

Herbal Infusions & Tinctures for Culinary and Body Use with Hedge Becker



# People per Class you can accommodate	10 preferred, 12 max
# Class Periods does a project take	TBD
# Sessions offered during Lab	<p>Day 1: Herbal infused Oils, Vinegar, and Alcohols for Culinary & Bodycare- learn the differences and uses. Decide on what you'd like to make and start the infusion process.</p> <p>Day 2: Using Herbal Infused Oils: Making Balms, Salves for the body, and Culinary Uses. Use the infused oils from the last class to make balms and salves, as well as salad dressings and marinades.</p> <p>Day 3: Using Herbal Infused Vinegar: Herbal Medicine applications, haircare, and toners. Make shrubs, salad dressings, marinades, and condiments.</p> <p>Day 4: Using Herbal infused Alcohols: Making witchhazel and other astringents for the body. Making cordials and liqueurs & extracts (like vanilla).</p>
Cost for Class	\$10 materials fee- includes ball jars, oils/vinegars/alcohol and access to at least a dozen herbs- this will make at least one project. If they bring their own materials (some or all) then there would be a sliding scale depending on what they need/use. Same if they want to do more than one project.
Equip Supplies Needed	Students can bring their own herbs, oils, vinegar, and alcohols. Bringing ball jars or other clean jars is encouraged. Feel free to bring your favorite herbs too! I'll bring ingredients, equipment, and containers for a small supply fee.
Special safety concerns?	None
Questions before lab?	Email address: hedge@anasoaps.com