

Source Attribution

Primary Source (definitive when data conflicts):

Pacific Northwest Tincture Chart — © 2010 Scott Kloos, all rights reserved.

Field-based ratios and solvent percentages for fresh and dry herbs native to or commonly found in the Pacific Northwest.

Secondary Source (for comparison and broader coverage):

Herbal Tincture ABV Reference Chart — compiled by **Nikki Hess (Monarch Herbs)**, drawing from Lisa Ganora, James Green, and Peter Holmes.

Provides general ABV guidelines for a wide range of herbs (dry material only).

Introduction

This reference guide combines extraction data from two respected sources in herbal medicine. Where values differ between sources, both are listed with clear attribution. The Kloos data takes precedence as the primary source when conflicts arise.

Key to Abbreviations

- **Harv:** Harvest time (SP=Spring, SU=Summer, F=Fall, W=Winter)
- **Ratio:** Weight-to-volume ratio (herb:menstruum)
- **%A:** Alcohol percentage
- **%W:** Water percentage
- **%G:** Glycerin percentage
- **Source:** K=Kloos, H=Hess, K/H=Both sources

Important Notes

- Fresh plant tinctures typically use higher alcohol percentages than dried
- Ratios vary based on plant moisture content and constituent solubility
- Always verify plant identification before harvesting or processing
- Some plants require specific safety precautions (noted in entries)

Note on Preservation: Tinctures below 25% alcohol may have limited shelf life. The minimum alcohol content for reliable preservation is generally 20-25%, though **30% or higher is recommended** for long-term storage (5+ years). Low-alcohol tinctures should be stored refrigerated and monitored for spoilage. Alcohol evaporates faster than water, so percentages decrease over time.

Master Reference Chart

Common Name	Latin Name	Part	Fresh/Dry	Ratio	% ABV	% Water	% Glycerin	Notes
Alfalfa	Medicago sativa	leaf	Dry	-	40-50	-	-	-
Algerita	Berberis trifolioata	root	Dry	-	40-50	-	-	-
Andrographis	Andrographis paniculata	herb	Dry	-	40-60	-	-	-
Angelica Root	Angelica arguta/spp.	root	Dry	1:5	65	35	-	Fresh root has irritating oil
Angelica Root	A. pinnata	root	Dry	-	70-75	-	-	-
Angelica Root	Angelica sinensis	root	Dry	-	45-55	-	-	Dong Quai
Angelica Seed	Angelica arguta/spp.	seed	Dry	1:4	75	25	-	-
Aniseed	Pimpinella anisum	seed	Dry	-	40-50	-	-	-
Arjuna	Terminalia arjuna	bark	Dry	-	30-50	-	-	-
Arnica	Arnica mollis	flower	Fresh	1:2	100	-	-	-
Artichoke	Cynara scolymus	leaf	Dry	-	30-40	-	-	-
Artist's/Varnished Conk	Ganoderma applanatum/tsugae	fruiting body	Dry	1:12	50	50	-	-
Ashwagandha	Withania somnifera	root	Dry	-	60-70	-	-	-
Aspen	Populus tremuloides	bark	Fresh	1:2	75	25	-	Quaking Aspen
Aspen	Populus tremuloides	bark	Dry	-	50-60	-	-	-

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Common Name	Latin Name	Part	Fresh/Dry	Ratio	% ABV	% Water	% Glycerin	Notes
Astragalus	Astragalus membranaceus	root	Dry	-	40-50	-	-	-
Balsamroot	Balsamorhiza sagittata	root	Fresh	1:2	100	-	-	-
Baneberry	Actea rubra	root	Fresh	1:2	75	25	-	-
Barberry	Berberis vulgaris	root bark	Dry	-	40-50	-	-	-
Bare-stem Desert Parsley	Lomatium nudicale	seed	Dry	1:4	75	25	-	-
Basil	Ocimum basilicum	leaf	Dry	-	40-50	-	-	-
Bayberry	Mahonia/Berberis fremontii	root	Dry	-	50-70	-	-	-
Bear's Head	Herichium abietis	fruiting body	Fresh	1:2	100	-	-	-
Bilberry	Vaccinium myrtillus	leaf/fruit	Dry	-	30-40	-	-	-
Birch	Betula spp.	bark/leaf/bud	Dry	-	25-40	-	-	-
Black Cohosh	Cimicifuga racemosa	root	Dry	-	75-85	-	-	-
Black Peppercorn	Piper nigrum	seed	Dry	-	40-50	-	-	-
Black Walnut	Juglans nigra	hulls	Dry	-	40-50	-	-	-
Blackhaw	Viburnum prunifolium	root/bark	Dry	-	30-50	-	-	-
Bladderwrack	Fucus sp.	thallus	Fresh	1:2	75	25	-	Try lower alcohol
Bladderwrack	Fucus spp.	thallus	Dry	-	40-50	-	-	-

