

Herb-infused, Water-based Sprays

The simplest way to use fresh, bug-repellent herbs is as an herb-infused, water-based spray.

| Easy Herbal Skeeter | Easy Insect Repellent Vinegar Spray | Fresh Catnip and Rosemary Oil |
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| <ul style="list-style-type: none">■ Pack a 1-quart canning jar with bruised (crush them with a rolling pin or mortar and pestle) or fresh-chopped herbs.■ Fill the jar to the brim with boiling water, cap the jar, and let it set overnight.■ Strain and pour the resulting liquid into a pump dispenser and spritz away.■ Store unused portions in the refrigerator for up to three days. | <ul style="list-style-type: none">■ Place 2 cups of bruised or fresh-cut herbs in a 1-quart canning jar and fill almost to the brim with natural cider vinegar.■ Place the jar in a convenient place out of the sun, and shake it every day for 10 days.■ Strain the vinegar, store the spray in the refrigerator, and use it within one year. | <ul style="list-style-type: none">■ Coarsely chop or bruise a mixture of two-parts stemmed catnip to one-part of stemmed rosemary.■ Pack the herbs into a clean glass jar and cover with jojoba, grape seed, walnut, sesame or almond oil.■ Place the jar in a dark cupboard for two to six weeks, shaking once daily.■ Strain into a clean glass jar and store, covered, in the refrigerator for up to eight months.■ Pour a small amount into a carry-along glass container, and use it as a wipe-on as needed. |



By Sue Weaver, Hobby Farms Contributing Editor

No natural insect repellent works all of the time against all bugs, but next time you're bitten, try one of these simple remedies:

| Compress | Direct Application | Bathing Solutions |
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| <p>Apply a compress made of:</p> <ul style="list-style-type: none">■ Pulped, fresh comfrey, plantain, parsley or mullein leaves. Macerate the leaves with a mortar and pestle to create an herbal poultice.■ Raw grated potato■ A glob of thick oatmeal■ A damp tea bag■ A washcloth dipped in ice water■ Thick paste made by moistening baking soda, cornstarch or arrowroot powder with water, cider vinegar or lemon juice■ Paste created by mixing 1/2 teaspoon of water with 1/2 teaspoon of all-natural meat tenderizer■ Crushed aspirin■ A moist Alka-Seltzer tablet■ Raw, minced garlic■ Heavily salted butter | <p>Swab on a dab of any of these:</p> <ul style="list-style-type: none">■ Lavender, neem, emu or tea tree oil (Remember: Undiluted essential oils are too harsh for some peoples' skin.)■ Bach Rescue Remedy drops or cream■ Rubbing alcohol (with or without aspirin dissolved in it)■ Ammonia (Pack along ammonia-soaked cotton swabs on your next camping trip or picnic.)■ Witch hazel■ Calamine lotion■ Apple cider vinegar■ Fresh aloe vera pulp■ Bug bite oil made by combining 1 teaspoon of tea tree oil and 1 teaspoon of lavender oil with 1 ounce of rubbing alcohol or witch hazel | <p>Soak in a hot bath containing one of these gentle soothers:</p> <ul style="list-style-type: none">■ 1 pound of dissolved baking soda■ 1 cup of cornstarch■ 1 cup of apple cider vinegar■ 1/2 cup of sea salt |

Keep in mind that herb-based preparations must be reapplied more frequently than chemical repellents to remain effective, but is it worth it? We think so!

