

Wild Lettuce Tincture
Step-By-Step Instructions
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Equipment and Supply List

1. Blender
2. Calculator
3. Container: 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
14. Wild lettuce (*Lactuca* species)

Preparation

1. Find a location with enough plants to ethically 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 the 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 the 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, 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 of 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 a 1:2 ratio 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.