THE HERBALD IVESTOCK MINI-HANDBOOK

herbal products, recipes, and more

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Chickens. The gateway animal into the homesteading lifestyle. They lay us eggs each day, they offer us entertainment, and then they make us buy more livestock. We're expanding our homesteads constantly. We're taking control of our food system—but what about our health system? What about the way we heal our livestock?

As we learn about the benefits of herbalism, we wish to be more holistic in our approach to maintaining healthy livestock and pets. Good health in our animals begins with the food that we offer them. One of the best practices you can begin on your homestead is adding herbs to their feed. From there, you can create simple herbal products to keep on hand at all times should a need arise.

We haven't used any chemicals on our homestead for years, and it's all because of preventative measures taken with offering herbs to our livestock on a regular basis, and by keeping herbal products on hand and administering immediately when a need arises.

Herbs on the homestead don't work like chemicals—they aren't a "quick fix", this is why preventative herbs are so necessary in livestock feed. It's also why we must treat symptoms as soon as they arise.

In this mini e-book, I hope you are encouraged to begin adding herbs to your livestock's regular diet, and to create



your own herbal remedies for your livestock. Raising your livestock naturally is completely attainable, and with a few tips, tricks, and remedies throughout this book, you're sure to gain the confidence you need to raise your livestock naturally on the homestead.

> If you like this book, consider purchasing the full version of the book <u>The Homesteader's Herbal Companion</u>, now available!



HERBS IN LIVESTOCK FEED

If you have large livestock or just a few smaller animals like rabbits, herbs can be added to your favorite livestock feed to help enhance the health of your animals. Yes, it's even possible to do this in the feed of chickens that never touch pasture. Even large poultry companies are adding oregano and thyme to their chicken feeds as natural antibiotics.

As a general rule, when I mix up my bags of feed with herbs, I try not to make the herbs more than 10 to 15 percent of the feed. But my animals also forage naturally. You may find that in the winter months, you add different herbs (or more herbs) than you would in the summer . . . and so on. You can rotate different herb mixes with each and every new batch you make. Refer to the homesteader's herb list at the beginning of the book The Homesteader's Herbal Companion to see which herbs you'd like to add to your livestock feed, keeping in mind that some herbs aren't good for certain livestock, though most herbs can be given in small amounts.





Here is a list of herbs that I add to my livestock feed which are generally good for all livestock. Many of these herbs can be found in the wild, in your garden, or you can purchase them online. You can offer them fresh or dried. As always, I do encourage you to choose herbs wisely when offering them to pregnant livestock.

- + CHICORY
- + PLANTAIN LEAF
- + GARLIC
- + ONION
- + THYME
- + OREGANO
- + PEPPERMINT
- + NASTURTIUM
- + SAGE
- + NETTLE
- + ST. JOHN'S WORT
- + STINGING NETTLE
- + LEMON BALM
- + CALENDULA

If nothing else, I am a strong advocate for adding garlic, oregano, and thyme to your livestock feed. These herbs can be eaten by all of your barnyard livestock, including pregnant livestock, and should be your main foundation for herbal feed. All of these help prevent viral and bacterial issues, stimulate the immune system, help rid the body of parasites, and encourage general overall health.



TYPES OF HERBAL PREPARATIONS

HERBAL IVESTOCK

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Infusion. An infusion is when you use cold or boiling water to steep herbs. You can make infusions for your waterers by simply placing the herbs in the waterer and filling it with water. Or you can steep the herbs for 5 minutes in hot water to make a concentrate, and then add it to your waterer.

Decoction. Decoctions are a lot like infusions, except in order to extract the herbal benefits of the herb, the herb must be boiled, not just steeped in boiling water. This method is used for root herbs, seeds, barks, and herbs that are hard or come in thick casings. You will make a decoction by boiling the herbs in a non aluminum saucepan for 20 minutes, then add to a waterer of cold water. All of the following infusions are based on a one-gallon waterer or jug. You can make a gallon and put into smaller waterers for poultry like quail. Or you can just cut the batch by half.

