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## Living Homegrown Podcast – Episode 168 Make Healing Herbal Infusions

Show Notes are at: [www.LivingHomegrown.com/168](http://www.LivingHomegrown.com/168)

Colleen: And what's really cool is regular herbs that you use for culinary uses, rosemary, thyme, oregano, sage, all of those have medicinal benefits too so if you're already growing them in your garden to use in the kitchen you can use them also for making herbal medicine.

Theresa: This is the Living Homegrown Podcast. Episode 168.

Announcer: Welcome to the Living Homegrown Podcast, where it's all about how to live farm fresh without the farm. To help guide the way to a more flavorful and sustainable lifestyle is your host, national PBS TV Producer and canning expert Theresa Loe.

Theresa: Hey there everybody. Welcome to the podcast. I'm your host Theresa Loe and this is where we talk about living farm fresh without a farm. Now that includes organic, small space food gardening and artisan food crafts like canning, fermenting and even making your own homemade bread. It's all about the different ways that we can live closer to our food and take small delicious steps towards living a more sustainable lifestyle.

Now, on my website I have a brand new resource guide just for you, my podcast listeners and it gives you the tools that you need to live a farm fresh life without the farm and that's what this podcast is all about so I know you'll find it helpful. Now, this will also help you mesh your farm fresh living into your already busy, hectic lifestyle. I've packaged together a free guide filled with my very favorite things from my own organic garden, what tools I like to use. To my kitchen, what type of things I like to use for fermenting and dehydrating. All that good stuff and lots more. To get this Pdf just go to [livinghomegrown.com/fresh](http://livinghomegrown.com/fresh) and it will be right there for you.

Okay, lets dive into today's episode. Today we are talking about making herbal infusions. Now why would you want to do that? Well, herbal infusions can be used for a lot of things. They can be used for health benefits, for building your immunity, for creating everything from cough syrup to lotions and salves and lip balms. They can be a lot of fun and so many of you are growing really wonderful plants in your background that have medicinal properties that you may not even know about. I wanted to bring on an author, Coleen Codekas, and she just wrote a book called Healing Herbal Infusions, Simple and Effective Home Remedies for Colds, Muscle Pain, Upset

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Stomach, Stress, Skin Issues and More. This book covers a lot. And I wanted to bring her on because infusions are so easy to create and we can very easily extract some of the elements of the plants that we may already be growing in our backyard and use them to benefit us directly.

Now, during the interview I actually have Colleen walk us through a really simple recipe for something called Healing Flower Whipped Body Butter. What is body butter? Well, it's kind of like a lotion that you would spread on your skin and it's really hydrating and moisturizing and it also smells really good. And the reason I picked this particular recipe and asked her to share it with us is because you could also use it and create it as a gift for the holidays. Now, at the time that this particular episode will be coming out it will be the beginning of November and it is a perfect time to start thinking about homemade gifts so I thought you would really enjoy this for that but also just to make for yourself because it's not hard at all.

Now in the show notes for today's episode I'm going to have a printable recipe, the entire recipe, so you can just print it out, save it or make it right then. And also, I will share some of my own personal sources for some of the ingredients that she calls out for in the recipe. When she shares this recipe, if it's something that you think you'd like to make, just know I have everything there in the show notes so that you can dive right into making this particular recipe. To get to the show notes, you'll just go to [livinghomegrown.com/168](http://livinghomegrown.com/168) and I will have everything right there for you.

Now let me tell you a little bit about Colleen. Colleen Codekas lives with her husband Joel and their son Sawyer in the beautiful rogue valley of Southern Oregon where they've created a mini permaculture paradise. Due to her desire to live in the most natural way possible she began studying herbs and herbal medicine nearly 20 years ago. Living and working in Yosemite National Park for over 10 years solidified a yearning for being surrounded by nature on a daily basis. Learning to correctly identify wild plants, particularly those that were edible and medicinal became a new hobby for her.

In recent years, Colleen has completed several herbalism courses and continues to teach people what she knows through her blog Grow, Forage, Cook, Ferment. When she isn't busy writing for her blog or making things for her Etsy shop, Coco's Herbals, she likes to go foraging for wild edibles, medicinal plants and mushrooms. Now, I know you're going to enjoy this episode because the recipe is super simple that Colleen's going to share with us but I also just want you to understand how infusions work and how we can use them in different ways. Infusions are not difficult at all so I think you're going to get a lot out of today's episode. Okay, so with that, lets dive into today's episode all about healing herbal infusions.

