

Alcohol percentages (Suggested) for 50 herbs

Common Name	Plant Part used (Dried)	Suggested Alcohol %
Angelica	Root	45%
Ashwaganda	Root	45%
Astragalus	Root	40%
Barberry	Root Bark	55%
Bee Balm	Aerial Parts	50-60%
Burdock root	Root	30%
Calendula	Flower	60%
Catnip	Aerial Parts	35%
Chamomile	Flower	40%
Chickweed	Above ground parts	25%
Cleavers	Above ground parts	25%
Coves	Flower bud	70%
Cramp bark	Bark	40%
Dandelion	Flower, Leaf, Root	40-60%
Echinacea	Root, Seed, Aerial parts	40%
Elder	Flower, Berry	25-40%
Elecampane	Root	40%
Fennel	Seed	40%
Fenugreek	Seed	50%
Ginger	Rhizome	40%
Goldenrod	Aerial Parts	40%
Goldenseal	Rhizome	60%
Hawthorn	Berry, Leaf, flower	40%
Hyssop	Aerial Parts	45%
Juniper	Berry	40%
Lavender	Flower Bud	70%
Lemon Balm	Aerial parts	40%
Licorice	Root	35%
Linden	Flower, Bract	40%
Marshmallow	Root, Leaf	30%
Motherwort	Aerial Parts	40%
Mullein	Leaf, Flower, Root	40%
Nettle	Leaf, Flower, Root	40%
Oregano	Aerial Parts	45%
Oregon Grape	Root, bark	40%
Pasion Flower	Aerial Parts	40%
Peppermint	Leaf	40%
Plantain	Leaf, Seed, Seed husk	30%
Red Clover	Arial parts	40%
Rosemary	Leaf	40%
Sage	Leaf	40%
Schisandra	Fruit	40%
Skullcap	Aerial parts	40%
St. Johns wort	Aerial parts	40%
Thyme	Leaf	45%
Tulsi	Aerial parts	30%
Valerian	Root	60%
Vervain	Aerial parts	40%
Vitex	Berry	65%
Wild Cherry	Bark	40%
Wormwood	Aerial Parts	70%
Yarrow	Aerial parts	40%
Yellow Dock	Root	40%



Mint

For dried herbs

www.silverweedherbalism.com

*As general guide, your herbs to menstruum ratio for barks, rsins, rhizome, fruit, seeds & roots range from 1:2-1:4 Aerial and above ground parts range from 1:3 -1:5

Information compiled by the Herbal Academy, "Tincture making guidebook"