

JULY 2022

natural YUKON

THE SUMMER ISSUE #2

RECIPES
CHEAT SHEETS
PRINTOUTS



IT'S HARVEST TIME...

Gone Picking

Plants to harvest now - Arnica, Wild Rose, Fireweed, Plaintain, Yarrow, Horsetail...

INFUSIONS, TINCTURES
& OXEMELS

Easier than you think!



SPRUCE TIP & SUGAR
Body Scrub

Easy Peasy

HERBAL BALM



About:

ARNICA & DANDELION

Tonic Vinegar

Cheat Sheet:

Comedogenic Scale
for topical oils

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Can you believe summer is finally here? After a long cold winter in the Yukon we are enjoying all things blooming and growing around the territory. June-August are great time to add gathering spruce tips, wild rose petals, arnica, fireweed, plantain, dandelion, pineapple weed, mushrooms and so much more to your get out there and get picking to do lists. Please remember the golden rule as you venture out to be respectful ~ take only what you need and use all that you take.

Jolie

MAKE IT WILD

Most people don't realize how easy it is to make a simple herbal infusion. There are several ways to extract your finds into bases for use in a variety of ways. All it takes to get started is a willingness to get out there and learn to identify what mother nature has on offer to us seasonally. Start with one plant, tree, shrub (moss, mushroom)... a year. Make her your friend. Learn about her uses, when she grows and where. You can dive as deeply as you like. The important part is to be sure you know what you are gathering before you use it.

* If you are just beginning, spruce, wild strawberries, dandelions, fireweed and wild roses are a few great new friends to make first.

Extract it!

Many herbs can be used by extracting their properties into sugars, alcohol, oils and vinegar.

Oxymels

"Acid and Honey"

Most herbal oxymels are made using a combination of herbs, raw apple cider vinegar and unpasteurized honey.

Depending on your how sweet you like things you can up the ratio of honey to vinegar from 1:1 to 5:1.

Getting Started:

1. You can use dried for fresh herbs.
2. Using dried herbs will produce a stronger flavoured infusion than using fresh herbs.
3. Mason Jars (plastic lids are great for this as they are reusable and won't rust)

How to:

In a sterilized jar fill 1 quarter full with herbs; add honey and apple cider vinegar. Put on lid, lightly shake and turn daily for 30 to 60 days. Strain through cheesecloth or any fine strainer to remove plant matter before use. Label and date (good for approx 6 months).

Enjoy oxymels by using a few splashes in warm water to create a comforting brew when you are feeling under the weather, add to water and ice on a summer day or use as an alternative to salad dressing.

A few yummy ideas:

Spruce Tip, Lemon Peel, Juniper, Mint, Rosemary, Garlic, Basil, Dandelion. Use combinations or single herbs



Tinctures

To make a simple herbal tincture a base of alcohol is used. Vodka and Brandy are common choices. Most will use Vodka as it is a neutral tasting choice allowing your herbs natural flavours to shine through.

Getting Started:

Herbs (dried or fresh)
Alcohol (80-90 proof vodka)
Mason Jars with lids (line metal with sandwich bag or similar material to prevent rust)
Cutting board, Knife

How to:

Grind or chop your herb to help the alcohol pull out as much of the plant's essence as possible. Fill jar to approximately three quarters full with plant matter. Pour alcohol to the tip top of your jar so that the plants are well covered. There should be enough breathing room that the plant can be shaken in the liquid. If you are using dried plant matter fill your jar 1/4 to 1/2 with plant matter.

Store in a cool dry place shaking regularly for 60-90 days. Strain and bottle. Shelf life - YEARS!

Add to drinks, smoothies, sparkling water, hot water as a drink and more.



Infused Oils

Using a variety of carrier oils you can easily make your own herbal infusions for use body care or in kitchen cooking projects.

Getting Started:

Herbs can be used dried or fresh. Do a little research on your herbs to find out which form is recommended.

All oils can be used but some are more shelf stable than others, some will lend a flavour if you plan to use your infusion in cooking and others will cause pores to block or allergy reactions in some when used in skin care.

Great starting point oils are olive, avocado and fractionated coconut oils because of their relatively long shelf lives.

It is very important with oils to strain out all plant matter and make sure you are using sterilized jars and equipment to extend shelf life.

