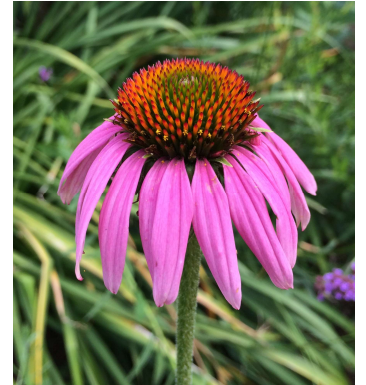


# Herbal Gift Baskets



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**Austin Herb Society**  
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# Ways to use Herbs

- Teas
- Tinctures
- Oils
- Cooking
- Poultice
- Powder
- Pill
- Salve
- Lotion
- Steam
- Soak
- Oxymel
- Honey



- Vinegar
- Syrup



- Shrub
- Essential Oil
- Hydrosol
- And more...



# Today's Herbal Gift Basket Topics

- Everyday Beginner Herbal Gifts
- First Aid
- Relaxation Intentions
- Heart Soothing
- Basil Basket



## **Everyday Herbal Gift Basket**

- Infusion Tea Blends –  
Everyday Blend, Refreshing Mix
- Herbal Infused Syrups –  
Lavender, Hibiscus, Chamomile,  
Chai Elderberry for Tasting
- Herbal Infused Sugar – Lavendar Sugar
- Herbal Candles

# Everyday Tea Blend

- 1 Part Lemon Balm
- 1 Part Peppermint
- 1 Part Nettles

## Herbal Tisane/Tea – Hot Infusion

Infusions use leaves and flowers, delicate aerial parts.

Place in a brewing container (tea cup, mason jar, tea pot...)

Fresh herb: 2 tablespoons, per cup of water, first muddle to break the plant cell walls

Dried herbs: 1 tablespoon per cup of water

Bring kettle/pot of water to a light simmer then remove from heat

Pour water over the herbs and cover the brewing container to keep in volatile oils and steam in

Let infuse for at least 15 minutes, or up to overnight for stronger effect.



# Lemon Balm (Melissa officinalis)

Common Name

(Official name)

Parts Used:  
Leaves

- Tonify the Nervous System, anti-depressant
- 'Gladdening herb', soothing & calming.
- Supports reduction of nervous tension
- Can promote sleep, sedative
- Anti-spasmodic = relaxes the stomach
- Great for restless and/or sleepless children



# Nettle

Common Name

# (Urtica dioica)

(Official name)

Parts Used:  
Leaves, Root

- Nutritive tonic
  - Iron, Vit A, B & C
  - Calcium, Potassium, Zinc
- Diuretic, Strengthen Kidneys
- Anti-allergenic

**Stings unless dry or heated!**



# Peppermint (*Mentha piperita*)

Common Name (Official name)

Parts Used:  
Leaf & Flower

- Nausea
- Cooling and uplifting
- Anti-spasmodic and slows digestive muscle cramping
- Stimulating Nervine



# Hibiscus (Hibiscus sabdariffa)

Common Name

(Official name)

Parts Used:  
Flowers

- Edible calyxes that can be dried and used for tea.
- Wonderful heart tonic
- Aid to lower blood pressure if consumed regularly.

## Refreshing Tea Blend

1 Part Peppermint  
1 Part Hibiscus calyx



# Simple Syrup

1 cup water

1 cup sugar (white refined suggested) or honey

2 Tbls dry herb (or 4 Tbls fresh herb)

- Place sugar, water, & her into a non-reactive pan: clay, enamel-coated, glass, or stainless steel
- Stir until sugar is dissolved
- Heat to simmer for 20 minutes (until  $\frac{1}{2}$  water evaporated)
- Cool, strain through muslin into a sterile jar

**Herbal Champagne - great with Lavender, Chamomile or Hibiscus syrups**

Today try Chai Elderberry Syrup, it is added to the Echinacea Elderberry Elixir too.



# Lavender Sugar

- Pour a small amount of sugar and all the lavender into a coffee grinder or food processor. Process until lavender is ground finely.
- Pour the sugar/lavender mixture into a bowl with the remaining sugar and whisk to combine. Recipe can be scaled up or down.

