

**Harvesting, Preparation and Storage  
of Echinacea Purpurea Tincture**

When preparing my potent EZ Herbs Extra Echinacea tincture, I use all the parts of the plant, including flowers, leaves, seeds, and roots. The complete **three-part process** occurs over two seasons, allowing time for aerial and root harvest.

<p><b>Summer</b></p>	<p><b>Step 1:</b> Harvest robust echinacea flowers, seed heads, and leaves. Allow these aerial parts to dry for several hours.</p>	<p><b>Step 2:</b> Place fresh-wilted flowers, seed heads, and leaves in a glass container using a 50% alcohol solution. (I prefer using a good quality vodka).  The aerial parts will macerate (soak) until the roots are available.</p>	<p><b>Step 3:</b> Store the glass in a dark place.  Shake the jar every day.  In the fall, the roots will be added to this tincture mixture, completing the extra echinacea tincture process.</p>
<p><b>Fall</b></p>	<p><b>Step 1:</b> Harvest three-year-old echinacea roots by digging up a known three-year-old plant.  Divide the root. Place some root back into the garden to replenish your crop.</p>	<p><b>Step 2:</b> Wash the harvested root several times over the next few days. Place the cleaned root on paper towels to dry. Be careful not to overdry.  Cut roots into pieces approximately ¼” in length.  Add the roots to the Summer/Step 1 echinacea tincture solution.</p>	<p><b>Step 3:</b> Macerate the aerial parts and roots of the echinacea in the alcohol for an additional 6-8 weeks, shaking the tincture every day.  After 6–8 weeks, strain the herbs from the liquid.  A French coffee press works nicely for the straining process.</p>

			<p>Bottle in dark glass (amber or cobalt blue) tincture bottles or larger storage bottles.</p> <p>Store in a dark closet or pantry.</p> <p>Label with the date/ingredients.</p> <p>Properly made and stored tinctures will last up to 10 years.</p>
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