile oils through the steam. With decoctions, sometimes the goal is to lose water through evaporation in order to concentrate the decoction. In that case, lids are not necessary.

- **Berries, softer roots and barks, and aromatic herbs** are typically simmered for 30 minutes or less. There are not hard-set rules for these; often experience and taste can guide you. Aromatic herbal materials (e.g., ginger, cinnamon) will benefit from having a lid on them while simmering.
- **Dense and non-aromatic herbs such as roots, barks, and mushrooms** may be best simmered for 1 to 8 hours. Typically, hard polypore mushrooms like reishi are simmered for 8 hours while softer roots like astragalus are simmered for 30 to 60 minutes. You may or may not put a lid on the saucepan while simmering. For longer simmering times, you need to be careful that the water doesn't simmer off entirely. Using more water or a lid can help retain the water.

Sometimes an herbal formula calls for dense materials that benefit from simmering as well as lighter materials that are best simply infused in hot water. In this case, you can simmer the dense herbs, then once that is complete, turn off the heat, add the lighter herbal materials, and steep, covered.

Straining the Herbs

Strain the herbs from the liquid before drinking your decoction. Give the herbs a good squeeze or press to extract most of the liquid from the plants. Once you are done with the herbs, they can be composted.



SIMPLE DECOCTION

This is a simple decoction using a softer root, dandelion (*Taraxacum officinale*), so it only requires 20 minutes of simmering. This recipe can be made with raw or roasted roots. Covering the saucepan while the water simmers is optional.

Yield: 1 1/2 cups

Ingredients

- 1 heaping tablespoon (8–10 grams) finely chopped fresh or dried dandelion roots
- 1 1/2 cups water

Equipment/Tools

- Saucepan
- Strainer
- Mug

Instructions

1. Place the dandelion roots and water in the saucepan.
2. Bring to a boil over high heat. Reduce the heat to low and simmer for 20 minutes.
3. Strain.



Storage and Shelf Life of Decoctions

Decoctions have a short shelf life because there are no preservatives in the mixture. A concentrated decoction that has simmered for hours may last several days in the refrigerator. Super concentrated decoctions can be frozen (ice cube trays work well) for later use. Discard any decoctions that smell off, look cloudy, or develop mold.

How to Use Decoctions

Due to their short shelf life, decoctions are best made in smaller quantities that are intended to be consumed within 1 to 2 days. Decoctions are often best when drunk throughout the day rather than in one quick sitting.



TEA REFERENCE GUIDE

Teas are some of the simplest and most powerful ways to make plant medicine, and also the most traditional preparations. Knowing whether to use an infusion or decoction and how long to steep the plants is an important part of the medicine making process.

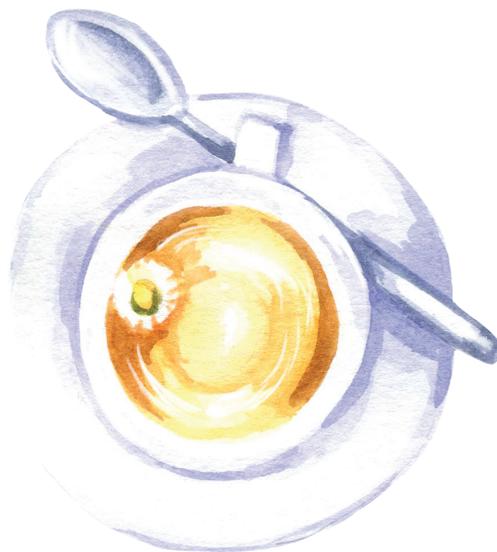
The following chart is a handy reference guide for making teas with over 100 common plants. For each plant, we indicate our recommended herbal preparation(s) — hot infusion, cold infusion, decoction — and steeping or decocting (simmering) times.

Many herbalism texts suggest broad steeping or simmering times that are, in our experience, too generalized. Instead, this chart offers more specific recommendations tailored to the individual plants. That said, it's important to note that there is never *one* way to make herbal medicine. Plants don't fit well into tight boxes, and herbal preparations can vary by person as well as intention. For example, a Sunday brunch tea might look very different from a medicinal-strength tea for specific therapeutic purposes. This chart accentuates making medicinal infusions and decoctions.

For some of the plants, you'll see a wide range of steeping or simmering times. This usually denotes the difference between a pleasant-tasting tea and a stronger medicinal brew. For example, steeping chamomile for five minutes makes a lovely after-dinner tea. When steeped for 20 minutes, it has stronger sedative, diaphoretic, and relaxing nerve properties and also becomes more bitter.