There are a variety of ways to use lavender sugar:

- Use as a sweetener for lemonade iced or hot tea.
- Mix into batter.
- Cocktail Rim
- Make lavender ice cream.
- Sprinkle on top of sugar cookies or scones
- Add to jams, jellies, cany garnish, fruit salads

# Herbal Candle

- Candles with essential oils and dried herbs
- Easy to DIY or add personal touch

[www.New Moon Beginnings.com](http://www.NewMoonBeginnings.com)

Fall Favorite = Autumn Spice Candle

- **Intentions:** *Confidence, Protection, Prosperity*
- **Scent Profile:** *Spicy, Comfort, Warm, Sweet*
- **Scents:** *Cinnamon, Clove, Nutmeg, Cardamom, Vanilla*
- **Healing Crystals & Stones:** *Garnet, Carnelian, Tigers Eye, Smoky Quartz*
- **Herbs & Flowers:** *Rosemary, Thyme, Common Sage, Rose, Calendula, Cinnamon*



# First Aid Basket

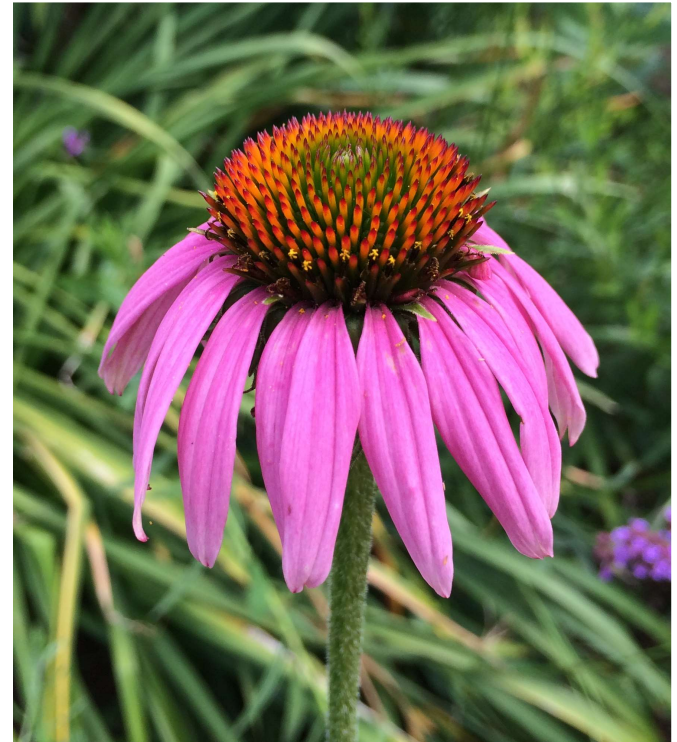
- Echinacea Tincture
- Echinacea Elderberry Elixir
- Remember This Cider
- Cough Syrup Mix
- Comfrey Oil/Salve
- Tummy Tea

# Purple Coneflower (Eichanacea purpurea)

Common Name

(Official name)

- Native to the Eastern USA
- Extensively researched as an antibiotic for broad range of infections.
- Immune stimulant, Infection Fighting
- Anti-allergenic
- Lymphatic tonic
- Antimicrobial, Anti-inflammatory
- Cuts, wounds to colds, flu



Parts Used: Leaves, Flowers, Root

# Tinctures

**Tinctures** are liquid extracts made from herbs that you take by mouth.

Usually extracted in a liquid menstruum of alcohol, but they can also be extracted in vegetable glycerin or apple cider vinegar.

Administered usually via a dropper bottle/dropperful. Easy to carry with you.

## **Extract time 6 weeks.**

Fill 1/2 jar fresh herbs rest menstruum of choice

Or Fill 1/3 jar dried herbs fill rest with menstruum of choice

Strain with cheesecloth/muslin, bottle and enjoy.



# Today for Tasting

- Echinacea Tincture
- Chai Elderberry Syrup
- Echinacea Elderberry Elixir – combines them both

# Comfrey (Symphytum officinale)

Common Name

(Official name)

Parts Used:  
Leaves, Root

Cell Proliferator, contains B12

- Flower heads are rich in **Allantoin** which encourages cell division and repair. High in **Calcium and Vitamin C** and simulates/speeds healing activity.

Wound Herb, sprains, minor fractures

Infused Oil: supports joints & arthritis

Also used as a Poultice, Salve, Bath

\*Make sure wound is clean and infection free, it works FAST!\*

Comfrey Video on my YouTube:

[Comfrey's Healing Power Video](#)



# Herbal Wound Oils & Salves

Skin oils and salves are herbal preparations used externally for a variety of skin problems.

