

Lemon Balm Glycerite

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The menstruum is 60% glycerin, 20% alcohol, and 20% water. For dried plant, the ratio is 5 parts menstruum to 1 part plant matter. If using fresh lemon balm, the ratio is 2 parts menstruum to 1 part herb.

An example, using dried herb would be as follows:

Weight to Volume ratio:	1:5
Weight of herb:	50 grams
Total menstruum volume:	150 ml glycerin
	50 ml alcohol
	<u>50 ml water</u>
	250 ml total

Mix it up in a blender then store in a sealed glass jar at room temperature and out of the light. (It's not a bad idea to put a piece of waxed paper between the lid and the jar). Give it a good shake at least once every day. After 2 weeks or so you can strain it.