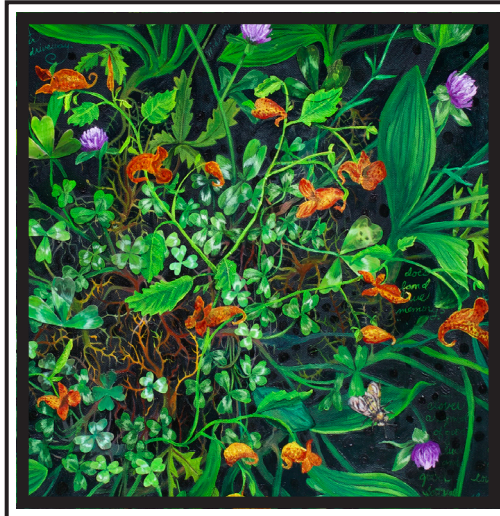


AN AUTUMN WILDFLOWER GIFT



THE BEAUTIFIL ORANGE of Jewelweed stands out next to the purples, whites, and yellows we see at the end of summer. When harvesting watch out! It often grows right next to Poison Ivy.

CUT A FEW STEMS and you might notice that they start to wilt right away. Jewelweed is as delicate as it looks.

CLEAN YOUR STEMS, take out browned leaves and little bugs.

COARSELY CHOP the stems, leaves, and flowers with a sharp kitchen knife.

IN A GLASS JAR stuff the chopped up Jewelweed past the shoulder.

POUR WITCH HAZEL over the plant material all the way to the top. (You can also use a high proof alcohol for this like 100% vodka. But note that Jewelweed should not be taken internally!)

LET STEEP for about a month. The color will change to a rusty brown.

STRAIN out the plant material and keep the liquid in a glass jar.

Use this tincture immediately on rashes from Poison Ivy, Poison Oak, Stinging Nettle, and bug bites. Jewelweed breaks the bond with urushiol oil from these plants and if applied soon enough you might not get a rash at all! Store in a cool dark place and have it ready to use next summer.

