

A close-up photograph of several lavender flower spikes. The flowers are a vibrant purple color, and the background is a soft, out-of-focus green, suggesting a garden setting. The lighting is bright, highlighting the texture of the petals.

# LAVENDER INFUSED OIL

✿ — Fresh Plant Method — ✿

By Kami McBride

# Supplies



- 2 sterilized pint glass jars with lids
- Knife or clippers for chopping herbs
- Medium sized bowl
- Chopstick
- Measuring spoon
- Funnel
- 14" by 14" piece of organic cotton muslin
- Labels
- Jar for storing final lavender infused oil



# Ingredients



- 1 cup fresh, finely chopped lavender  
(Leaf, top 2 inches of flexible part of the stem and flowers)
- 2 cups organic olive oil
- 1½ tablespoons 100 proof vodka





# Directions

- Sterilize your pint glass jars and lids so they are ready to use
- Finely chop the fresh lavender into a bowl
- Fill the dry, sterilized glass jar  $\frac{3}{4}$  of the way full with the finely chopped lavender
- Pour olive oil over the lavender and fill the jar all the way to the top with olive oil
- Make sure that the olive oil covers the herb by 2 inches.
- The lavender will rise to the top as you pour the oil into the jar and then you will think, “How am I supposed to cover these herbs by 2”? But before you put the olive oil in, you know that space was there..... It will take a couple of days for the herbs to settle down and drop down to the bottom of the jar. Talk to them nicely.....
- Put a label on your jar that includes the name of the herb, where the herb was harvested, the type of oil used and the date it was made, what you had for breakfast. I like to look at where the moon is and write a symbol of the phase of the moon on the label. I can remember that the oil is ready the next time the moon comes around to the stage it is in when I made the oil.
- Let this mixture of lavender and oil infuse for four weeks
- Put your infusing oil in the place in your home with the least amount of temperature fluctuation. Not too hot, not too cold. It is preferable if you can keep it a little warm.
- You can also put your infusing oil into a paper bag and place it near a sunny window. This will allow the heat to help infuse the oil without the direct light that can break the oil down.



- Shake your jar any time you think of it, the shaking/agitation helps the infusion process. I like to shake my infusing oils every few days.
- Check your infusing oil several times during the four week infusing period to make sure there is still enough oil covering the herbs. If the oil drops down below the level of the herb, just add more oil. You may have to add more oil a couple of times. It is important to check for this especially during the first few days after you make the oil.
- Store your infusing oil on a surface that you don't mind getting oily. Oil will leak from the jar no matter how tightly you put the lid on! Put the jar on a wood surface that needs oiling or put it on a plate or in a bowl that will catch the oil. Trust me on this one! You will think, "Oh, this lid is on tight enough". But somehow the oil just oozes out below the lid at night when you aren't looking.





# Straining herbs from the oil

- At the end of four weeks, strain the herbs out of the oil
- Put a funnel into the opening of a clean, sterilized jar
- Place a large piece of cotton muslin on top of the funnel. I use a 14 inch by 14 inch piece of organic cotton muslin that I purchase from the fabric store. The size of your muslin piece will vary depending on the size of funnel you use. I wash and dry the muslin before using it.
- Many herb books talk about using cheesecloth to strain herbs from oil. Cheesecloth is expensive and has large loose holes which require you to use many layers of it to effectively strain the herbs out. Instead of cheesecloth I use cotton muslin that can be purchased at the fabric store. In the resource section there are contacts for finding it online.
- With the straining process, the idea here is to remove all of the plant pieces from the oil
- Be sure that the muslin piece is large enough to hang at least 2 inches over all sides of the funnel. This is to help make sure that the plant pieces don't squeeze out and drop back into the oil. If some of the plant pieces fall back into the oil, finish straining the oil and then strain it a second time into a clean jar.
- Pour the infusing oil through the muslin and funnel and let it drip passively into the jar





- Do not squeeze the oil through the muslin because you will squeeze residual water from the herbs into the oil; just let the oil drip through the muslin at its own pace. Fresh plants contain water. You don't want that water squeezed out of the plant into your oil. Just let the oil drip through passively until it stops dripping.
- When all the oil has dripped through the muslin and funnel into the jar, you are finished with the herbs and can put them into the compost pile
- Put a label on your jar that includes the name of the herb, where the herb was harvested, the type of oil used and the date it was made.
- I discard the cotton muslin. For years I tried to wash the oil out of the muslin fabric. The oil ends up getting into the rest of your laundry and the muslin eventually goes rancid with the residual oil. You can wash the muslin a couple of times with very hot soapy water and then use it again once or twice, but after that it becomes gunky. Make sure the used muslin is stored separately from other clothing.