

Basics of Herbs



The very herbs and spices you cook with, as well as any plant you encounter, has magical uses too.

How are herbs used in witchcraft?

You can blend specific herbs to create your own incense or scatter around/over something during rituals. You can make your own teas and also create offerings to your deities, spirit guides or ancestors.

What kinds of herbs can I use? Are there herbs/plants I should be cautious of or avoid in witchcraft?

Pretty much any kind can be used for spells, potions, offerings but be cautious with anything you plan to eat/drink/burn.

Whether you grow your own magical garden yourself and harvest your own ingredients, or purchase from a supply shop - you'll want to make sure you are aware of which of those plants/herbs are toxic and take great caution in using them. Gloves, and masks, don't burn because the smoke could also be toxic (poison ivy, oak and sumac).



Drying Fresh Herbs

If you grow your own or if in some instances you purchase fresh herbs (like from a grocery store or a farmers market) you can dry them out by laying them in a flat layer on a paper towel or sheet of wax paper. There are many fantastic resources on harvesting, drying and storing herbs. One of those is actually on Allrecipes.com.

Storing Your Herbs

Because I have certain OCD's, I like all my herbs stored in similar jars, so when I buy herbs, I put them in these little glass, octagon-shaped glass jars I found with screw on lids that are labeled for the herb it contains. (Yes, I'm that nerdy witch).

Any extra herbs I have that don't fit in those jars, I seal up in a baggy and store it in my "backstock" box which I keep tucked under my altar.

Herbal Hacks

You can absolutely buy and use herbs and spices from the store. You may find the results are more powerful with fresher and self processed ingredients, but to me - rosemary, cinnamon, bay leaves, sea salt, cloves, oregano, paprika, poppy seeds and thyme in a bottle in the baking aisle at the store is just as good as fresh, or homegrown and harvested. Especially when you're just getting started.

Using Herbs

First, think about what you want to accomplish.

What is your goal and what is your intent.

Then identify which herbs have the energies that align with your goal and intent.

Once you've selected which herbs you want to use - measure out what you want and how much you want - I absolutely go with my gut on this - intuition will guide you so just trust the process.

Add the chosen herbs to your mortar one at a time and grind each with your pestle until its blended into the mixture. If you're using a coffee grinder you can add everything at once and grind/blend them at the same time. Then you can easily: fill a spell jar or witches/potion bottle; create charms or fill mojo bags; dress or fill candles for spell working; make your own incense or blend into wax to make your own candles; and if you're using the right herbs you can make your own teas.