Leave 1 to 3 inches above your herbs and cover with oil. Let your jars infuse slowly over 15 to 30 days. Place your jars in a window to let the sun warm the oils. This will aid the oils in pulling out all the goodness of the herbs. After waiting gentle turning and watching strain your oils into bottle. Label and date. To help stabilize your oils add a little vitamin E directly to your infused oil.

A few things to try infusing:

Calendula, Arnica Flowers, Spruce Resin, Mint Leaves, Rosehips, Yarrow, Juniper, Horsetail, Plantain, Chamomile



EASY PEASY herbal balm

YOU CAN USE THIS SIMPLE BASE RECIPE TO TURN
ANY INFUSED OIL INTO BALM FOR TOPICAL USE

1 cup herbal infused oil
1/4 cup beeswax
a few drops of vitamin E
(or one broken open vitamin E capsule)
Clean jars, containers



1. Over low heat melt beeswax and herbal oil until combined
2. Add in a few drops of vitamin E or a capsule opened and squeezed into oils and wax as a natural preservative.
3. Pour into containers. label and date. Up to 6 month shelf life.



A few herbal balms to try:
Arnica Flowers, Calendula, Rosehip, Spruce Resin

Arnica (genus)

△ Element: *Fire*

♂ Gender: *Masculine*

☀ Ruling planet: *Sun*

Family: *Asteraceae*

Common names: mountain tobacco, leopard's bane, wolf's bane

Herbaceous perennial (10-70 cm tall)



Inner Strength, Protection, Fertility

Astrological Associations: Leo, Aries, Aquarius

Sacred to; Freya, Ra and Apollo

Parts Used:

Flowers primarily, rhizomes are also sometimes used.

Indications: Anti-inflammatory, antirheumatic, counterirritant.

Arnica preparations are used topically to treat boils, bruises, contusions, edema, hematoma, insect bites, joint pain, sprains, muscle pain.

Approx 40 species

Cheat Sheet

Comedogenic Scale

Natural Oils & Butters

Non Clogging

Another word for pimple is "Comedo". Non-comedogenic means a product is less likely to clog your pores.

When it comes to any kind of skincare, even when the product is natural, knowing a bit more about the composition of what you are using can be helpful. One of the factors to consider when choosing the best natural base oils or butters for your skin is to learn more about their comedogenic rating.

So what is it?

Simply put the comedogenic scale ranks cosmetic ingredients on their likelihood to clog your pores. However, keep in mind there are many other factors to consider. This scale is just a jumping off point. What may work for me may not work for you. Factors such as age, race, lifestyle, diet, illness and allergies are what make each of us unique. Anyone who is susceptible to breakouts should try avoiding highly comedogenic oils, as they are more likely to clog pores than oils lower on the scale. However, people with drier skin might find using an oil in the middle of the scale works best for them.

The scale uses a numbered rating system of 0 to 5

Low Probability

Moderately Low

Moderate

Fairly High

Likely to Clog

Common base oils & butters

- 0**
- SWEET ALMOND OIL
 - HEMP SEED OIL
 - ARGAN OIL
 - SUNFLOWER SEED OIL
 - SHEA BUTTER

- 1**
- GRAPE SEED OIL
 - ROSEHIP SEED OIL
 - CASTOR OIL
 - CAMELLIA SEED OIL
 - EMU OIL
 - HAZELNUT OIL
 - SEA BUCKTHORN OIL

- 2**
- OLIVE OIL
 - JOJOBA OIL
 - APRICOT KERNEL OIL
 - BAOBAB SEED OIL
 - BORAGE OIL
 - MANGO BUTTER

- 3**
- AVOCADO OIL
 - SESAME OIL
 - EVENING PRIMROSE OIL

- 4**
- CARROT SEED OIL
 - COCONUT OIL
 - COCONUT BUTTER
 - COCOA BUTTER
 - FLAX SEED OIL

- 5**
- SOYBEAN OIL
 - WHEAT GERM OIL

DANDELION ROOT

I love dandelions. The whole plant is of use - leaves, flowers and roots! Leaves and flowers can be used in salads, infused vinegar, oils, honey, make tea, bake them into desserts if you are more adventurous you can turn them into wine. Roots can be roasted to make a yummy coffee alternative. * Many believe fall is the best time to harvest as the tap roots are chock full of nutrients after the first frost but if you are out weeding and have a nice big pile of dandelions right now is a great time to try making a batch.

