

**Wild Lettuce Tincture**  
**Step-By-Step Instructions**  
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November 10, 2019

**Equipment and Supply List**

1. Blender
2. Calculator
3. Container-to to catch the pressed tincture
4. Cutting board
5. Ethanol-95%
6. Jars
7. Labels and pen
8. Measuring cup
9. Notebook-to record observations and notes
10. Pressing cloths-for tincture press
11. Rags-it can get messy
12. Scale-to weigh out herbs
13. Tincture press

**Preparation**

1. Find a location where there are enough plants to respectfully and responsibly gather
2. Have all your equipment and supplies ready
3. Set aside a couple of days where you can commit to preparing the tincture for an hour or so each day.

**Day 1**

1. Gather whole fresh Wild lettuce plants
2. Cut up the fresh plants and place them in the blender
3. Blend them in 95% ethanol at a 1:2 ratio
4. Pour into a separate container
5. Let the blended plant material sit in the liquid for at least 48 hours

**Day 2**

1. Gather more Wild lettuce plants
2. Blend at 1:2 in 95% alcohol
3. Pour into a separate container and let sit for at least 48 hours
4. This step can be skipped if making less medicine, or more can be gathered on Day 1

### **Day 3**

1. Press out the tincture made on Day 1 with a tincture press
2. Clean the container and pour menstruum back in
3. Gather more fresh plants
4. Cut up the fresh plants and place them in the blender
5. Using a 1:2 ratio, prepare and pour a menstruum of half 95% ethanol and half of the tincture pressed out from Day 1
6. For instance, if you are going to blend 15 oz of fresh Wild lettuce, you would use 30 oz menstruum (15:30), which would consist of 15 oz of 95% alcohol and 15 oz of the pressed out tincture from Day 1

### **Day 4**

1. Press out the tincture made on Day 2
2. Gather more fresh plants
3. Blend them at 1:2 in half 95% ethanol and half of the pressed tincture from Day 2 (same as in Day 3 step 5).
4. Let sit for at least 2 weeks

### **Day 5**

1. After a minimum of 2 weeks, press out the tinctures
2. The medicine is now finished

### **Suggestions**

1. Different Lactuca species can be used, I recommend species that produce a lot of latex
2. If you live near a large patch of Wild lettuce, it may be advantageous to let the initial tincture sit longer (Day 1 and 2). This would allow more extraction time for the constituents to diffuse into the menstruum.