

Intro into Herbal Energetics and Formulas

Lesson 6 Homework

Lax Energetics, Sour/Astringent Herbs, and Vinegars

Homework Activity

Complete each of the following:

- 1 Vitamin-C rich herbal remedy ([pastilles](#), honey, or stir into water)
- 3 astringent taste tests from the Module 6 Video
- 1 herbal vinegar recipe (options listed below)

The Vitamin-C rich herbal recipe I chose was:

Comments on this recipe:

The mild astringent herb I chose was:

The medium astringent herb I chose was:

The extreme astringent herb I chose was:

Comments on this experiment:

The astringent herb I chose to compare a water vs. alcohol extraction was:

Comments on this experiment:

The tannin-rich plant I chose to compare with and without cream was:

Comments on this experiment:

The herbal vinegar recipe I chose was:

Comments on this recipe:

Vinegar recipe options:

- Fermentation (see fermentation handout in Module 6 section)
- [Homemade vinegar](#)
- [Culinary Vinegar](#)
- [Medicinal Vinegar](#)
 - [Bitters](#)
 - [Fire cider](#)
 - [Four thieves \(add angelica root\)](#)
- [Oxymel](#)
- Shrub
 - [Option 1](#)
 - [Option 2](#)