



Infused Oil for Salve

This recipe is an ingredient for a skin salve made *prior* to mixing ingredients of the salve. The oil is required to steep with the desired vulnerary herbs to effectively pull out the healing constituents of the herbs. Many herbs are suitable for this recipe, including a variety that can be foraged locally for free!



Ingredients

- ~1 cup dried vulnerary herbs (calendula, plantain, chickweed, violet flowers and/or leaves, etc.)
- 2 cups (scant) organic sunflower oil (or oils of choice)

Directions

- Chop the dried herb
- Place dried herbs into a pint-sized mason jar, filling approximately halfway
- Add slightly less than 2 cups of sunflower oil, leaving about 1 inch at the top of the jar
- Stir the herbs to make sure they are evenly coated
- Cap and label the jar
- Let sit for ~4 weeks, stirring every few days to ensure adequate infusion
- Strain the oil through cheesecloth into another glass container, making sure to squeeze out as much oil as possible
- Use in any herbal preparation that calls for infused oil