



Stinging Nettle Tincture (Folk Method)

Ingredients

- dried organic stinging nettle leaf
- 80 proof alcohol (40% ABV)

Directions

- Place dried herb material in a sterilized quart-size wide-mouthed mason jar, filling it about half-full
- Add enough of the 80 proof/40% alcohol to cover plant material by one inch and stir thoroughly
- Cap and label, storing in a cool, dry location
- The next day, check to make sure the plant material is below the alcohol level (to avoid mold), add more alcohol if needed
- Steep for 4-6 weeks, stirring every few days
- Strain with a wire strainer and cheesecloth into another glass container, squeezing to extract as much of the mixture as possible
- Let the tincture settle overnight, and then restrain it through a fine filter like a coffee filter
- Bottle and label the tincture in amber-colored bottles, store in a cool, dark place