Hey Colleen, thanks so much for coming on the show.

Colleen: Hi Theresa. Thanks for having me.

Theresa: Absolutely. I have to start by first telling you how much I absolutely love the cover of your book, before we even dive into the content, because the cover is just absolutely stunning and gorgeous and it's this bright blue color and it caught my eye. And then when I started looking at the book and looking at the information in the book I just had to have you on the podcast. Thanks for creating that cover. It's really eye catching.

Colleen: Yeah, thank you so much. That cover, it did turn out really great. It took a lot a lot a work to make it look like that but we were able to do it. My husband helped me. We painted a board. We put all the herbs around. I had to climb up on a ladder and I took probably ten million pictures before I found, before I got the one that was right. But it did turn out really well so thank you so much.

Theresa: Oh sure, yeah. For anyone who's wondering what we're talking about, the cover's this beautiful turquoise blue and then around the edges are all these herbs and plants and concoctions and it's just really beautiful so good job. Let's back up a little bit.

Colleen: Thank you.

Theresa: Sure. Let's back up a little bit. Why don't you tell everybody a little bit about what you do because I know you have your blog and you're very into plants and you love to do things with herbs. Tell us first of all, what is it that you love to do?

Colleen: Well, I love to garden and I especially love growing herbs and then also foraging for herbs, which is a huge part of my blog. My blog is called, Grow, Forage, Cook, Ferment. The plants are sort of the main focus and so that sort of took me into herbalism.

Theresa: Yeah, you have a lot of different avenues going on and so that's what I love.

Colleen: Yeah, I really do.

Theresa: And that's what I love about what you do. I love herbs too but I use them more for culinary and fragrance and you do do that but you take it so much further and you look into some of the things that you can do with herbs medicinally or for our skin. In fact, we're even going to talk today about an herbal body butter, which I think is really fun and I'm excited about it because the timing of when this comes out, people could even make it as a gift if they wanted to for the holidays.

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Colleen: Yeah, totally. And what's really cool is regular herbs that you use for culinary uses, rosemary, thyme, oregano, sage, all of those have medicinal benefits too so if you're already growing them in your garden to use in the kitchen, you can use them also for making herbal medicine.

Theresa: Ah. Absolutely. That's so cool. Well, let's talk about that a little bit. How did you first get started with herbs and then what got you interested in herbal medicine specifically?

Colleen: Well, I've always had an interest in plants, all plants, not just herbs. But I would say when I was in my early 20s I just was really into natural health and being outdoors and just learning about plants and so it sort of culminated all back then. I really started reading. Just consuming all sorts of books on different types of herbalism and I kind of just really delved into that topic really hardcore back then. And it just sort of evolved over time and I taught myself things. I learned about all the different properties of plants. And then when I really got into foraging, probably several years later, I learned about this whole other world of plants that many of them also have medicinal benefits like elderberry is a super popular one right now and rose hips and all these different plants that have so many uses beyond being edible, which is also cool, but they're also medicinal.

Then I started learning more about those and then as I got a little bit older I started taking a few courses. I had taken a couple courses with the Herbal Academy. They're online courses, and they're really great. Some of them are basic for beginners. Some of them are more advanced. And I've taken both basics and advanced. And then just continued to do my own research. I'm pretty much completely self-taught and I like to keep it pretty basic because that's easy and there are so many easy things that you can do that can really benefit your health with herbs.

Theresa: Ah, you're so right. And I think anyone who gardens a lot or loves to grow organically like we do or who gets into herbs like we have gotten into herbs starts to read and hear about some of the other benefits that we may not even be using those plants for. You know like lavender for relaxation or putting ... I always make sleep pillows, sleep packets or potpourri pillows out of lavender just for relaxation and de-stress. There's so many things. And we can just scratch the surface or we can go really really deep. I love what we're going to be talking about here because so many of us are already growing these plants and a lot of my listeners are gardeners already or if they don't grow the plants, they're very easy to get because we're not always talking about something that's really exotic and hard to find.

The recipe that we're going to be talking about today has lavender and it has calendula, things that you can find online or even locally if you don't grow it yourself. First of all I want people to understand that there's so many benefits

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to these different plants but secondly that these are not hard to find ingredients or hard to find things to do. They're accessible to anyone. What I loved about your book, *Herbal Infusions, Healing Herbal Infusions*, was that it's very a good book for beginners because it was very very simple. Infusions are kind of like, to me infusions are like the gateway drug to all the other things that you can do. And so let's talk a little bit about that. Like what exactly is an herbal infusion?