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Common Name	Latin Name	Part	Fresh/Dry	Ratio	% ABV	% Water	% Glycerin	Notes
Bleeding Heart	Dicentra formosa	root	Fresh	1:2	100	-	-	Try 75% alc
Blessed Thistle	Carduus benedictus	herb	Dry	-	35-45	-	-	-
Bloodroot	Sanguinaria canadensis	root	Dry	-	50-60	-	-	-
Blue Cohosh	Caulophyllum thalictroides	root	Dry	-	70-80	-	-	-
Blue Cornflower	Centaurea cyanus	flower	Dry	-	45-55	-	-	-
Blue Flag	Iris versicolor	root	Dry	-	55-80	-	-	-
Blue Vervain	Verbena hastata	herb	Dry	-	40-50	-	-	-
Bogbean	Menyanthes trifoliata	leaf	Fresh	1:2	75	25	-	-
Boneset	Eupatorium perfoliatum	herb	Dry	-	40-50	-	-	-
Borage	Borago officinalis	herb	Dry	-	20-40	-	-	-
Buchu	Agathosma betulina	leaf	Dry	-	75-85	-	-	-
Bugleweed	Lycopus virginicus	herb	Dry	-	50-60	-	-	-
Bupleurum	Bupleurum chinense	root	Dry	-	40-50	-	-	-
Burdock Root	Arctium lappa	root	Dry	1:5	50	50	-	-
Burdock Root	Articum lappa	root	Dry	-	50-60	-	-	-
Burdock Seed	Arctium lappa	seed	Dry	1:4	75	25	-	-
Butcher's Broom	Ruscus aculeatus	root	Dry	-	40-50	-	-	-

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Common Name	Latin Name	Part	Fresh/Dry	Ratio	% ABV	% Water	% Glycerin	Notes
Butterbur	Petasites hybridus	root	Dry	-	65-80	-	-	-
CA Bayberry	Myrica californica	root bark	Dry	1:5	70	30	-	Also Fresh 100% alc
CA Bay	Umbellularia californica	leaf	Fresh	1:2	100	-	-	-
CA Spikenard Berry	Aralia californica	berry	Fresh	1:2	75	25	-	-
CA Spikenard Root	Aralia californica	root	Fresh	1:2	75	25	-	-
Calamus	Acorus calamus	root	Dry	-	50-65	-	-	-
Calendula	Calendula officinalis	flower	Dry	-	50-80	-	-	-
California Poppy	Eschscholzia californica	whole plant	Fresh	1:2	100	-	-	-
California Poppy	Eschscholzia californica	whole plant	Dry	-	55-65	-	-	-
Cardamom	Elettaria cardamomum	seed	Dry	-	40-50	-	-	-
Cascara Sagrada	Rhamnus purshiana	aged bark	Dry	1:5	75	25	-	Age bark at least one year
Cascara Sagrada	Rhamnus purshiana	bark	Dry	-	18-22	-	-	-
Cat's Claw	Uncaria tomentosa	bark	Dry	-	60-70	-	-	-
Catnip	Nepeta cataria	leaf	Dry	-	50-60	-	-	-
Cayenne	Capsicum frutescens	fruit	Dry	-	80-90	-	-	-
Chaga Mushroom	Inonotus obliquus	fruiting body	Dry	-	40-60	-	-	-
Chamomile	Anthemis nobilis	flower	Dry	-	50-60	-	-	-
Chanca Piedra	Phyllanthus niruri	herb	Dry	-	30-50	-	-	-

