This oil captures cottonwood’s alluring scent and is a powerful healing remedy that can be used topically to heal wounds, such as scrapes or burns, as well as relieve the pain and tension of sore muscles.

**SHELF LIFE:** Use within 2 years.

**YIELD:** Approximately 2 cups

**HINT:** After you’ve harvested cottonwood buds, lay them out to dry them for a few days to a week. Go on the longer side if you live in a damp climate.

1. Place the cottonwood buds in a pint jar.
2. Pour in enough oil to fill the jar and submerge the buds completely. (You might not use the entire 2 cups for this.)
3. Using a clean instrument, stir well and end by pushing the buds under the oil. Tightly cover the jar and label it. Place the jar on a plate or bowl and keep it on the counter in a warm space so you can easily keep an eye on it.
4. Infuse the oil for at least 4 weeks. (Many herbalists infuse it for a year, as the potency gets stronger with time.) During the first few weeks, open the jar daily and stir it well. Fresh cottonwood buds may ferment a bit, and if this happens, some oil may escape the jar. That’s okay! That’s why I recommend keeping a plate or bowl underneath the jar.
5. Strain the oil through a fine-mesh strainer or cheesecloth. Squeeze well to extract the oil from the buds.
6. Store in a cool, dark place.