Colleen: Yeah, and not only are they the gateway drug but you don't even have to really go any further than infusions if you don't want to. That's what's pretty cool. An infusion is basically you take a plant, an herb, usually an herb, and you infuse it in some sort of liquid medium. The most very basic infusion is a tea. Most people have drunken tea in their life so you're steeping an herb in hot water and I have amny tea recipes in my book. That's the most basic one.

There are teas that you steep overnight and that would be a long infusion or some people call them overnight infusion. Doesn't have to necessarily be overnight but that's going to be a much stronger tea and those are good for specific purposes. And then you can do vinegars and infuse vinegar and those have specific health benefits. And there's several recipes for that in my book. You can do alcohol. Not just for recreational use but you could do, there's flavored alcohols which is pretty cool. My book focuses mostly on the medicinal benefits but basically a tincture is an infused alcohol. If you wanted to make an elderberry tincture you would take dried elderberries and infuse them in vodka. And that's basically what you do for a tincture. I mean that's the very basic, basic version of a tincture.

And there's infused honeys and honey has medicinal benefits just on its own and then when you infuse herbs into it it can take on sort of the different properties of the herbs too so that's pretty cool. And then there are infused oils. Those are really popular because they're used topically and there's a lot of different ways you can use oils topically for dry skin or for helping to heal minor wounds and rashes and things like that. But once you have an infused oil the cool thing about that is you can then turn that into different things like herbal salves or like this body butter that we're going to talk about or lip balms even. And I think those are the main different types of infusions that I can think of right now.

Theresa: Yeah, yeah, no I was making note. You hit all the ones that I had in my head. Yeah, and I'm glad you touched on the things you can do with the oil because that's actually why I picked ... You know you said, "Oh, pick a recipe that we could talk about," and I actually picked that one because it's something where we're making an infusion and then turning it into something else and I thought that is kind of crafty, it's kind of fun, but it's very easy to do and if you share this with your friends then everyone thinks you're brilliant. It's kind of fun to do.

You can take the oils and you can use them for massage or like you said, salves or lip balms and so many different options. But if we back up a little bit, just all the way back to where you started with the water and you're absolutely right, a tea is an infusion. And so really what we're doing is having the herb soak in the water or whatever our base is and it is imparting its goodness into that base. Whether it's water or vinegar, alcohol, honey, oil, any of those things. But tea, like you're right, everybody gets that. When we say, "Oh we're infusing tea," they totally understand. If you can soak a tea bag in a cup of hot water then you can make an infusion right?

Colleen: Totally. Yeah, it's about as easy as it is.

Theresa: Yeah. Now one question I always get from people with infusions is it always that you need to heat? You know when we think tea we think hot water but you don't always have to heat whatever it is that you're doing. I know in your book most of the time you were warming things up or you were having them sit for a long period of time. Is it that heating it up draws it out faster? How do you know if you should heat something or not?

Colleen: Yes, it does draw it out faster. And then specific herbs are better with heat or better without heat so there are some herbs that don't necessarily ... The heat may get rid of some of the benefits that you want. I tried, when I crafted these recipes, I tried to take that into consideration. Another thing is with oils you don't particularly want to heat it because that can degrade the oils. I talk a lot about that in the introduction of my book. There are some exceptions to that rule but for the most part I prefer to do oils as a long infusion without heat.

Theresa: Okay, so you let time kind of be what will draw out the benefits that you're looking for with that particular herb or plant.

Colleen: Yes.

Theresa: Okay, cool. Also, with your recipes as I was looking through, there were somethings that were herbs that were plants or leaves or the flowers but also sometimes roots. It can really be any part of the plant, it just depends upon the particular thing that you're looking to pull out.

Colleen: Yes, yes, that's totally true. Roots and even I think a couple of them have some tree bark. Birch bark, willow bark, those are good for specific things. Roots are popular. Dandelion root is a big one. Leaves and yeah, flowers is a big one too.

Theresa: Yeah, yeah. I saw that. I saw that flowers were used a lot. In your book when you were talking about the different types of infusions, what are some of the

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typical things that you like to use infusions for? The one we're going to be talking about today is a body butter so we're talking about something topical where we're hydrating and moisturizing our skin but what are some of the other things that you can do with infusions? Like you had a whole section I think on immunity. That's another ... You can use it for health.

