

Infused Oils

Class Length:

1 hour 15 min

Class size:

10-12

Class location:

Learning lab at the Farber Farm

Materials:

- Jars
- Small bottles
- Oil
- Flowers or herbs of choice
- Double boiler
- Oil press

Introduction:

Creating infused oils is easy and enjoyable. Many times, infused oils are creating for herbal salves, but we can also infuse oils for perfume rollers, culinary oils, or other topical oils. What you choose to make is up to you. If we are making salves, perfumes and topical oils we will most likely use olive oil, coconut oil, or grapeseed oil as these oils generally don't cause allergic reactions, and they work with both topical and culinary oils.

Instructions:

If the activity is to INFUSE the oil, have the container of choice for oils, and add desired herbs. For medicinal oil, let sit and infuse for a few months in a warm place. If it is a culinary oil, use the double boiler method to heat the oil with the herbs, then pour into bottles and let cool and infuse.

If the activity is to prepare the infused oils for an herbal salve, perfume or topical oil, use the double boiler method to warm up the oil. Then place in the oil press, making sure we get as much of the oil out of the herbs as we can. Take the final pressed oil and pour into jars for later use or add to recipe.

If the activity is to make an oil that visitors can take home, give each person a bottle, and share the information about the herbs available. Have them decide whether they are making an oil for topical use or culinary use. Once decided, have them pick their herbs and fill their container half way with herbs, then assist them in adding oil to their container.

Certain possible infused oil activities:

- Infused oregano, rosemary, thyme, basil oil for cooking
- Infused calendula oil for healing salves and lip balm
- Infused lemon thyme, citronella, red clover, and lemon balm oil for bug repellent
- Infused oils for body or hair with herbal options such as: calendula, rosemary, rose petals, lavender, chamomile, red clover (eczema and itchy skin)
- Singular infused oil of certain herb for herbal products – such as lemon verbena oil for scents in soaps and salves