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Common Name	Latin Name	Part	Fresh/Dry	Ratio	% ABV	% Water	% Glycerin	Notes
Chaparral	Larrea mexicana	leaf	Dry	-	65-75	-	-	-
Chastetree Berry	Vitex agnus castus	berry	Dry	-	40-50	-	-	-
Chickweed	Stellaria media	whole plant	Fresh	1:2	75	25	-	-
Chickweed	Stellaria media	herb	Fresh	1:2	50	50	-	Alternative ratio
Chickweed	Stellaria media	herb	Dry	-	35-65	-	-	-
Chicory	Cichorium intybus	root	Dry	-	20-40	-	-	-
Cinnamon	Cinnamomum verum	bark	Dry	-	65-75	-	-	-
Cleavers	Galium aparine	herb	Fresh	1:2	75	25	-	-
Cleavers	Gallum spp.	herb	Dry	-	30-60	-	-	-
Cloves	Syzygium aromaticum	bud	Dry	-	90-100	-	-	-
Coltsfoot	Tussilago farfara	leaf	Dry	-	30-40	-	-	-
Comfrey	Symphytum officinale	root	Fresh	1:2	50	50	-	-
Comfrey	Symphytum officinalis	leaf	Dry	-	50-65	-	-	-
Comfrey	Symphytum officinalis	root	Dry	-	25-50	-	-	-
Coneflower	Rudbeckia californica	root	Fresh	1:2	75	25	-	-
Corn silk	Zea mays	silk	Dry	-	25-60	-	-	-
Corydalis	Corydalis scouleri	root	Fresh	1:2	100	-	-	Try 75% alc
Cottonwood	Populus balsamifera	buds	Fresh	1:2	100	-	-	Balsam Poplar

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Cow Parsnip Root	Heracleum lanatum	root	Fresh	1:2	100	-	-	External use only, fresh root has irritating oil
Cow Parsnip Seed	Heracleum lanatum	seed	Fresh	1:2	100	-	-	-
Cowslip	Primula veris	flower	Dry	-	30-40	-	-	-
Cramp bark	Viburnum opulus	bark	Dry	-	50-60	-	-	-
Dakota Vervain	Glandularia bipinnatifida	herb	Dry	-	45-55	-	-	-
Damiana	Turnera diffusa	leaf	Dry	-	55-65	-	-	-
Dandelion Leaf	Taraxacum officinale	leaf	Fresh	1:2	75	25	-	-
Dandelion Root	Taraxacum officinale	root	Fresh	1:2	75	25	-	-
Dandelion Root	Taraxacum spp.	root	Dry	-	40-50	-	-	-
Desert Mugwort	Artemesia spp.	leaf	Dry	-	35-45	-	-	-
Devil's Club	Oplopanax horridum	root bark	Fresh	1:2	100	-	-	Try 75% alc
Devil's claw	Harpagophytum	root	Dry	-	65-75	-	-	-
Dogwood, Pacific	Cornus nuttallii	bark	Fresh	1:2	75	25	-	-
Dong Quai	Angelica sinensis	root	Dry	-	45-55	-	-	-
Dragon Root	Smilacina racemosa	root	Fresh	1:2	50	50	-	False Solomon's Seal
Echinacea	Echinacea spp.	whole plant	Dry	-	45-50	-	-	-
Elder	Sambucus canadensis	flower/berry	Dry	-	30-60	-	-	-

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Elderberry	Sambucus cerulea	berry	Fresh	1:2	100	-	-	-
Elderflower	Sambucus cerulea	flower	Fresh	1:2	75	25	-	-
Elecampane	Inula helenium	root	Dry	-	60-70	-	-	-
Elephant's Head	Pedicularis groenlandicum	herb	Fresh	1:2	75	25	-	-
Eleuthero	Eleutherococcus senticosus	root	Dry	-	30-40	-	-	-
Eucalyptus	Eucalyptus globulus	leaf	Dry	-	40-50	-	-	-
Eyebright	Euphrasia officinalis	herb	Dry	-	35-50	-	-	-
False Unicorn Root	Chamaelirium luteum/Helonias	root	Dry	-	40-70	-	-	-
Fennel	Foeniculum vulgare	seed	Dry	-	60-70	-	-	-
Fenugreek	Trigonella foenum-graecum	seed	Dry	-	20-30	-	-	-
Feverfew	Tanacetum parthenium	leaf/flower	Dry	-	50-70	-	-	-
Figwort	Scrophularia californica	herb	Fresh	1:2	75	25	-	-
Figwort	Scrophularia spp.	leaf/flower	Dry	-	50-60	-	-	-
Flowery Knotweed	Polygonum multiflorum	root	Dry	-	30-40	-	-	-
Fo-Ti	Fallopia multiflora	root	Dry	-	40-50	-	-	-