Tincture. A tincture is the method of extracting the medicinal properties of the herb in an alcohol extraction. 1 part dried herb to 4 parts alcohol (80 proof vodka). Cap tightly, shake well, and place in cabinet for 4 weeks, shake daily. After 4 weeks, drain the herbs through a mesh cloth and store the liquid (tincture) in an amber eyedropper bottle in your medicine cabinet until ready to use.

Infused Oil. This extract is done by placing 1 part herb into 4 parts oil and extracting the medicinal benefits into the oil. You can do this by placing the dried herb and oil into a jar, cap tightly, and set in a window sill (shake daily). Then filter the oil after 4 weeks and store for up to 1 year. Or the quicker way is to create the oil in the oven by setting you oven to 300 degrees, preparing your herbs and oil in a mason jar. Then cut the oven off and place the jar in the oven for 3 hours while the herb infuses into the oil. Strain and store the oil.



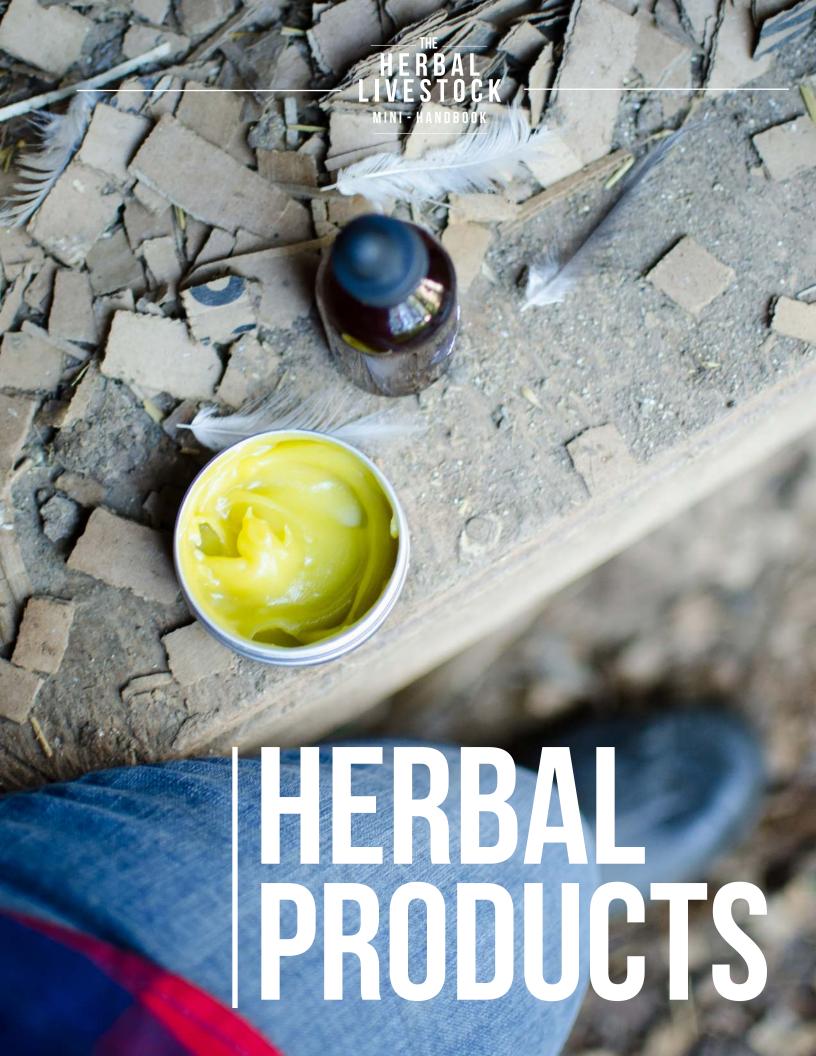
Essential Oil. Essential oils are distilled oils. This method extracts the volatile and highly medicinal oils from the plant itself. They are powerful medicinal remedies that should be used wisely, but are extremely important to keep on the homestead. You can purchase those oils through the company I trust the most, or make them yourself. But I highly recommend purchasing them.