Dosage amounts can also vary widely from plant to plant (and with intention). Herbs included in the *Wild Remedies* book (*) or *Rooted Medicine Circle* (**) course materials are marked with asterisks. The monographs for those plants include dosage information and more information on uses.

Over time, you may find your own preferences in regard to the preparations you choose for individual plants, as well as steeping or simmering times. For now, we hope this chart helps you to make enjoyable and potent herbal medicines.



Arranged by Botanical Name

Botanical Name	Common Name	Plant Part	Hot Infusion (steeping time)	Cold Infusion (steeping time)	Decoction (simmering time)
<i>Alchemilla vulgaris</i>	lady's mantle	leaf	10 min–8 hr		
<i>Achillea millefolium</i> *	yarrow	leaf, flower	5–20 min		
<i>Agastache foeniculum</i> , <i>A. rugosa</i> **	anise hyssop, Korean mint	leaf, flower	5 min–4 hr		
<i>Allium sativum</i> **	garlic	bulb	5 min		
<i>Aloysia citriodora</i>	lemon verbena	leaf	5–10 min		
<i>Althaea officinalis</i>	marshmallow	leaf	10 min	30–60 min	
<i>Althaea officinalis</i>	marshmallow	root		4–8 hr	20 min
<i>Angelica sinensis</i>	dong quai	root	10–20 min		
<i>Arctium lappa</i> , <i>A. minus</i> *	burdock	root	60 min		30 min
<i>Arctostaphylos uva-ursi</i>	kinnikinnick, bearberry	leaf	10–20 min		
<i>Artemisia vulgaris</i> **	mugwort	leaf	5 min		
<i>Aspalathus linearis</i>	rooibos	leaf	5–30 min		30+ min
<i>Asparagus racemosus</i>	shatavari	root			20–30 min
<i>Astragalus propinquus</i>	astragalus	root			30–60 min
<i>Avena sativa</i> , <i>A. fatua</i> , <i>A. barbata</i> **	oats	aerial parts	4–8 hr		20–30 min
<i>Betonica officinalis</i>	wood betony	leaf, flower	5–10 min		
<i>Calendula officinalis</i> **	calendula	flower	5–40 min		20–30 min
<i>Camellia sinensis</i>	tea	leaf	3–5 min		
<i>Capsicum annuum</i>	cayenne	fruit	5 min		

Botanical Name	Common Name	Plant Part	Hot Infusion (steeping time)	Cold Infusion (steeping time)	Decoction (simmering time)
<i>Centella asiatica</i>	gotu kola	leaf	10–15 min		
<i>Cichorium intybus</i> **	chicory	root			15–20 min
<i>Cinnamomum</i> spp.	cinnamon	bark	15–20 min		5–10 min
<i>Citrus</i> spp.*	orange, lemon, grapefruit, etc.	flower	5 min		
<i>Citrus</i> spp.*	orange, lemon, grapefruit, etc.	peel	15–20 min		5–10 min
<i>Cnicus benedictus</i>	blessed thistle	leaf	10–15 min		
<i>Codonopsis pilosula</i>	codonopsis, dang shen	root			30–60 min
<i>Crataegus</i> spp.**	hawthorn	berry			30 min
<i>Crataegus</i> spp.**	hawthorn	leaf	15 min–4 hr		
<i>Curcuma longa</i>	turmeric	rhizome			15 min
<i>Cymbopogon citratus</i>	lemongrass	leaf, stem	10–20 min		5–20 min
<i>Cynara scolymus</i>	artichoke	leaf	5 min		
<i>Echinacea angustifolia</i> , <i>E. purpurea</i> , <i>E. pallida</i> *	echinacea	root, flower			20–30 min
<i>Eleutherococcus senticosus</i>	eleuthero	root			15–20 min
<i>Equisetum arvense</i> **	horsetail	aerial parts	4–8 hr		20 min
<i>Eschscholzia californica</i>	California poppy	leaf, flower	10 min–1 hr		
<i>Eucalyptus</i> spp.	eucalyptus	leaf	5–15 min		
<i>Filipendula ulmaria</i>	meadowsweet	flower	5–10 min		
<i>Foeniculum vulgare</i>	fennel	seed	5–10 min	30–60 min	
<i>Galium aparine</i> **	cleavers	leaf	10 min		