Colleen: Yes, yes, yes. Immunity is a big one, especially in the fall and winter when we need to boost our immune systems. Yeah, you take immune boosting herbs and you infuse them in different things, in honey, in water to make teas. I even have a few syrup recipes and those are good for sore throats and if you have a cough and things like that. With that you take an infusion, a pretty strong infusion of specific herbs and then you heat it up, let it cool off, and then you add honey to make it like a syrup. Those are pretty popular.

Digestion is another big one so there's teas. Vinegar infusions can be really good for digestion, which sounds sort of counterintuitive but it does actually work, which is ... Especially if you're using raw apple cider vinegar vinegar because that has a lot of-

Theresa: It has the mother in it so it has the beneficial bacteria. Oh, that's really good. You kind of get a double whammy of goodness with that one.

Colleen: Yes, you do. And let's see, there's for aches and pains so a lot of that would be ... Some of that is topical like a muscle rub or oils that are used topically for healing pain. And then there's also some teas that are good for pain and inflammation like turmeric is really popular right now so I have a tea recipe that's good for healing inflammation. And let's see, oh, also the last chapter is, and I particularly really love this chapter, but it's for mother and child and so that has recipes for pregnant mothers and postpartum mothers and then also some recipes for babies and children.

Theresa: I love that. Yeah, that really cool. Really it runs the gamut. There's so many different things that we can do. That's kind of exciting. Let's talk for a second about safety because whenever I'm talking about anything that we're making, that we might especially give as a gift, it's really important that we talk about safety. I know there's some things that people should consider. If they're going to be making anything on their own I always make sure people make sure of their identity, which I know you talk about a lot because you do foraging. I would assume the first number one thing is that you are absolutely positive that you're using the right plant so you're not picking ... You don't want to put the wrong plant in there. I laugh about it but it really can be a serious thing. What are some other tips that you might tell people about safety if they ever want to make something like this? Whether it's something that they drink or something that they make topically. What are some of the safety considerations we should follow?

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Colleen: Yeah, well with these recipes they're actually quite safe so it's not a huge concern but there is a couple of things. Like you said if you're foraging make sure you're getting the right plant so get a guide book or have somebody show you. And then the other thing would be make sure you're using the right herb for the right preparation. If you're following my recipes exactly that's not really a concern because I've already done that work for you but if you do want to create your own infusions try to make sure you're using the right herb. Some herbs you don't want to be taking too much of. You want to just use for a shorter period of time. I think echinacea is one of these. You want to use it while you're sick or right when you're starting to feel sick but you don't want to use it for months on end. That's something to consider.

Also when you're making oil infusions you typically don't want to use fresh herbs because that can make the oil go rancid and especially if you're using something like garlic, there is that teeny tiny chance of botulism. It's very very small but the chance is there so I do always try to use dried herbs in my oil infusions. But I do talk about in the intro section there is a little bit of an exception to that rule and I talk about how you can do that safely with fresh herbs.

Then the last concern would be for giving these infusions to children, babies and children. I have a whole chapter with specific preparations just for babies and children and those are completely safe but many of the recipes in my book are actually very safe for babies and children but for every single recipe I have listed on there what ages the recipe is safe to use for or if it's not safe at all because there's a handful or less that just really shouldn't be used on children just because of the nature of the herbs.

Theresa: Yeah, I love that because you had the ages. Like as long as they are this old or older. I noticed you did that on every recipe and that where it was a concern and I thought that was excellent. Really good job on making sure that everyone follows the best protocol. And I know also and we can talk about this when we get to the body butter but you also talk about doing a patch test. If something is topical, let's say you make an infusion where you're going to be using it as a massage oil or for muscle aches and pains or bruising or whatever, that you test it on yourself or on whoever you're going to be using it on so you don't slather it everywhere because people can have an allergic reaction. The plant itself can be perfectly safe for what you're using it for but we can all have allergic reactions to anything.

Colleen: Yeah, and that's the main concern. There are some people, like camomile, which is a very very safe herb but there are a small amount of people that have an allergic reaction to that so that's why I say do the patch test. But in general these recipes are all very very safe.