My Favorite Essential Oils for Livestock

- THYME
- PEPPERMINT
- OREGANO
- HELICHRYSUM
- MELALEUCA (TEA TREE)
- BREATHE BLEND

Find the Only Essential Oils I Use and Trust >> <u>Click Here</u>





Offering our livestock free choice of herbs in their feed and on pasture is so essential to their good health. But even if we do this and keep the barn as clean as a whistle, things still happen. They might obtain a flesh wound from another goat's horn, get caught in barbed wire, or have worms or intestinal parasites. The list is endless. In fact, in the world of farming and homesteading, we often say, "If something can go wrong, it will go wrong."

As with your own family, tinctures, salves, ointments, and other herbal products can come to the rescue. Some of them you'll need to make in advance and keep on hand, while others you can make up quickly with products you may already have. Here are some recipes you should keep on hand on your homestead, and products that you should consider making before you actually need them.



Herbal Livestock Salve

1 oz chamomile-infused oil 1 oz oregano-infused oil 1 oz calendula-infused oil .5 oz beeswax 1 tbsp manuka honey

Method:

1. Create a double boiler by filling a saucepan with about 1–2 inches of water and putting a mason jar in the saucepan. Bring the water to a simmer.

2. In the mason jar, add the infused oils and beeswax. Melt completely.

3. Remove from heat and add the manuka honey. Combine well.

4. Pour into salve tins or keep in the mason jar until ready to use. Cap it tightly after it has cooled completely, label it, and store for 6–12 months or until it has lost most of its aroma.



Wound Spray

We all know the big name brands make claims that their wound sprays are all natural and can be used on open wounds, for pink eye, and other animal ailments. But what you may not realize is that many of these sprays don't have a single herb in them. While their ingredients may be natural, they are still very much man-made.

We can make our own herbal alternatives on our homestead for our animals with great success, including this spray which helps heal open wounds, irritations, fungal infections, and more. Smaller batches can be made if you won't be using this amount of product within two days.

+ NOTE: Please don't use this recipe for pink eye, as the aloe vera and other herbs could cause a reaction with the eye. The recipe for pink eye can be found in a copy of *The Homesteader's Herbal Companion*.



water 2 oz goldenseal (or Oregon grape root), dried 3 oz comfrey, dried 3 oz chamomile, dried 1 tbsp aloe vera gel (optional) 2 tbsp raw honey 10 drops tea tree essential oil 5 drops frankincense essential oil (optional) 10 drops myrrh essential oil (optional)

Method:

1. In a saucepan, boil 4 cups of water and then allow to cool slightly.

2. In a 16-oz spray bottle, add goldenseal, comfrey, and chamomile. Pour in aloe vera gel and honey.

3. Pour the warm water into the bottle over the herbs, filling all the way to the top leaving some headspace. Add essential oils once water has cooled. Shake well.

4. Spray on wounds and other external areas of your animal that need healing. Keep away from eyes. Use within two days.





Herbal Lice and External Parasite Spray

20 cloves garlic, peeled and smashed (or 1 oz garlic extract) 45 drops eucalyptus essential oil* 30 drops lavender essential oil* 30 drops peppermint essential oil* 20 drops cinnamon bark essential oil* 20 drops melissa essential oil* 2 tbs White Vinegar (unless using garlic extract) Water

Method:

1. In a 16 oz. glass spray bottle, combine garlic (or extract) and essential oils. If using smashed garlic, allow it to sit for several hours before using.

2. If using garlic extract, do not use white vinegar. Simply fill the rest of the bottle up with water 3/4 of the way full. If using smashed garlic, add vinegar.

3. Shake the bottle well before each spray. Spray directly on the skin of the chicken, concentrating only on the neck, the vent area, and the top of the tail where the oil gland is. I also spray their feet and the base of the roosting bar so that when they lay back down on their feet and roost, the mixture gets onto their bellies. Do this treatment at night after they've gone to roost.

Continue this treatment for two weeks, then twice a week for two weeks, to rid your chickens of mites. You can continue to dust your chickens with wood ash once a week, but it may not be necessary.