Botanical Name	Common Name	Plant Part	Hot Infusion (steeping time)	Cold Infusion (steeping time)	Decoction (simmering time)
<i>Ganoderma lucidum</i>	reishi	fruiting body			8 hr
<i>Gentiana lutea</i> & other spp.	gentian	root	15–20 min		5–10 min
<i>Glycyrrhiza glabra</i> , <i>G. uralensis</i>	licorice	root			20 min
<i>Hibiscus sabdariffa</i>	hibiscus	calyx	30–60 min		15 min
<i>Humulus lupulus</i>	hops	strobile	5–20 min		
<i>Hypericum perforatum</i> *	St. John’s wort	leaf, flower	10–20 min		
<i>Hyssopus officinalis</i>	hyssop	leaf, flower	5 min		
<i>Inula helenium</i> **	elecampane	root			20 min
<i>Lavandula</i> spp.	lavender	flower	3–5 min		
<i>Leonurus cardiaca</i>	motherwort	leaf	5–30 min		
<i>Lobelia inflata</i>	lobelia	leaf, flower	15–30 min		
<i>Lomatium dissectum</i>	lomatium, biscuitroot	root			1 hr
<i>Lonicera japonica</i>	Japanese honeysuckle	flower	2–15 min		10–15 min
<i>Mahonia aquifolium</i> , <i>M. nervosa</i> , <i>M. repens</i> **	Oregon grape	root			20 min
<i>Malva</i> spp.*	mallow	leaf, flower		4–8 hr	
<i>Matricaria chamomilla</i> **	chamomile	flower	5–20 min		
<i>Melissa officinalis</i> **	lemon balm	leaf	5 min–4 hr		
<i>Mentha arvensis</i> *	field mint	leaf	5–10 min		
<i>Mentha spicata</i> *	spearmint	leaf	5–10 min		

Botanical Name	Common Name	Plant Part	Hot Infusion (steeping time)	Cold Infusion (steeping time)	Decoction (simmering time)
<i>Mentha x piperita</i> *	peppermint	leaf	5 min		
<i>Morus alba</i>	mulberry	leaf	3–5 min		
<i>Myristica fragrans</i>	nutmeg	seed			10 min
<i>Nepeta cataria</i>	catnip	leaf	5–10 min		
<i>Ocimum basilicum</i>	basil	leaf	5 min		
<i>Ocimum sanctum</i> , <i>O. gratissimum</i> **	tulsi, holy basil	leaf	5 min		
<i>Opuntia</i> spp.*	prickly pear	flower	15 min		
<i>Origanum vulgare</i>	oregano	leaf	5 min		
<i>Passiflora incarnata</i> **	maypop, passionflower	leaf, flower	5–15 min		
<i>Pinus</i> spp.*	pine	needle	20 min		20 min
<i>Piper methysticum</i>	kava	rhizome		30 min	
<i>Piper nigrum</i>	black pepper	seed			5 min
<i>Plantago</i> spp.*	plantain	leaf	20 min–8 hr		
<i>Populus</i> spp.*	cottonwood	bud			1 hr
<i>Prunella vulgaris</i> **	self-heal	leaf, flower	20 min–8 hr		
<i>Prunus persica</i> **	peach	leaf	10–20 min	4–8 hr	
<i>Prunus serotina</i> , <i>P. virginiana</i> **	wild cherry	bark		4–8 hr	
<i>Reynoutria japonica</i>	Japanese knotweed, itadori	root			20 min
<i>Rhodiola rosea</i>	rhodiola	root			15 min
<i>Rosa</i> spp.**	rose	petal	5 min		

Botanical Name	Common Name	Plant Part	Hot Infusion (steeping time)	Cold Infusion (steeping time)	Decoction (simmering time)
<i>Rosa</i> spp.*	rose	hip/fruit	20–60 min		10–30 min
<i>Rubus idaeus</i> *	raspberry	leaf	20–60 min		
<i>Rubus</i> spp.*	blackberry	leaf	20–60 min		
<i>Rubus</i> spp.*	blackberry	root			30–60 min
<i>Rumex crispus</i> & other spp.**	dock, yellow dock	root			20 min
<i>Salix</i> spp.*	willow	bark			20 min
<i>Salix</i> spp.*	willow	leaf	20 min		
<i>Salvia officinalis</i> **	sage	leaf	3–5 min		
<i>Salvia rosmarinus</i> **	rosemary	leaf	3–5 min		
<i>Sambucus nigra</i> , <i>S. ebulus</i> *	elder	flower	10–20 min		
<i>Sambucus nigra</i> , <i>S. ebulus</i> *	elder	berry			30 min
<i>Schisandra chinensis</i>	schisandra	berry			15 min
<i>Scutellaria lateriflora</i>	skullcap	leaf	10–15 min		
<i>Solidago</i> spp.**	goldenrod	leaf, flower	(10–15 min)		
<i>Stellaria media</i> *	chickweed	leaf	20 min–4 hr		
<i>Symphotrichum novae-angliae</i> (fresh)	New England aster	leaf, flower	5–20 min		
<i>Taraxacum officinale</i> *	dandelion	leaf	5–10 min		
<i>Taraxacum officinale</i> *	dandelion	root			15–20 min
<i>Thymus vulgaris</i>	thyme	leaf	3–5 min		
<i>Tilia</i> spp.**	linden, lime tree	bract, flower	20–60 min		

