



APOTHECARY SETUP & MANAGEMENT GUIDE

This guide is designed to help you create a functional, beautiful, and efficient herbal apothecary. Whether you are just starting or refining your space, these practices will support both your creativity and organization.

1. SETTING UP YOUR APOTHECARY SPACE

- Choose a space that feels calm and inspiring
- Ensure good airflow and low humidity
- Avoid direct sunlight on stored herbs
- Keep frequently used tools within reach

2. ORGANIZING YOUR HERBS

- Group herbs by use (digestive, nervine, skin, etc.)
- Keep daily-use herbs accessible
- Separate bulk storage from working jars
- Label everything clearly (name, date, source)

3. DRYING HERBS PROPERLY

- Use loose bundles for airflow
- Hang in a dark, well-ventilated area
- Ensure herbs are fully dry before storage
- Leaves should crumble; stems should snap

4. STORING HERBS

- Use glass jars when possible
- Store in a cool, dark, dry place
- Avoid heat and humidity
- Check periodically for freshness

5. WHEN SPACE IS LIMITED

- Use BPA-free vacuum sealing bags for bulk herbs
- Reduces air exposure and preserves potency
- Saves space significantly
- Transfer small amounts into jars for daily use



6. INVENTORY MANAGEMENT

- Track herbs and quantities
- Monitor expiration timelines
- Avoid duplicate purchases
- Consider simple tools like Stockpile for tracking

7. SAFETY CONSIDERATIONS

- Always confirm plant identification
- Be aware of contraindications and interactions
- Label all preparations clearly
- Store safely if others are in the home

QUICK SETUP CHECKLIST

- Storage jars
- Labels and marker
- Drying rack or hanging space
- Shelving or cabinet
- Mortar and pestle
- Inventory system
- Notebook or digital app

Stockpile Inventory System: <https://www.thecanvas.com/>

Dissolvable Canning Labels: <https://amzn.to/4cE8bMY>

Bluetooth Thermal Printer (put printer labels over the dissolvable canning labels): <https://amzn.to/4u5VzFv>

Vacuum Sealer – I use the InstaSeal, love that I can stand up the bags instead of laying them down: <https://amzn.to/4e5SC2Z> (Note, the bags are BPA-free and here are some extra rolls <https://amzn.to/4u0uljw>)

Hanging Rack I use for drying herbs: <https://amzn.to/3OP0yv4> and the retractable pulleys I use <https://amzn.to/3OP0yv4>

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