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Frankincense	Boswellia papyrifera	resin	Dry	-	80-95	-	-	-
Fringetree	Chlonanthus virginica	bark	Dry	-	55-70	-	-	-
Garlic	Allium sativum	bulb	Dry	-	60-70	-	-	-
Gentian	Gentiana lutea	root	Dry	-	35-60	-	-	-
Gentian Herb	Gentiana sceptrum	herb	Fresh	1:2	75	25	-	Only harvest one stalk per plant
Giant Hyssop	Agastache urticifolia	lf./fl. tops	Fresh	1:2	100	-	-	-
Ginger	Zingiber officinale	root	Dry	-	60-75	-	-	-
Ginkgo	Ginkgo biloba	leaf	Dry	-	50-60	-	-	-
Ginseng (American)	Panax quinquefolius	root	Dry	-	20-30	-	-	-
Ginseng (Asian)	Panax ginseng	root	Dry	-	20-30	-	-	-
Goldenrod	Solidago canadensis	flowering tops	Fresh	1:2	75	25	-	-
Goldenrod	Solidago canadensis	flowering tops	Dry	-	50-60	-	-	-
Goldenseal	Hydrastis canadensis	root	Dry	-	55-65	-	-	-
Gotu Kola	Hydrocotyle astatica	herb	Dry	-	25-35	-	-	-
Gravel root	Eupatorium purpureum	root	Dry	-	40-50	-	-	-
Green Ephedra	Ephedra viridis	herb	Dry	1:5	50	40	10	-
Green Tea	Camellia sinensis	leaf	Dry	-	25-35	-	-	-

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Grindelia	Grindelia sp.	flower	Fresh	1:2	100	-	-	Gumweed
Grindelia	Grindelia robusta	buds/flowers	Dry	-	60-80	-	-	-
Hawthorn Berry	Crataegus monogyna	berry	Dry	1:5	50	40	10	-
Hawthorn	Crataegus oxycantha	berry/flowers	Dry	-	30-40	-	-	-
Hawthorn LF/FL	Crataegus monogyna	flowering twigs	Fresh	1:2	75	15	10	-
Helichrysum	Helichrysum bracteatum	flower	Dry	-	45-65	-	-	-
Helonias	Chamaelirium luteum	root	Dry	-	40-50	-	-	False Unicorn
Hemp	Cannabis spp.	herb	Dry	-	85-95	-	-	-
Hibiscus	Hibiscus rosa-sinensis	flower	Dry	-	25-35	-	-	-
Highbush Cranberry	Viburnum edule	bark	Dry	1:5	50	50	-	Crampbark
Holy Basil	Ocimum tenuiflorum	leaf	Dry	-	65-75	-	-	-
Hops	Humulus lupulus	flower	Dry	-	50-70	-	-	-
Horehound	Marrubium vulgare	leaf	Dry	1:5	50	50	-	-
Horehound (white)	Marrubium vulgare	herb	Dry	-	35-60	-	-	-
Horny Goat Weed	Epimedium grandiflorum	herb	Dry	-	40-60	-	-	-
Horse Chestnut	Aesculus hippocastanum	seed	Fresh	1:2	75	25	-	-
Horse Chestnut	Aesculus hippocastanum	seed	Dry	-	30-40	-	-	-