Botanical Name	Common Name	Plant Part	Hot Infusion (steeping time)	Cold Infusion (steeping time)	Decoction (simmering time)
<i>Trifolium pratense</i> **	red clover	flowering top	20–60 min		
<i>Trigonella foenum-graecum</i>	fenugreek	seed	60 min		
<i>Turnera diffusa</i>	damiana	leaf	15 min		
<i>Ulmus fulva</i>	slippery elm, Siberian elm	bark		30 min	
<i>Urtica dioica</i> *	nettle	leaf	20 min–8 hr		20–30 min
<i>Urtica dioica</i> *	nettle	root			20–30 min
<i>Valeriana officinalis</i>	valerian	root	15 min		
<i>Verbascum thapsus</i> & other spp.*	mullein	leaf	20 min–8 hr		
<i>Verbascum thapsus</i> & other spp.*	mullein	root			20–30 min
<i>Verbena hastata</i>	blue vervain	leaf, flower	5–10 min		
<i>Viburnum opulus</i>	cramp bark	bark, root bark			20 min
<i>Viburnum prunifolium</i>	black haw	bark, root bark			20 min
<i>Viola odorata</i> & other spp.*	violet	leaf, flower	15 min–4 hr		
<i>Vitex agnus-castus</i>	chaste tree	fruit	10–20 min		5–10 min
<i>Withania somnifera</i>	ashwagandha	root			30 min
<i>Zea mays</i>	corn	silk		4 hr	10 min
<i>Zingiber officinale</i> (fresh)**	ginger	rhizome	5–20 min		5–10 min
<i>Zingiber officinale</i> (dried)**	ginger	rhizome			20–30 min

Arranged by Common Name

Botanical Name	Common Name	Plant Part	Hot Infusion (steeping time)	Cold Infusion (steeping time)	Decoction (simmering time)
anise hyssop, Korean mint	<i>Agastache foeniculum</i> , <i>A. rugosa</i> **	leaf, flower	5 min–4 hr		
artichoke	<i>Cynara scolymus</i>	leaf	5 min		
ashwagandha	<i>Withania somnifera</i>	root			30 min
astragalus	<i>Astragalus propinquus</i>	root			30–60 min
basil	<i>Ocimum basilicum</i>	leaf	5 min		
black haw	<i>Viburnum prunifolium</i>	bark, root bark			20 min
black pepper	<i>Piper nigrum</i>	seed			5 min
blackberry	<i>Rubus</i> spp.*	leaf	20–60 min		
blackberry	<i>Rubus</i> spp.*	root			30–60 min
blessed thistle	<i>Cnicus benedictus</i>	leaf	10–15 min		
blue vervain	<i>Verbena hastata</i>	leaf, flower	5–10 min		
burdock	<i>Arctium lappa</i> , <i>A. minus</i> *	root	60 min		30 min
calendula	<i>Calendula officinalis</i> **	flower	5–40 min		20–30 min
California poppy	<i>Eschscholzia californica</i>	leaf, flower	10 min–1 hr		
catnip	<i>Nepeta cataria</i>	leaf	5–10 min		
cayenne	<i>Capsicum annuum</i>	fruit	5 min		
chamomile	<i>Matricaria chamomilla</i> **	flower	5–20 min		
chaste tree	<i>Vitex agnus-castus</i>	fruit	10–20 min		5–10 min
chickweed	<i>Stellaria media</i> *	leaf	20 min–4 hr		