- Theresa: Yep, absolutely. I agree with you. Really good. Okay. Well, once we've made an infusion, typically if it's an infusion with oil, and the reason I'm asking about that one is because we're going to be talking about making it into a body butter, but if you make an herbal infusion or any kind of infusion with oil, how long does it typically last? What would be its shelf life or does that depend on what you used?
- Colleen: For an oil infusion it kind of depends on the oils that you use because some oils tend to go rancid faster than others. Most of my oil recipes I actually include coconut oil in them and that's because coconut oil is very shelf stable so that helps with that rancidity issue. But for the most part I have oils that have been infusing for a year or more and they're still good and sometimes even two to three years.
- Theresa: Ah, I didn't realize that coconut oil has such a great shelf life. That's really good to know. Is it an easy one to get?
- Colleen: It is.
- Theresa: Yeah. And it actually is really nice to use in body butter and I saw you did use it in your body butter so fantastic.
- Colleen: Yes.
- Theresa: Okay, cool. Let's talk about the body butter because we've been kind of teasing up to this point and I love this recipe. This particular recipe is called Healing Flower Whipped Body Butter. What would be using this for? Is it mostly for moisturizing?
- Colleen: Well, it's really good for moisturizing so that would be first and foremost. I mean it's hydrating so good for dry skin, good for if you have cracks in your fingertips or cracked heels or something like that. It's really extra moisturizing. And then the flowers that are used in this recipe, calendula, lavender and elderflower, they all have really good benefits just for the skin in general. Calendula is especially good at helping to heal minor wounds or like burns or scars. If you have anything like that that you are just trying to get the healing process going on there then this whipped body butter would be really really good for that.
- Theresa: Oh fantastic. Well I should mention again that we are going to have the entire recipe in the show notes for this episode, which is 168, so as you're talking about this if someone wants the recipe we will have it in the show notes so they don't have to write it all down. I know some people might be driving in their car or exercising as they're listening. I'd love to have you walk us through so I want everyone to see how easy this is. I want to have you walk us through how exactly would we make this body butter.

Colleen: Okay, yeah, so it's really simple. I mean you're going to start with dried flowers for this so calendula and lavender. A lot of people have those growing in your garden so you'd want to dry out those flowers first. And then elderflowers, most people typically don't have those growing but they are pretty easy to forage for or you can also order them from herbal retailers. You could also leave the elderflowers out and this recipe would still work very very well without it. I just like to include them because they're one of my favorite flowers.

You would take these dried flowers and you would infuse them in the oils and this recipe has coconut oil, sweet almond oil and apricot kernel oil. And so the infusion process takes awhile, four to six weeks is what I recommend but it can definitely go longer than that. But I like to do at least four weeks on infused oils just to make sure you're really extracting all those properties into the oil. Then when you're ready to make the body butter you're going to strain out the flowers from the oil and that's pretty straightforward and then you're going to heat the oil a little bit in a double boiler and I explain how to make your own. If you don't have a double boiler that's totally fine. And I explain how to make your own in the introduction in the book.

You heat it and then you add shea butter and shea butter is a really good moisturizing butter. You can also use mango butter or cocoa butter. Cocoa butter does have a chocolate scent so I don't typically use it unless I want that chocolate scent but some people like that.

Theresa: I do like it. I do. I've smelled that before and it's like, I don't know, it does make you hungry though so just know if you slather this on yourself you're going to be hungry the rest of the day. But yeah. Okay, so we can use either one, shea butter or cocoa butter.

Colleen: Or mango butter.

Theresa: Or mango butter. Okay.

Colleen: Yes, and they're all very hydrating. I personally like shea butter for this particular recipe but you could use any of those. And so you melt the shea butter in the oil and then you take it out and then you add the essential oils if you are using because it's optional but there's lavender essential oil. And then you stir it all to combine and then you put the mixture in a metal bowl and you actually put it in the refrigerator. What you're doing is trying to solidify it again but not totally hard but just so that it's sort of pliable. Yes. And then you remove the whole thing from the refrigerator and you use like a hand blender. Like what you would use to make cookies or whatever, and you whip it. And it should just whip right up and it'll sort of have the consistency of whipped cream.

Theresa: Oh, fantastic. You just whip it in the bowl and because you've chilled it it'll whip better.

Colleen: Yes. Yes. It'll whip right up. Sometimes you have to put it back in the fridge for a little bit if it wasn't quite solidified enough but this recipe is very forgiving so if you're whipping it and it's not quite whipping right you can put it back in the fridge for a minute, bring it back out, whip it up again. Then you scrape it out of the bowl and you can store it in whatever jars you have or you'd like to use and that's basically it.

Theresa: Okay, cool. Once it's whipped up we don't have to keep it refrigerated? If it's not hot summer day it will stay solid in the jar but if it ever started to melt could we just put it in the fridge? Because I live in Los Angeles. It gets hot here sometimes.