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Horseradish	Cochlearia armoracia	root	Dry	-	40-60	-	-	-
Horsetail	Equisetum sp.	herb	Fresh	1:2	100	-	-	-
Horsetail	Equisetum spp.	herb	Dry	-	30-40	-	-	-
Hydrangea	Hydrangea arborescens	root	Dry	-	30-50	-	-	-
Hyssop	Gratiola officinalis	herb	Dry	-	55-65	-	-	-
Immortal root	Asclepius asperula	root	Dry	-	35-50	-	-	-
Jamaica Dogwood	Piscidia erythrina	bark	Dry	-	40-50	-	-	-
Jasmine	Jasminum off.	flower	Dry	-	30-40	-	-	-
Juniper	Juniperus occidentalis	berry	Dry	1:5	75	25	-	-
Juniper	Juniperus spp.	berry	Dry	-	60-70	-	-	-
Kava Kava	Piper methysticum	root	Dry	-	60-90	-	-	-
Kelp	Laminaria spp.	thallus	Dry	-	30-45	-	-	-
Kratom	Mitragyna speciosa	leaf	Dry	-	80-95	-	-	-
Kudzu	Pueraria montana	root	Dry	-	40-50	-	-	-
Ladies Mantle	Alchemilla vulgaris	herb	Dry	-	30-50	-	-	-
Lavender	Lavendula augustifolia	flower	Dry	-	75-85	-	-	-
Lemon Balm	Melissa officinalis	herb	Fresh	1:2	100	-	-	-
Lemon Balm	Melissa officinalis	herb	Dry	-	40-50	-	-	-

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Lemon Rind	Citrus limonum	rind	Dry	-	40-50	-	-	-
Lemon Verbena	Aloysia citrodora	leaf	Dry	-	40-60	-	-	-
Lemongrass	Cymbopogon citratus	herb	Dry	-	30-50	-	-	-
Licorice	Glycyrrhiza spp.	root	Dry	-	20-30	-	-	-
Ligusticum	Ligusticum grayii	root	Dry	1:5	70	30	-	-
Linden	Tilia cordata	leaf/flower	Dry	-	40-50	-	-	-
Lobelia	Lobelia inflata	herb	Dry	-	45-55	-	-	-
Lomatium	Lomatium dissectum	root	Dry	1:5	70	30	-	-
Maca	Lepidium meyenii	root	Dry	-	30-50	-	-	-
Madrone	Arbutus menziesii	leaf	Fresh	1:2	50	40	10	-
Marjoram	Origanum majorana	herb	Dry	-	40-50	-	-	-
Marshmallow	Althea spp.	root	Dry	-	25-35	-	-	-
Meadowsweet	Filipendula ulmaria	herb	Dry	-	50-60	-	-	-
Mealy Blue Sage	Salvia farinacea	herb	Dry	-	70-80	-	-	-
Mexican Hat	Ratibida columnifera	herb	Dry	-	40-50	-	-	-
Milk Thistle	Silybum marianum	seed	Dry	-	65-75	-	-	-
Mistletoe	Viscum album	herb	Dry	-	40-50	-	-	-
Moringa	Moringa olifera	leaf	Dry	-	40-50	-	-	-

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Motherwort	Leonorus cardiaca	herb	Dry	-	50-60	-	-	-
Mugwort	Artemisia ludoviciana	leaf	Dry	1:5	50	50	-	-
Mugwort	Artemisia vulgaris	leaf	Dry	-	45-55	-	-	-
Mullein	Verbascum thapsus	leaf	Fresh	1:2	75	25	-	-
Mullein	Verbascum thapsus	flowers	Dry	-	40-50	-	-	-
Mullein	Verbascum thapsus	leaf/root	Dry	-	50-60	-	-	-
Myrrh	Commiphora myrrha	gum	Dry	-	85-95	-	-	-
Neem	Azadirachta indica	leaf	Dry	-	40-50	-	-	-
Nettle Herb	Urtica dioica	herb	Fresh	1:2	75	25	-	-
Nettle Root	Urtica dioica	root	Fresh	1:2	75	25	-	-
Nettle Seed	Urtica dioica	seed	Dry	1:5	50	50	-	Low heat for a few hours and blend
Nettle	Urtica spp.	leaf	Dry	-	45-55	-	-	-
Oak	Quercus garryana	bark	Dry	1:5	50	40	10	-
Oat	Avena spp.	straw/berry	Dry	-	40-50	-	-	-
Ocotillo	Fougueria splendens	bark	Dry	-	60-80	-	-	-
Olive Leaf	Olea europaea	leaf	Dry	-	40-60	-	-	-
Orange (bitter)	Citrus aurantium	peel	Dry	-	30-40	-	-	-