HERBAL TINCTURES

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HERBAL LIVESTOCK

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Tinctures are an incredible and efficient way to get medicinal herbs into your livestock. Whether you're using it as a maintenance supplement to prevent worms and illnesses, or as a treatment option, tinctures are easy to make, last forever, and have great efficacy in preventing and treating common livestock ailments.

+ Refer to the information below for proper dosing of livestock.

TINCTURE DOSAGE FOR LIVESTOCK

• 1 eye dropper (30 drops) per 150 lbs

- 50–75 lbs (15 drops)
- 25-45 lbs (5 to 10 drops)
- Chickens: 1-3 drops

• Make dosage according to weight ratio of 150 lbs for 25 lbs or less

• When in doubt, start with 2 drops and work up from there. It's okay to start small!

• To treat an entire herd or flock, add 1 dropperful per gallon of water in waterer.



Herbal Livestock Parasite Tincture

.5 oz clove, ground .5 oz black walnut hulls, ground (or powdered) 1 oz thyme 1 oz grapefruit seed 2 garlic cloves 15 oz 80 proof vodka



Method:

1. Premeasure all herbs and vodka.

2. In a large glass jar, add all herbs. Cover the herbs with the entire 15 oz of vodka. They may not be completely submerged, but that's okay.

3. Shake your tincture liberally and then set it in a cool pantry or cupboard, away from extreme temperature changes and direct sunlight. Shake your tincture each day (multiple times, if you want) for 4 weeks. 4. After 4–6 weeks, strain your tincture from the jar. Pour your strained tincture into a colored glass eye dropper bot-tle, label, and store in a cool place until ready to use.

5. Use tincture as a preventative once a month by mouth or in livestock waterer, according to your own schedule. If parasites arise, use once every 4 hours for 2–3 weeks.





Soothing Udder Balm

1 oz calendula-infused oil
1 oz plantain-infused oil
1 oz chamomile-infused oil
1 oz shea butter
1 tsp lanolin (optional)
.5 oz beeswax

Method:

1. Create a double boiler with a saucepan filled with 1–2 inches of water and a mason jar.

2. In the mason jar, add the infused oils, shea butter, lanolin, and beeswax. Melt completely.

3. Pour into salve into tins or keep in the mason jar until ready to use. Cap it tightly after it has cooled completely, label it, and store for 6-12 months or until it has lost most of its aroma. Use as needed.



ESSENTIAL OIL BLENDS FOR LIVESTOCK

There has been some debate as to whether or not essential oils (EOs) can be used on livestock. I'm here to tell you that they absolutely can be. While we don't always suggest the ingestion of essential oils with livestock, animals do react well to topical and aromatic applications of EOs.

Here are some examples:

- · Respiratory Blend: peppermint, eucalyptus, tea tree, lemon, and cardamom
- · Digestive Blend: ginger, peppermint, tarragon, fennel, and anise
- · Pest Control Blend: tea tree, peppermint, and eucalyptus

Chickens: 1–2 drops under wings Large Livestock: 2–3 drops on skin of neck

INFUSIONS & DECOCTIONS

These herbal preparations are a great way to offer your livestock maintenance herbs. Placing herbs in their waterers each week or a few times each month helps carry out herbal remedies and preventions through their entire digestive tract and system. This creates stronger immune systems with little invasion, high efficacy, and healthier animals!

Try using these two options when makinng your infusions or decoctions. Refer to page 6 to understand infusions and decoctions better. When you're ready to take on more recipes for this herbal preparation method, check out my book <u>The Homesteader's Herbal Companion</u> for more recipes and creations!

Immunity-Boost Infusion

4 garlic cloves, smashed .5 oz thyme, dried or wilted .5 oz oregano, dried or wilted

Method:

Add all herbs to waterer, cover with fresh new water. Discard after 12–18 hours and make a new batch if needed.

Antibacterial and Antiviral Decoction

.25 oz elderberry .25 oz ginger root 1 oz astragalus root 1 garlic clove 2–3 cups water .25 oz thyme

Method:

1. Boil elderberries, ginger root, astragalus root, and garlic clove for 20 minutes in 2–3 cups of water to make a decoction.

