Home apothecary

Herbalist's cupboard

- [ ] Raw, unpasteurized honey
- [ ] Raw apple cider vinegar with the mother
- [ ] Fresh garlic, ginger and a horseradish root in season
- [ ] Dried black elderberries
- [ ] Dried thyme, sage and oregano
- [ ] Dried chamomile, lemon balm and peppermint
- [ ] Dried mullein leaf and marshmallow root
- [ ] Dried calendula flowers
- [ ] Beeswax pellets
- [ ] Carrier oils: olive and coconut
- [ ] Oregano, lavender and peppermint essential oils
- [ ] Pure aloe vera gel
- [ ] Epsom salt and colloidal oatmeal
- [ ] Mason jars, amber dropper bottles and salve tins
- [ ] Cheesecloth, fine strainer and a double boiler
- [ ] Labels and a marker: name, date, ingredients