HOMEGROWN caffeine-free coffee

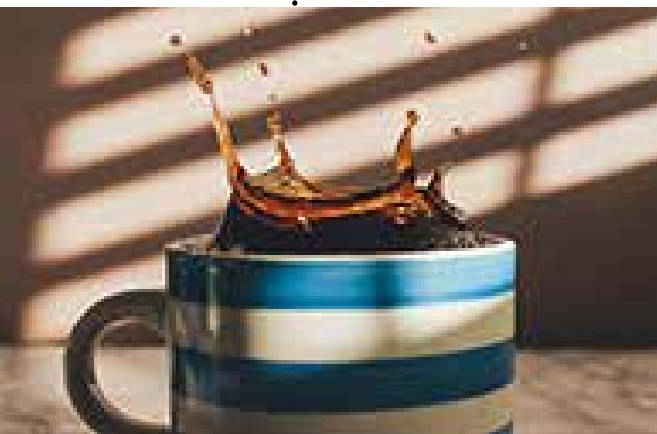
1. Gather roots, soak, scrub and trim until fairly clean.
2. Chop roots into pieces. Roast in a single layer on a baking sheet at 350F for approx 15-20 minutes. * the longer you roast the deeper the flavour.
3. Dried roots store well for use over the winter!

BREWING IT UP!

Ratio of 2 cups water to 1 tablespoon roasted dandelion root will make a nice rich "coffee" drink.

Boil water add roots and simmer for 5 minutes.

Strain and drink!



If you want a more full bodied drink try adding roasted chicory root and cinnamon to taste.