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Oregano	Origanum vulgare	leaf	Dry	-	65-75	-	-	-
Oregon Grape	Mahonia nervosa	root	Fresh	1:2	75	25	-	-
Oregon Grape	Berberis spp.	root	Dry	-	40-50	-	-	-
Osha	Ligusticum porterii	root	Dry	-	70-80	-	-	-
Oyster Mushroom	Pluerotus ostreatus	fruiting body	Dry	1:5	50	50	-	-
Parsley	Petroselinum crispum	leaf	Dry	-	30-40	-	-	-
Partridge Berry	Mitchella repens	herb	Dry	-	20-40	-	-	-
Passion flower	Passiflora incarnata	herb	Dry	-	60-70	-	-	-
Pau d'Arco	Tabebuia avellanedae	bark	Dry	-	25-35	-	-	-
Peppermint	Mentha piperita	leaf	Dry	-	60-80	-	-	-
Periwinkle	Vinca major	herb	Dry	-	30-40	-	-	-
Pine	Pinus ponderosa	needle	Fresh	1:2	100	-	-	-
Pine	Pinus sylvestris	needle	Dry	-	50-60	-	-	-
Pipsissewa	Chimaphila umbellata	herb	Dry	1:5	50	50	-	Fresh plant has irritating oil
Pipsissewa	Chimaphila umbellata	herb	Dry	-	30-40	-	-	-
Plantain	Plantago lanceolata	leaf	Fresh	1:2	75	25	-	-
Plantain	Plantago spp.	leaf	Dry	-	40-50	-	-	-
Pleurisy root	Asclepias tuberosa	root	Dry	-	40-50	-	-	-

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Poke root	Phytolacea spp.	root	Dry	-	40-60	-	-	-
Prickly Ash	Opuntia basilaris	bark	Dry	-	50-60	-	-	-
Prickly Poppy	Argemone spp	herb	Dry	-	35-45	-	-	-
Propolis	-	-	-	-	80-90	-	-	-
Pulsatilla	Anemone occidentalis	herb	Fresh	1:2	75	25	-	W. Pasque Flower
Pulsatilla	Anemone tuberosa	herb	Dry	-	75-85	-	-	-
Purslane	Portulaca oleracea	herb	Dry	-	25-40	-	-	-
Ragweed	Ambrosia spp.	herb	Dry	-	50-70	-	-	-
Raspberry Leaf	Rubus idaeus	leaf	Dry	-	25-35	-	-	-
Red Belted Conk	Fomitopsis pinicola	fruiting body	Dry	1:12	50	50	-	-
Red Clover	Trifolium pratense	flower	Dry	-	40-50	-	-	-
Red Root	Ceanothus velutinus	root bark	Dry	1:5	50	40	10	Fresh 1:2 65% alc/10% glycerine
Red Root	Ceanothus americanus	root	Dry	-	30-40	-	-	-
Rehmannia	Rehmannia glutinosa	root	Dry	-	20-40	-	-	-
Reishi	Gandoderma lucidum	fruiting body	Dry	-	20-25	-	-	-
Rhodiola	Rhodiola rosea	root	Dry	-	40-50	-	-	-
Rhubarb	Rhuem officinale	root	Dry	-	25-35	-	-	-

