

# Hilltop Herbals

& Herbal Journal



## CHOOSING THE BEST TINCTURE METHOD BY HERB

— Folk Method • Weight-to-Volume (Calculated) Method • Percolation Method —

### ABOUT THIS GUIDE

This chart offers general recommendations for the best tincture method for 20 common herbs. Many herbs can be made successfully using more than one method. Your choice may depend on the herb part used, your goals, available equipment, and personal preference.



#	HERB	HERB PART	FOLK METHOD (Traditional Maceration)	WEIGHT-TO-VOLUME (CALCULATED) METHOD	PERCOLATION METHOD	NOTES
1.	Calendula (flower)		✓	★★★★	★★★★☆	Excellent dried herb for percolation.
2.	Chamomile (flower)		✓	★★★★	★★★★★	Very easy with any method.
3.	Echinacea (root)		✓	★★★★★	★★★★★	Outstanding with calculated or percolation.
4.	Elecampane (root)		✓	★★★★★	★★★★★	Dense root benefits from accurate ratios.
5.	Marshmallow (root)		✓	★★★★	★★★☆☆	Better with lower alcohol percentages.
6.	Rosemary (leaf)		✓	★★★★	★★★★★	Percolates beautifully when properly ground.
7.	Sage (leaf)		✓	★★★★	★★★★★	Excellent dried herb for percolation.
8.	Thyme (leaf)		✓	★★★★	★★★★☆	Very clean percolated tinctures.
9.	Lemon Balm (leaf)		✓	★★★★	★★★☆☆	Fresh is usually better as folk or calculated.
10.	Skullcap (herb)		✓	★★★★★	★★★☆☆	Clinical herbalists often prefer calculations.
11.	Motherwort (herb)		✓	★★★★★	★★★★★	Fresh herb usually favors folk or calculated methods.
12.	Yarrow (aerial)		✓	★★★★	★★★★★	Percolates exceptionally well.
13.	Mullein (leaf)		✓	★★★★	★★★★★	Fine grind helps percolation.
14.	Dandelion (root)		✓	★★★★	★★★★★	Excellent candidate for percolation.
15.	Valerian (root)		✓	★★★★★	★★★☆☆	Strong aroma; works well either way.
16.	Ginger (root, dried)		✓	★★★★	★★★★★	Very good percolation herb.
17.	Cinnamon (bark)		✓	★★★★	★★★☆☆	Resinous oils can slow percolation; adjust solvent & drip rate.
18.	Myrrh (resin)		★	★★★★	★	Highly resinous; best as a long maceration.
19.	Frankincense (resin)		★	★★★★	★	Resin extracts more reliably with extended maceration.
20.	Propolis (resin)		★	★★★★★	✗	Sticky resin—not recommended for percolation.

### HERB PART KEY



Flower



Leaf



Aerial Herb



Root



Bark



Seed



Resin

### QUICK METHOD SELECTION GUIDE



#### FOLK METHOD

(TRADITIONAL MACERATION)

- Best for fresh herbs
- Beginner-friendly
- Traditional preparations
- Small home batches



#### WEIGHT-TO-VOLUME (CALCULATED) METHOD

- Best for clinical consistency
- Accurate weight-to-volume ratios
- Ideal for documenting recipes
- Excellent for nearly all herbs



#### PERCOLATION METHOD

- Best for most dried herbs
- Excellent for roots, bark, leaves, & flowers
- Fast extraction (usually within 24 hours after digestion)
- Produces cleaner tinctures with less sediment
- Not ideal for sticky or highly resinous herbs

### HERBS THAT GENERALLY DO NOT PERCOLATE WELL

- ✗ Frankincense
- ✗ Myrrh
- ✗ Propolis
- ✗ Pine Pitch
- ✗ Spruce Resin
- ✗ Thick Oleoresins
- ✗ Very Gummy Botanicals

These herbs contain sticky resins or gums that clog the filter and slow the flow. Long maceration is usually best.

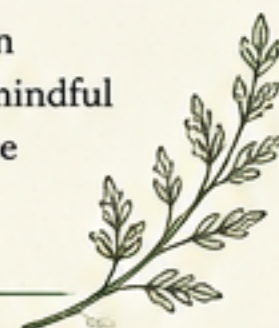


### HERBAL JOURNAL PRO TIP



Consider the herb, your goal, and your resources. There is no single “perfect” method—only the one that best brings out the medicine in your herbal allies.

Quality herbs, clean equipment, and a mindful process make all the difference.



### RATING LEGEND

- ★★★★ = Excellent Choice
- ★★★★ = Very Good
- ★★★ = Good
- ★★ = Usable with Adjustments
- ★ = Possible, but Generally Not Preferred
- ✗ = Not Recommended

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