

- How To Make - PROPOLIS SALTY EXTRACT AND ALCOHOLIC TINCTURE

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Alcohol and salty water have the ability to extract and fix some components of plants and propolis in different ways.

The tincture and salty extracts can be used internally and on the skin. Salty extract is softer than the tincture. It is great for children and sensitive people.

The two procedures are quite similar.



Ingredients

For the salty extract:

- Good quality water, ideally freshly collected from a spring or a well.
- 30g of pure sea salt per litre. This is nearly the concentration of sea water (35g per litre). Make sure you do not use any salt that has been refined or contains additives.
- 100 to 200g of propolis per litre. (Propolis quality, strength and properties can highly vary from one location to another, therefore there is not a fixed amount of propolis to use. So, follow your intuition!)

For the tincture:

- Fruit alcohol (medronho, vodka etc...), organic if possible.
- 100 to 200g of propolis per litre of alcohol, depending on the strength of the propolis.

Equipment

- Amber glass jar or transparent jar in a brown paper bag (to prevent the effects of UV).
- Bottles: tinted glass bottles (amber or blue) help to preserve the preparation for longer.
- Wooden stick or spoon to stir
- Sieve
- Funnel

Procedure

Propolis harvest:

Choose the propolis quality with care. If you buy it, select organic quality where possible.

If you have access to beehives, there are two main ways to harvest propolis:

- by scraping propolis off old, disused frames or the inside walls of the beehive (the bees use the propolis to coat the inside of the hive and to seal any groove or gap); and
- by placing a propolis mesh above the hive body within the beehive. When the mesh is filled with propolis by the bees, remove it from the hive and place it in a refrigerator for one night minimum. The propolis becomes brittle when frozen. After at least one night, remove the mesh from the freezer and fold it to release the propolis, which will fall through the gaps in tiny pieces.

Creation of salty extract or alcoholic tincture:

1. Fill the jar with the small pieces of propolis.
2. Cover the propolis with either the salty water or alcohol.
3. Put the jar in an opaque paper bag (for example use craft paper).
4. For the salty extract, place the jar in the sunlight for one moon cycle.
5. For the alcoholic tincture, place the jar away from sunlight for one moon cycle.
6. Stir the mixture once in a while (once a week for example).
7. Sieve, bottle and label.

Keep the bottles protected from direct sun light and from electro-magnetic radiations.

