

# The Healing Pantry Inventory List



**Directions:** List all the herbs, spices, and supplies in your Healing Pantry that you can use to make healing oils, salves, soups, syrups, teas, and tinctures. Your Healing Pantry is part of your Prepper Pantry.

Date: \_\_\_\_\_

Herbs (Dried)	# Stored	# Garden Seeds
Arnica (not edible)		
Basil & Holy Basil		
Bay		
Calendula		
Chamomile		
Chives		
Dill		
Echinacea		
Elecampane		
Feverfew		
Lavender		
Lemon Balm		
Lemon Verbena		
Marshmallow Root		
Mint		
Moringa		
Mullein		
Oregano		
Parsley		
Peppermint		
Plantain		
Rosemary		
Sage		
Tarragon		
Thyme		
Yarrow		

Spices (Dried)
<input type="checkbox"/> Anise, seeds or stars
<input type="checkbox"/> Allspice, berries
<input type="checkbox"/> Black Pepper, whole
<input type="checkbox"/> Cacao Powder
<input type="checkbox"/> Cardamon, ground, seeds, and pods
<input type="checkbox"/> Cayenne Pepper, ground
<input type="checkbox"/> Cinnamon, ground and sticks
<input type="checkbox"/> Cloves, whole and ground
<input type="checkbox"/> Coriander, seeds and ground
<input type="checkbox"/> Cumin, seeds and ground
<input type="checkbox"/> Garlic Powder
<input type="checkbox"/> Ginger, ground
<input type="checkbox"/> Juniper, berries
<input type="checkbox"/> Nutmeg, whole
<input type="checkbox"/> Onion Powder
<input type="checkbox"/> Paprika, sweet
<input type="checkbox"/> Sea Salt
<input type="checkbox"/> Turmeric Root, ground

Supplies
<input type="checkbox"/> Alcohol
<input type="checkbox"/> Beeswax
<input type="checkbox"/> Books (reference)
<input type="checkbox"/> Bottles, Spray Bottles, Jars, and Tins
<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Cooktop (portable)
<input type="checkbox"/> Electric Spice Grinder
<input type="checkbox"/> Eye Droppers
<input type="checkbox"/> Funnels
<input type="checkbox"/> Honey (or another liquid sweetener)
<input type="checkbox"/> Mesh Strainer
<input type="checkbox"/> Mortar and Pestle
<input type="checkbox"/> Muslin Bags (small)
<input type="checkbox"/> Microplane Grater
<input type="checkbox"/> Olive Oil
<input type="checkbox"/> Pots, Pans, Bowls (dedicated)
<input type="checkbox"/> Tallow
<input type="checkbox"/> Tea Bags (cloth or disposable)
<input type="checkbox"/> Tea Balls
<input type="checkbox"/> Vinegar

## Additional Resources

- [How to Stock Your Healing Pantry](#)
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- [Subscribe to Mary's Nest on YouTube](#)