2. Pour mixture over the thyme.

3. Pour 1–2 tbsp of decoction into waterer as necessary.







THE HERBS IN THIS BEE TEA SOLUTION OFFER SO MANY BENEFITS AND GOOD FOOD FOR YOUR BEES. IT'S A MIXTURE THAT CAN BE KEPT ON HAND (DRIED) AND MADE UP QUICKLY WHEN NEEDED TO STIMULATE THE BEES' IMMUNE SYSTEMS AND METABOLISM. TO STRENGTHEN A WEAK, NEW, OR SWARM HIVE, OFFER IT TO YOUR BEES EVERY DAY FOR 1–2 WEEKS. IF THE BEES DON'T TAKE THE TEA, STOP OFFERING IT. IT MEANS THEY HAVE ENOUGH TO FORAGE OR SIMPLY AREN'T INTERESTED OR IN NEED.

Herbal Bee Tea

The herbs in this bee tea solution offer so many benefits and good food for your bees. It's a mixture that can be kept on hand (dried) and made up quickly when needed to stimulate the bees' immune systems and metabolism. To strengthen a weak, new, or swarm hive, offer it to your bees every day for 1–2 weeks. If the bees don't take the tea, stop offering it. It means they have enough to forage or simply aren't interested or in need.

1 tbsp each:

Echinacea Peppermint Chamomile Yarrow Stinging Nettle Lemon Balm Thyme 1 1/2 tbsp sage 4 cups distilled water 1/2 cup raw honey

Method:

Make your dried tea mixture by mixing all of the herbs in a large mason jar or storage jar. Cap tightly, label, and store in your pantry until ready to use.

When ready to use, bring 4 cups of distilled water to a boil. Remove from heat and add 3–4 tsp of dried tea to hot water. Allow to steep for 5–7 minutes.

Add honey once mixture is lukewarm. Mix well.

Pour tea into a glass jar and add to the feeder area of your hive (entrance feeders work well). Remove the tea after 24 hours, as your tea will lose its medicinal potency after sitting for 12–24 hours.

Offer for general bee health every 1-2 months.

>> For more herbs and bees, click here.





About Amy

It all started as young child running around my grandparents' farm, but it didn't really take hold of me until later in life.

What is it, you ask? *Farming*—it's in my bones.

Hi, I'm Amy, and together with my husband and son (and various farm animals) we live on a little homestead in the foothills of the Blue Ridge Mountains of Virginia. Life out here is quiet and simple, but oh so beautiful.

I'm an author, photographer, blogger, wife, mother, and simple down to earth farm girl with country-wide homesteading hopes and ambitions.

I blog about our homesteading livestyle over at www.thefewellhomestead.com.

In my spare time (so funny!) I am the founder of the <u>Homesteaders of America</u> organization and conference. That's right, I took homesteading to the next level right along with so many of you guys!

Herbalism and natural living are two of my greatest passions, and I love sharing them with others who wish to live the same livestyle as us. I also love sharing our livestyle with people who might not even be interested, yet somehow they always come away inspired and full of homestead wonder.



I believe that community is the most important part of homesteading, because without the "village", homesteading really wouldn't be possible. And I consider my contributions of blog posts, videos, and books to help further this incredible movement with education and the realization that it doesn't all have to be complicated and crazy—we really can take control of our food and health!



I'm a strong advocate for living as naturally as possible, with as little chemicals as possible. If we're going to take the time to know where our food comes from, our methods of raising livestock and ourselves should change as well. That means herbs and essential oils, integrative medicine, and still being smart about your health should an immediate need arise that calls for a doctors visit.

And last but not least, I believe that you can homestead **anywhere**, at **any age**, with any mindset, as long as you believe that you can.

Happy Homesteading! Amy



Ready to take your herbal knowledge to the next level for yourself, your loved ones, AND your livestock?

Check out more of my books on my website, www.thefewellhomestead.com/my-books/





The Homesteader's Natural Chicken Keeping Handbook By Amy K. Fewell • Coming Spring 2019!

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