Some of these include: eczema, psoriasis, rashes, burns, cuts, wounds, chapped lips, frostbite, insect bites and much more depending on the herbs used.

Infusing Oil: Fill jar about 1/3 with herbs and cover with oil.

Once oil has infused 2 weeks it can then be strained and placed in a double boiler with beeswax (@ end add vitamin E).

Salve is semi-solid at room temperature, softens once applied to the skin, less messy than oils. Easily be slipped into a pocket, or first aid kit.

Great alternatives to Vaseline and Neosporin.



# Syrup Kits (Cough, Immune)

You could create a syrup kit.

Includes Dry Herbs/Tea, Honey, Instructions

Could include muslin, jar, small funnel

## Elderberry Syrup

- 1TSB Ginger
- 1/2 cup of Elderberries
- 1 Cinn Stick
- 5 Cloves

I add to 2 cups of water and boil, simmer uncovered about 30 minutes reducing the liquid by half, strain, add a cup of honey once below 95degrees.

# Cough Blend for Syrup Kit

In Parts:

2 Slippery Elm – Demulcent, Mucilage Lubricating (thick on strain)

2 Valerian – Antispasmodic, Sedative

2 Wild Cherry - Antispasmodic, Sedative

1 Cinnamon - Warm Stimulant, Flavor

1 Ginger – Expectorant, Inflammation, Warming,  
Stimulant, Flavor

1/2 Licorice – Expectorant, Inflammation

1/2 Orange Peel - Taste

Optional: 1 Mullein Expectorant (strain well)

# Tummy Tea –

In Parts:

3 Slippery Elm - Demulcent, Mucilage Lubricating (thick on strain)

3 Peppermint – Nausea, Bitter, Anti-spasmodic

2 Lemon Balm - Nervine, Anti-spasmodic

2 Chamomile – Nervine, Antispasmodic, Bitter, Cholagogue, Anti-inflammatory, Mild Sedative, Vulnerary

2 Passionflower - Nervine, Adjusts nerves reaction to stress over time

1 Oat Tops - Nervine, Soothing

1 Calendula – Vulnerary – cell turnover, wound healing, my favorite internal healer

I have adjusted the recipe easily adjusted for children and pets also.

# Heart Soothing Basket

- Rose Petals
- Rose Infused Oil
- Ashwagandha, Rose, Tulsi (Holy Basil), Hibiscus Oxymel
- Lemon Balm Elixir
- Dream/Eye Pillows
- Rose Hydrosol



# Rose – Highest of Plant Frequencies

- Vibrational Frequency: Roses have a vibrational frequency of 320 MHz.
- Cited as the highest among all plants & higher than many gemstones.
- This high vibration is connected to the rose's symbolic representation of love, healing, and beauty.
- The concept of entrainment suggests that exposure to the rose's high vibration can help to raise one's own vibrational frequency.

# Rose (Rosa, spp)

Common Name

(Official name)

Parts Used: Leaves  
& Hips

- Gladdens the heart
- Helps one open their heart
- Great for people with grief or quick to tears
- Said to enhance psychic powers
- Mood elevator, acts as an anti-depressant
- Antique Varieties of red & pink most medicinal



# Herbal Hydrosols

A hydrosol is the liquid byproduct of steam distilling an essential oil.

Have many therapeutic benefits as essential oils, but are much gentler with a softer aroma.

**White Rose Hydrosol** - makes a cooling astringent spritz, I keep mine in the fridge, white rose is especially supportive for mature skin.

When I can't make my own I source from Mountain Rose Herbs.

Can be used as a spray or ingredient in lotions.

Astringent toner, removes excess oil from skin.



# Hibiscus Rose Oxymel

2 part dried Ashwagandha root  
2 parts dried Tulsi (Holy Basil) leaves  
1 part dried Hibiscus calyx  
1 part dried rose petals

Fill jar 1/3 to 1/2 with herbs then fill remaining to lid/rim level  
with apple cider vinegar (with the mother)  
& local raw honey (to personal preference)  
– their ratio will depend on how sweet you want it.

Infuse 6 weeks minimum.

Sage Advice: Home Herbal Apothecary Membership  
From April 29, 2021 Demo Day

Ashwaganda (*Withania somnifera*) – Use Root, leaves.