Herbal Tincture ABV Reference Guide - Comprehensive Edition

Common Name	Latin Name	Part	Fresh/Dry	Ratio	% ABV	% Water	% Glycerin	Notes
Rose	Rosa x damascena	flower	Dry	-	30-40	-	-	-
Rosemary	Rosmarinus officinalis	leaf	Dry	-	60-70	-	-	-
Sage	Salvia officinalis	leaf	Dry	-	65-75	-	-	-
Sagebrush	Artemisia tridentata	leaf	Fresh	1:2	100	-	-	-
Saint John's Wort	Hypericum perforatum	flowering tops	Fresh	1:2	100	-	-	-
Saint John's Wort	Hypericum perforatum	herb	Dry	-	50-60	-	-	-
Sarsaparilla, Indian	Hemidesmus indicus	root	Dry	-	30-40	-	-	-
Sarsaparilla, Jamaican	Smilax ornata	root	Dry	-	40-50	-	-	-
Sassafras	Sassafras officinalis	root bark	Dry	-	50-70	-	-	-
Saw Palmetto	Serenoa repens	berry	Dry	-	50-80	-	-	-
Schisandra	Schisandra chinensis	berry	Dry	-	40-50	-	-	-
Self Heal	Prunella vulgaris	flowering tops	Fresh	1:2	65	25	10	-
Selfheal	Prunella vulgaris	flower spike	Dry	-	25-35	-	-	-
Sequoia	Sequoiadendron giganteum	leaf	Fresh	1:2	100	-	-	-
Shatavari	Asparagus racemosus	root	Dry	-	40-60	-	-	-
Shepherd's Purse	Capsella bursa-pastoris	whole plant	Fresh	1:2	75	25	-	-

Herbal Tincture ABV Reference Guide - Comprehensive Edition

Common Name	Latin Name	Part	Fresh/Dry	Ratio	% ABV	% Water	% Glycerin	Notes
Shepherd's Purse	Capsella bursa-pastoris	herb	Dry	-	40-50	-	-	-
Silktassel	Garrya fremontii	leaf	Dry	1:5	50	50	-	-
Skullcap	Scullateria laterifolia	herb	Dry	-	45-65	-	-	-
Slippery Elm	Ulmus fulva	bark	-	-	water only	-	-	-
Solomon's Seal	Polygonatum vulgare	root	Dry	-	30-40	-	-	-
Sorrels	Rumex spp.	herb	Dry	-	25-35	-	-	wood/sheep
Spikenard	Aralia racemosa	root	Dry	-	50-60	-	-	-
Sweetroot	Osmorhiza occidentalis	root	Dry	1:5	70	30	-	-
Tamarind	Tamarindus indica	fruit	Dry	-	30-40	-	-	-
Tansy	Tanacetum vulgare	herb	Dry	-	40-50	-	-	-
Thyme	Thymus vulgaris	leaf	Dry	-	40-60	-	-	-
Tribulus	Tribulus terrestris	herb	Dry	-	40-60	-	-	puncture vine
Turmeric	Curcuma longa	root	Dry	-	40-50	-	-	-
Usnea	Usnea spp.	thallus	Dry	1:5	50	50	-	-
Usnea	Usnea spp.	thallus	Dry	-	70-95	-	-	-
Uva Ursi	Arctostaphylos uva-ursi	leaf	Dry	1:5	50	50	-	-
Uva Ursi	Arcostaphylos uva-ursi	leaf	Dry	-	40-65	-	-	-

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Common Name	Latin Name	Part	Fresh/Dry	Ratio	% ABV	% Water	% Glycerin	Notes
Valerian	Valeriana sitchensis	root/rhizome	Fresh	1:2	100	-	-	Also Dry 1:5 75% alc
Valerian	Valeriana officinalis	root	Dry	-	40-60	-	-	-
Vervain	Verbena off.	herb	Dry	-	30-40	-	-	-
Violet	Viola tricolor	herb	Dry	-	40-60	-	-	Heartsease
W. Coltsfoot	Petasites palmatum	leaf	Fresh	1:2	75	25	-	-
W. Peony	Peonia brownii	root	Dry	1:5	60	40	-	Try fresh, reported to be better
W. Redcedar	Thuja plicata	leaf	Fresh	1:2	100	-	-	-
W. Skunk Cabbage	Lysichiton americanum	root	Fresh	1:2	100	-	-	-
Watercress	Nasturtium officinale	herb	Dry	-	25-45	-	-	-
Werewolf Root	Apocynum androsaemifolium	root	Dry	1:5	50	50	-	Dogbane
White Oak	Quercus alba	bark	Dry	-	20-50	-	-	-
White Peony	Paeonia lactiflora	root	Dry	-	40-50	-	-	-
White Pine	Pinus album	bark	Dry	-	50-60	-	-	-
White Willow	Salix alba	bark	Dry	-	35-50	-	-	-
Wild Carrot	Daucus carota	seed	Fresh	1:3	100	-	-	-
Wild Cherry	Prunus virginiana	bark	Dry	1:5	50	50	-	Let soak in water overnight to remove strychnine