Colleen: It gets hot. Yeah, you can definitely ... If it is starting to melt. I actually haven't had this concern because I live in southern Oregon and it gets really hot here in the summer time so I haven't had this problem but what I've read and what I've heard is that you can, if it starts to melt a little bit, you can put it back in the fridge and re-whip it. It usually doesn't last that long because I use it so often.

Theresa: Yeah. Yeah. And it probably wouldn't for me either. I only ask because I've done butters before and they worked great and I, only once did I ever have a problem where it was a really hot summer and I wouldn't even say it melted. It just got a little overly soft and started to separate just a little bit and what I actually did, I was able to take a spoon and stir it up really good again and just use it that way. All the goodness is still there, it just wasn't creamy is the only thing. But I definitely think I could have just stirred it up and stuck it back in the fridge. I probably wouldn't have even needed to whip it again. I think that would have worked just fine.

Well this is really awesome. One question I have is when we are soaking at the beginning, when we take the calendula flowers and lavender and elderflower and we put them in the oil, can we just like put them in ... Because I think your recipe just calls for a quarter cup of coconut oil. With all the oils together it's less than a cup. If we have this cup of oils with the herbs, can we just put them in a mason jar? Like a canning jar with a lid? Do we just set it on a shelf somewhere for those weeks while we're letting it sit?

Colleen: Yes, that's what I use. For this one I used just a half pint jar.

Theresa: Okay.

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Colleen: Yeah, it's just a small little jar. You can easily double or triple this recipe if you want and use a larger jar. In my herbal apothecary I have like quart jars infusing of all different types of herbs. But if you want to just do what's called for in the recipe you just use a half pint jar and yeah. I usually use those plastic storage lids.

Theresa: Yes.

Colleen: I usually use one of those. You typically don't want the metal lid to be touching the liquid. If all you have is the metal lids you can put a piece of parchment paper in between.

Theresa: Oh, good idea. Okay, fantastic. Yeah, so I have the same thing. You can buy the plastic. They're for canning jars. They are reusable lids so it's like if you were to open a jar of jam and you don't want to use the ring and the lid you can use these plastic lids so you can stick it in the fridge.

Colleen: Yes.

Theresa: That would work perfect but I like the idea of just keeping a parchment paper between so you don't have ... Especially if you were doing something with vinegar or something like that that you really don't want to start rusting your lid and getting a reaction.

Colleen: Yes. And some people don't like to use plastic so that's why I like to offer that option.

Theresa: Yes. Good idea. Yeah, absolutely. Okay, so fantastic. This is really easy. This would be something that would be super simple to do and then you could, if you love it, like you said you could double or triple the batch and you could make some for friends and put them in little containers for the holidays.

Colleen: Yes, yes. And this body butter especially, it smells so wonderful.

Theresa: Yeah, well I saw at the end there where you had lavender essential oil that you add in just as you're whipping it. That sounds amazing so I'm excited.

Colleen: Yes, it really is.

Theresa: Well, Colleen this was really easy and really fun and I'm glad you were able to come on. I really wanted people to see how easy it is to get the healing benefits from the plants that we might be growing already in our backyard and it's such an easy thing to make an herbal infusion and like you said, I was saying it's the gateway into other things but really with your book this is all people need. They can do so many different projects in so many different areas. Thank you for coming on today and sharing all this information.



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Colleen: Yeah, thanks Theresa. Thanks for having me.

Theresa: Well, I hope you enjoyed today's episode all about healing herbal infusions with Colleen Codekas and as I mentioned before, her entire recipe, all about Healing Flower Whipped Body Butter will be in the show notes for today's episode along with links to her book, her blog and even her Etsy shop. And I will include some sources for some of the ingredients of where I buy these particular ingredients and containers for putting your body butter into so that you can give them as gifts if you decide to do that as well. I will have all of that in the show notes and to get to the show notes you just go to [livinghomegrown.com/168](http://livinghomegrown.com/168).

That's it for today's episode. I hope that you have a fantastic week and until next time, just try to live a little more local, seasonal and homegrown. Take care everybody.

Announcer: That's all for this episode of the Living Homegrown podcast. Visit [livinghomegrown.com](http://livinghomegrown.com) to download Theresa's free canning resource guide and find more tips on how to live farm fresh without the farm. Be sure to join Theresa Loe next time on the Living Homegrown podcast.