



Lemon Balm Glycerite

Ingredients

- fresh or dried organic lemon balm
- organic vegetable glycerin
- filtered water (if using dried herb)

Directions #1 (fresh herb)

- Chop the fresh herb
- Loosely fill a sterilized quart-sized mason jar with the fresh herb (don't push the herb down to pack it in)
- Pour enough glycerin over the fresh herb material to completely cover it, allowing at least 1 inch of room at the top of the jar
- Using a chopstick or spoon, poke into the plant material to mix it with the glycerin and release any air bubbles
- Cap and label the jar, then set aside in a dark, cool location for 4-6 weeks
- Uncap and stir every few days, topping off with glycerin as needed if the plant material pokes through the top of the liquid
- After 4-6 weeks, strain the fresh herb material using a fine mesh strainer and cheesecloth, making sure to squeeze out all of the glycerin with clean hands
- Bottle in amber dropper bottles and label with the name, ingredients, and date



Directions #2 (dried herb)

- Fill a sterilized quart-sized mason jar halfway with dried lemon balm herb, approximately 2 cups worth (don't push the herb down to pack it in)
- In a separate bowl, mix 1.5 cups organic vegetable glycerin with 0.5 cups filtered water (using a 3:1 ratio of 3 parts glycerin to 1 part filtered water)
- Pour the diluted glycerin over the dried herb, making sure to cover the herb completely, allowing at least 1 inch of room at the top of the jar
- Using a chopstick or spoon, poke into the plant material to mix it with the glycerin and release any air bubbles
- Cap and label the jar, then set aside in a dark, cool location for 4-6 weeks
- Uncap and stir every few days, topping off with glycerin as needed if the plant material pokes through the top of the liquid
- After 4-6 weeks, strain the fresh herb material using a fine mesh strainer and cheesecloth, making sure to squeeze out all of the glycerin with clean hands
- Bottle in amber dropper bottles and label with the name, ingredients, and date