

Home Apothecary Checklist

Dried Herbs, Flowers, Spices & Teas

- Astragalus
- Basil
- Calendula
- Cannabis* (*beware of laws in your area*)
- Catnip
- Chamomile
- Cinnamon
- Cloves
- Comfrey
- Dandelion (*dried flowers and/or roots*)
- Dried chilli peppers/flakes
- Dried citrus peels or slices (*lemon, lime, orange, etc.*)
- Echinacea
- Elderberries
- Ginger
- Herbal teas/tea blends
- Lavender
- Lemon Balm
- Oregano
- Peppermint
- Red raspberry leaves
- Rosehips
- Rosemary
- Sage
- Stinging nettles
- Tea (*black & green*)
- Thyme
- Tulsi (*aka. Holy Basil*)
- Turmeric
- Yarrow

Solvents

- Alcohol (*vodka and/or brandy*)
- Apple cider vinegar (*store-bought or homemade*)
- Coconut oil
- Distilled water
- Vegetable glycerine
- Honey (*raw, local, unpasteurized is best*)
- Maple syrup
- Olive oil/other liquid carrier oils
- Rosewater
- Witch Hazel

Essential oils

- Lavender
- Peppermint
- Tea Tree (*aka. Melaleuca*)
- Eucalyptus
- Lemon
- Orange
- Cinnamon
- Rosemary
- Pine or Spruce

Fresh ingredients

- Garlic
- Onions
- Ginger
- Horseradish

Other apothecary ingredients

- Beeswax (*for salves & balms*)
- Bee pollen
- Sea salt
- Himalayan pink salt
- Epsom salts
- Sugar (*for sugar scrubs & syrups*)
- Lye (*for soap-making*)

Apothecary tools & equipment

- Mortar & pestle
- Funnel
- Measuring cup & spoons
- Thermometer
- Kitchen scale
- Scissors
- Double boiler
- Assorted bottles, jars & containers
- Labels and a pen

Books and journals

- Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide (*by Rosemary Gladstar*)
- Alchemy of Herbs (*by Rosalee de la Forêt*)
- The Country Almanac of Home Remedies (*by Brigitte Mars & Chrystle Fiedler*)
- Essential Oil Natural Remedies: The Complete A-Z Reference of Essential Oils for Health and Healing
- Materia Medica (*a personal journal to record herbal medicines, blends, recipes and observations*)