Botanical Name	Common Name	Plant Part	Hot Infused Tea (steeping time)	Cold Infused Tea (steeping time)	Decoction (simmering time)
chicory	<i>Cichorium intybus</i> **	root			15–20 min
cinnamon	<i>Cinnamomum</i> spp.	bark	15–20 min		5–10 min
cleavers	<i>Galium aparine</i> **	leaf	10 min		
codonopsis, dang shen	<i>Codonopsis pilosula</i>	root			30–60 min
corn	<i>Zea mays</i>	silk		4 hr	10 min
cottonwood	<i>Populus</i> spp.*	bud			1 hr
cramp bark	<i>Viburnum opulus</i>	bark, root bark			20 min
damiana	<i>Turnera diffusa</i>	leaf	15 min		
dandelion	<i>Taraxacum officinale</i> *	leaf	5–10 min		
dandelion	<i>Taraxacum officinale</i> *	root			15–20 min
dock, yellow dock	<i>Rumex crispus</i> & other spp.**	root			20 min
dong quai	<i>Angelica sinensis</i>	root	10–20 min		
echinacea	<i>Echinacea angustifolia</i> , <i>E. purpurea</i> , <i>E. pallida</i> *	root, flower			20–30 min
elder	<i>Sambucus nigra</i> , <i>S. ebulus</i> *	flower	10–20 min		
elder	<i>Sambucus nigra</i> , <i>S. ebulus</i> *	berry			30 min
elecampane	<i>Inula helenium</i> **	root			20 min
eleuthero	<i>Eleutherococcus senticosus</i>	root			15–20 min
eucalyptus	<i>Eucalyptus</i> spp.	leaf	5–15 min		
fennel	<i>Foeniculum vulgare</i>	seed	5–10 min	30–60 min	
fenugreek	<i>Trigonella foenum-graecum</i>	seed	60 min		

Botanical Name	Common Name	Plant Part	Hot Infusion (steeping time)	Cold Infusion (steeping time)	Decoction (simmering time)
field mint	<i>Mentha arvensis</i> *	leaf	5–10 min		
garlic	<i>Allium sativum</i> **	bulb	5 min		
gentian	<i>Gentiana lutea</i> & other spp.	root	15–20 min		5–10 min
ginger	<i>Zingiber officinale</i> (fresh)**	rhizome	5–20 min		5–10 min
ginger	<i>Zingiber officinale</i> (dried)**	rhizome			20–30 min
goldenrod	<i>Solidago</i> spp.**	leaf, flower	(10–15 min)		
gotu kola	<i>Centella asiatica</i>	leaf	10–15 min		
hawthorn	<i>Crataegus</i> spp.**	berry			30 min
hawthorn	<i>Crataegus</i> spp.**	leaf	15 min–4 hr		
hibiscus	<i>Hibiscus sabdariffa</i>	calyx	30–60 min		15 min
hops	<i>Humulus lupulus</i>	strobile	5–20 min		
horsetail	<i>Equisetum arvense</i> **	aerial parts	4–8 hr		20 min
hyssop	<i>Hyssopus officinalis</i>	leaf, flower	5 min		
Japanese honeysuckle	<i>Lonicera japonica</i>	flower	2–15 min		10–15 min
Japanese knotweed, itadori	<i>Reynoutria japonica</i>	root			20 min
kava	<i>Piper methysticum</i>	rhizome		30 min	
kinnikinnick, bearberry	<i>Arctostaphylos uva-ursi</i>	leaf	10–20 min		
lady's mantle	<i>Alchemilla vulgaris</i>	leaf	10 min–8 hr		
lavender	<i>Lavandula</i> spp.	flower	3–5 min		

Botanical Name	Common Name	Plant Part	Hot Infusion (steeping time)	Cold Infusion (steeping time)	Decoction (simmering time)
lemon balm	<i>Melissa officinalis</i> **	leaf	5 min–4 hr		
lemon verbena	<i>Aloysia citriodora</i>	leaf	5–10 min		
lemongrass	<i>Cymbopogon citratus</i>	leaf, stem	10–20 min		5–20 min
licorice	<i>Glycyrrhiza glabra</i> , <i>G. uralensis</i>	root			20 min
linden, lime tree	<i>Tilia</i> spp.**	bract, flower	20–60 min		
lobelia	<i>Lobelia inflata</i>	leaf, flower	15–30 min		
lomatium, biscuitroot	<i>Lomatium dissectum</i>	root			1 hr
mallow	<i>Malva</i> spp.*	leaf, flower		4–8 hr	
marshmallow	<i>Althaea officinalis</i>	leaf	10 min	30–60 min	
marshmallow	<i>Althaea officinalis</i>	root		4–8 hr	20 min
maypop, passionflower	<i>Passiflora incarnata</i> **	leaf, flower	5–15 min		
meadowsweet	<i>Filipendula ulmaria</i>	flower	5–10 min		
motherwort	<i>Leonurus cardiaca</i>	leaf	5–30 min		
mugwort	<i>Artemisia vulgaris</i> **	leaf	5 min		
mulberry	<i>Morus alba</i>	leaf	3–5 min		
mullein	<i>Verbascum thapsus</i> & other spp.*	leaf	20 min–8 hr		
mullein	<i>Verbascum thapsus</i> & other spp.*	root			20–30 min
nettle	<i>Urtica dioica</i> *	leaf	20 min–8 hr		20–30 min
nettle	<i>Urtica dioica</i> *	root			20–30 min
New England aster	<i>Symphotrichum novae-angliae</i> (fresh)	leaf, flower	5–20 min		