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Common Name	Latin Name	Part	Fresh/Dry	Ratio	% ABV	% Water	% Glycerin	Notes
Wild Cherry	Prunus serotina	bark	Dry	-	20-30	-	-	-
Wild Geranium	Geranium maculatum	root	Dry	-	50-55	-	-	-
Wild Ginger	Asarum caudatum	root/rhizome	Fresh	1:2	100	-	-	-
Wild Ginger	Asatum canadense	root	Dry	-	60-80	-	-	-
Wild Indigo	Baptisia tinctoria	root	Dry	-	50-65	-	-	-
Wild Lettuce	Lactuca virosa	herb	Dry	-	45-55	-	-	-
Wild Yam	Dioscorea spp.	root	Dry	-	55-65	-	-	-
Witch Hazel	Hamamelis virginiana	bark	Dry	-	40-65	-	-	-
Wood Betony	Betonica officinalis	herb	Dry	-	50-70	-	-	-
Wormwood	Artemisia absinthium	herb	Dry	-	40-50	-	-	-
Yarrow	Achillea millefolium	herb	Fresh	1:2	100	-	-	-
Yarrow	Archilles millefolium	flower	Dry	-	35-60	-	-	-
Yellow Dock	Rumex crispus	root	Dry	1:5	50	40	10	-
Yellow Dock	Rumex spp.	root	Dry	-	30-50	-	-	-
Yellow Pond Lily	Nuphar polysepalum	root	Fresh	1:2	100	-	-	Try 75% alc
Yerba Mansa	Anemopsis californica	root	Dry	-	40-60	-	-	-
Yerba Santa	Eriodyction californica	leaf	Dry	1:5	65	35	-	-
Yerba Santa	Eriodictyon spp.	leaf	Dry	-	40-70	-	-	-

Common Name	Latin Name	Part	Fresh/Dry	Ratio	% ABV	% Water	% Glycerin	Notes
Yew, Pacific	Taxus brevifolia	leaf	Fresh	1:2	100	-	-	Toxic! dilute and use in drop doses
Yohimbe	Pausinystalia johimbe	bark	Dry	-	70-75	-	-	-
Yucca	Yucca filamentosa	root	Dry	-	25-40	-	-	-

Notes on Integration

When Sources Differ

Where the Kloos and Hess sources provide different alcohol percentages, both are listed. The Kloos data (being field-tested for Pacific Northwest conditions) takes precedence for practitioners in that bioregion. The Hess compilation provides broader general guidelines useful for comparison.

Fresh vs. Dry Considerations

- Fresh plant tinctures (Kloos) typically require higher alcohol percentages due to the plant's water content
- Dry plant tinctures (Hess) can often use lower alcohol percentages as the water has been removed
- Some plants are only suitable for fresh extraction due to volatile compounds

Ratio Considerations

- Kloos provides specific ratios based on field experience
- Standard ratios vary from 1:2 (fresh, concentrated) to 1:12 (mushrooms, hard materials)
- Adjust ratios based on plant material density and desired concentration

Safety Notes

Several plants in this guide require special handling:

- **Toxic plants** (Yew, Poke root): Use with extreme caution
 - **External use only** (Cow Parsnip root): Contains photosensitizing compounds
 - **Irritating oils** (Angelica root, Pipsissewa fresh): Dry before tincturing
 - **Age requirements** (Cascara Sagrada): Must age bark minimum one year
-

Appendix: Preparation Guidelines

Basic Tincture Method

1. Identify and harvest plant material at optimal time
2. Process fresh immediately or dry properly
3. Weigh herb and calculate menstruum volume based on ratio
4. Combine herb and menstruum in appropriate container
5. Macerate for 2-6 weeks with regular agitation
6. Press, filter, and bottle in amber glass
7. Label with plant, date, ratio, and alcohol percentage

Menstruum Calculation

For a 1:5 tincture at 50% alcohol:

- 100g dried herb
- 500ml total menstruum
- 250ml alcohol (95% or 190 proof)
- 250ml water

Storage

- Store in amber glass bottles
- Keep in cool, dark location
- Properly made tinctures can last 5-10 years
- Label clearly with all relevant information