(genus)
Dandelion

♁ Element: *Air*

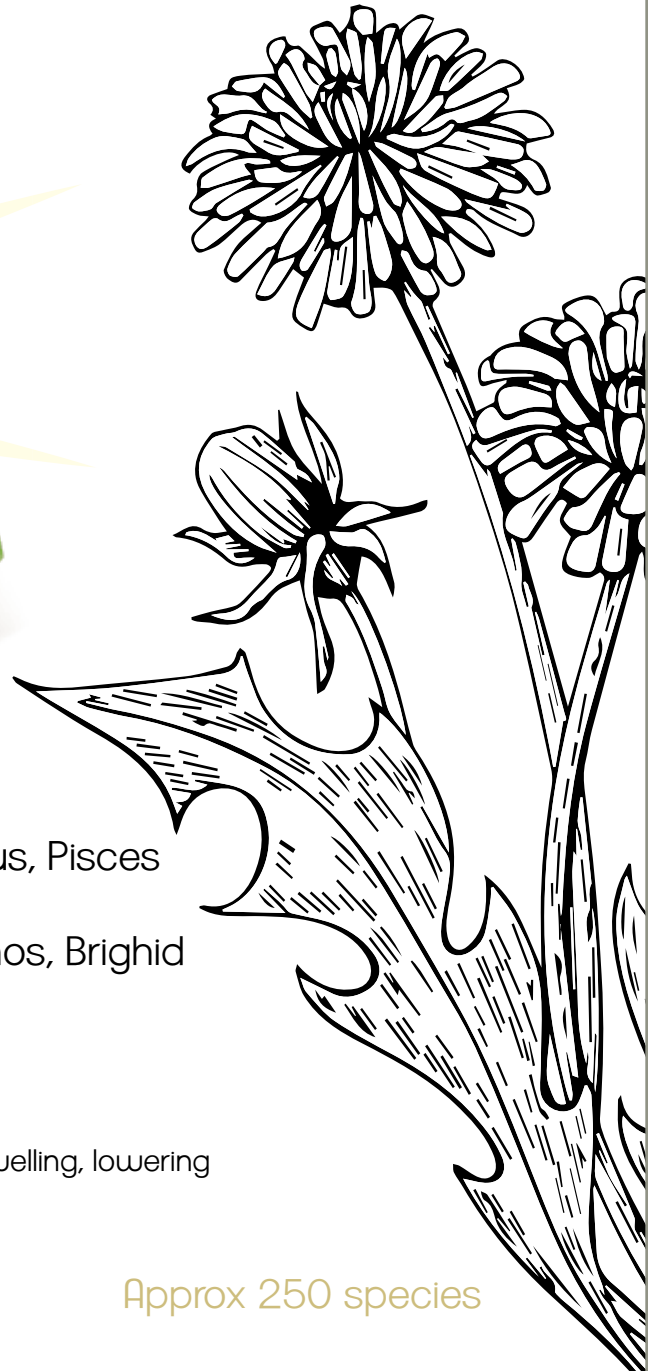
♂ Gender: *Masculine*

♃ Ruling planet: *Jupiter*

Family: *Asteraceae*

Common names: lion's tooth, monk's head, Irish daisy, yellow-gowan

Herbaceous perennial (5-50 cm tall)



Increase energy, wishes, open mind

Astrological Associations: Sagittarius, Pisces

Sacred to: Aphrodite, Hecate, Belenos, Brigid

Parts Used:

All parts are used.

Traditional uses: tonic, diuretic, reduce swelling, lowering cholesterol, increasing urine production.

Approx 250 species

Tonic Vinegars

Tonic Vinegars aren't the same as the culinary vinegars most of us are used to (though they can be used in culinary ways - salad dressings and the like). Tonic vinegars are herbal concentrates made from wild foods and nutrient dense herbs (think Dandelion, Nettles, Mugwort and Fireweed Leaves). Herbal vinegars can be used as a great way to supplement nutrition. Vinegars aren't really used with medicinally-active herbs for extracting their properties. This is because with medicinal plants vinegar can't necessarily extract the chemicals from the plant the way that alcohol can.

Use raw
unpasteurized
apple cider
vinegar.

Herbal vinegars are better thought of as a tonic because they extract nutrients and minerals - so choose herbs and roots to use that are nutrient dense. Herbal Vinegars have been used since ancient times as a curative. Hippocrates (the father of medicine) prescribed drinking vinegar (and honey) to his patients. Vinegar's natural properties (anti-fungal/antibacterial) help boost the immune system, balance any overly acidic tendencies in the body, reduce cholesterol, act as a diuretic, removes extra sodium from the body as well as many other healthful side effects.

Use raw unpasteurized apple cider vinegar. The process of pasteurizing and distilling kills the enzymes that lend vinegar some of it's magical good for you properties.



Herbal Tonic Vinegars are an infusion or a tincture just like the ones you would make by using alcohol or oil (see "Extract it" page) When you add herbs or wild foods to vinegar the vinegar essentially extracts the nutrients into itself from the plant/root/flower or berry. If you have ever made an infusion or an extract using traditional methods you know that water, alcohol, oil and vinegar are the basic bases used by herbalists to extract the essence of whatever herb you are using. Each base has different strengths and weaknesses. For instance alcohol is considered to be the most powerful base to extract medicinal compounds from many plants but, it can also dissolve many substances in the plant as it does it's work. What vinegar does better than alcohol is extract nutrients - in particular minerals and trace minerals from plants so well worth giving a try!

Diffuser Blends

Summer Essential Oils

Skeeter be gone

Give this diffuser blend a try.
A great alternative to straight up citronella.

5 drops Lavender
3 drops Lemongrass
2 drops Clove
1 drops Patchouli

Summer Lovin'

Floral and Romantic

4 drops Lavender
2 drops Rose Otto
1 drop Rosemary
1 drop Ylang Ylang

Beach Bum

Citrus and Woodsy

4 drops sweet orange
2 drops sandalwood
1 drops cedarwood
1 drop rosemary

Let the sunshine in

Bright and citrusy

3 drops of sweet orange
2 drops of basil
2 drops lemon
1 drop bergamot



SPRUCE TIP body scrub

A skin softening, wonderful smelling scrub

1/2 cup fresh spruce tips
2 cups raw sugar
2 tablespoons coconut oil melted
Jar with lid
Spoon
Bowl
2 jars with lids
Strainer



1. Harvest fresh spruce tips and combine with 1 cup of sugar. Pack both tightly in jar. Turn daily until sugar turns to syrup.
2. Strain spruce needles from syrup.
3. In a bowl mix syrup with cooled melted coconut oil and reserved 2 cups of sugar. * Use enough sugar until you have a nice scrubby consistency.



Note: This scrub is for use on the body only. Spruce oils can be irritating to some - test a little on a small area before use.