Botanical Name	Common Name	Plant Part	Hot Infusion (steeping time)	Cold Infusion (steeping time)	Decoction (simmering time)
nutmeg	<i>Myristica fragrans</i>	seed			10 min
oats	<i>Avena sativa</i> , <i>A. fatua</i> , <i>A. barbata</i> **	aerial parts	4–8 hr		20–30 min
orange, lemon, grapefruit, etc.	<i>Citrus</i> spp.*	flower	5 min		
orange, lemon, grapefruit, etc.	<i>Citrus</i> spp.*	peel	15–20 min		5–10 min
oregano	<i>Origanum vulgare</i>	leaf	5 min		
Oregon grape	<i>Mahonia aquifolium</i> , <i>M. nervosa</i> , <i>M. repens</i> **	root			20 min
peach	<i>Prunus persica</i> **	leaf	10–20 min	4–8 hr	
peppermint	<i>Mentha x piperita</i> *	leaf	5 min		
pine	<i>Pinus</i> spp.*	needle	20 min		20 min
plantain	<i>Plantago</i> spp.*	leaf	20 min–8 hr		
prickly pear	<i>Opuntia</i> spp.*	flower	15 min		
raspberry	<i>Rubus idaeus</i> *	leaf	20–60 min		
red clover	<i>Trifolium pratense</i> **	flowering top	20–60 min		
reishi	<i>Ganoderma lucidum</i>	fruiting body			8 hr
rhodiola	<i>Rhodiola rosea</i>	root			15 min
rooibos	<i>Aspalathus linearis</i>	leaf	5–30 min		30+ min
rose	<i>Rosa</i> spp.**	petal	5 min		
rose	<i>Rosa</i> spp.*	hip/fruit	20–60 min		10–30 min
rosemary	<i>Salvia rosmarinus</i> **	leaf	3–5 min		
sage	<i>Salvia officinalis</i> **	leaf	3–5 min		

Botanical Name	Common Name	Plant Part	Hot Infusion (steeping time)	Cold Infusion (steeping time)	Decoction (simmering time)
schisandra	<i>Schisandra chinensis</i>	berry			15 min
self-heal	<i>Prunella vulgaris</i> **	leaf, flower	20 min–8 hr		
shatavari	<i>Asparagus racemosus</i>	root			20–30 min
skullcap	<i>Scutellaria lateriflora</i>	leaf	10–15 min		
slippery elm, Siberian elm	<i>Ulmus fulva</i>	bark		30 min	
spearmint	<i>Mentha spicata</i> *	leaf	5–10 min		
St. John's wort	<i>Hypericum perforatum</i> *	leaf, flower	10–20 min		
tea	<i>Camellia sinensis</i>	leaf	3–5 min		
thyme	<i>Thymus vulgaris</i>	leaf	3–5 min		
tulsi, holy basil	<i>Ocimum sanctum</i> , <i>O. gratissimum</i> **	leaf	5 min		
turmeric	<i>Curcuma longa</i>	rhizome			15 min
valerian	<i>Valeriana officinalis</i>	root	15 min		
violet	<i>Viola odorata</i> & other spp.*	leaf, flower	15 min–4 hr		
wild cherry	<i>Prunus serotina</i> , <i>P. virginiana</i> **	bark		4–8 hr	
willow	<i>Salix</i> spp.*	bark			20 min
willow	<i>Salix</i> spp.*	leaf	20 min		
wood betony	<i>Betonica officinalis</i>	leaf, flower	5–10 min		
yarrow	<i>Achillea millefolium</i> *	leaf, flower	5–20 min		