



Drying Medicinal Herbs

Herbs dry best in warm, shaded, well-ventilated areas. It is not recommended to dry them in the sun; the intense heat and rays of the sun can quickly degrade the plants medicinal constituents. Instead, I prefer to create small bundles of herbs that I hold together with a rubber band placed at the end of the stems. I then hang them upside down on a string in a room with a open window until they are dried completely. For each herb, the drying time will be different so check them daily. You may also choose to lay your herbs flat on a screen or oven rack placed on the counter way allows air to flow freely through the plant while they dry but it does take up valuable counter space for several days to a week.