Adaptogen Tonic, Nervine, Sedative, Restorative, Adrenal supportive, Anti-inflammatory



# Lemon Balm Elixir

Lemon Balm Vodka Tincture mixed with Lemon Balm Syrup or Honey to sweeten for palatability.

Taste the Lemon Balm Elixir today made with Vodka tincture and ginger honey.

# Relaxation Herbal Basket

- Tea – Lemony Relax and Afternoon Blends
- Steam, Bath, Foot Soak/Compress
- Dream Pillow
- Eye Mask
- Lavender Spray
- Candle



# Relaxation Tea Blends

## Lemony Relax Blend

3.5 Parts - Lemon Verbena

3.5 Parts - Lemon Balm

2 Parts - Chamomile

1.5 Parts - Lemon Grass

3/4 Part - Passionflower

## Afternoon Blend

2 Parts - Lemon Balm

2 Parts - Nettles

1 Part – Rose

1 Part – Lavender

1 Part - Chamomile

1/2 Part - Ginger

# Herbs for Baths (& Steams)

Calming Support– Chamomile, Lavender, Lemon Balm, Catnip, Passionflower

Healing Support – Plantain, Comfrey, Self Heal, Calendula

Muscle Spasm Support– Peppermint, Spearmint, Cramp Bark

Circulation Support – Rosemary, Ginger, Lemongrass

3 drops of Essential Oil per cup of salt

Suggest Epsom, Dead Sea Salt and Himalayan Pink

Coconut Milk Powder, Rose or Ashwaganda Powder



# Dream/Sleep Pillow/Eye Pillow

This practice dates back hundreds of years.

Favorites – Lavender, Rose and Mugwort (vivid dreams)

Could also add herbs like :

Chamomile, Lavender, Catnip, Lemon Balm, Rosemary, Cloves, Lemon Verbena, Peppermint or Organic Spearmint, Hops

Mix the dried herbs together. Place them inside of a small pillow or muslin bag. Sleep with it tucked into your pillow case, close to your head.

# Basil Basket

- Could include a variety of Basil Plants or Seed Packets.
- Details of their growing, flavor and therapeutic properties
- Recipes such as Pesto, Basil Salt, Infused Beverages



# Basil Varieties to consider

- Holy Basil – my Favorite, next slide
- Genovese Basil
- Rutgers Obsession
- Lemon Basil
- Thai Basil
- Deep Purple Basil
- African Blue Basil
- Boxwood Basil



Basils can support as an antioxidant, anti-inflammatory, antimicrobial and digestive aid.

# Holy Basil aka Tulsi (*Ocimum sanctum*)

Common Name

(Official name)

Parts Used: Leaves, Flowers

- Known as the meditation herb
- Tonic for the mind, body, and spirit
- **Adaptogen** – invigorates & strengthens (Liver)
- Rejuvenates, improves memory & mental balance
- Antibacterial, antiviral, antioxidant, anti-inflammatory
- Supports diarrhea, nausea, and vomiting.
- Contains - vitamin A and C, calcium, zinc, iron, chlorophyll



Other Adaptogens: Ashwaganda, Rhodiola, Gensing, Astragalus

# Herbal/Basil Salt

## Step 1: Harvest and Prep Your Basil

Wash the leaves thoroughly and pat them dry with a paper towel to remove any moisture. Let sit out to dry for a but as a successful salt blend is tied to dry leaves.

## Step 2: Blend with Salt

I use a 3:1 of herbal leaves to salt by volume (three cups of firmly packed leaves with one cup of salt), but feel free to adjust based on your preferences. Blend/Chop up the basil and salt together until it forms a fragrant, green mixture. Herbs and salt may take a while to blend together. Shake the blender cup to get everything to mix together.

## Step 3: Dry It Out

Spread the basil-salt blend, evenly, onto a parchment-lined baking sheet. You can dry it in a freeze dryer, dehydrator or pop it in the oven at the lowest setting until fully dried. The dry time on this salt can vary significantly. Especially if you are using an oven on the lowest setting, be sure to check on the basil salt every hour or so. Once fully dried and brittle, your basil salt is ready to be stored in a jar or shaker for use in the kitchen.

## Courses:

- **The Empowered Herbalist** – *Enrollment Open*
- **Sage Advice – Home Apothecary Membership** – *Waitlist Opening Soon*
- **Apothecary Line** – *Next release planned late Nov.*
- **Herbal Consultations** – *Waitlist currently open*

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