



Herbal Oils

When making oils there are a few steps to remember

1. Allow your sterile jars and lids to dry before putting the oils in them
2. Rinse off your herbs and make sure they are thoroughly dried before using.
3. Slightly bruise your herbs when placing them in the jars. Use a small amount a sprig or two.
4. Heat the oil on low, just until warm.
5. Pour oil in bottles, over the herbs.
6. Seal the bottle
7. Allow to sit a week before using.
8. Strain out any fresh Herbs. Oils should be used within 2 months or refrigerate.

Tips

The lighter the oil flavour, the more pronounced the herb flavour will be.

Any herbs can be used but basil, bay leaf, chives, dill, mint, marjoram, oregano, rosemary, savory, tarragon and thyme are good choices.