



THE ART OF HERBS

NATURALLY EFFECTIVE BUG SPRAY

- 4 parts apple cider vinegar or a light oil such as almond or safflower
- 3 parts herbs, one or more of the following:
lemon grass, lavender, rosemary, basil.

Chop and crush herbs and put in jar. Pour room temperature vinegar over the herbs. Label and date the jar. Shake or stir daily for 10-14 days keep in a dark place. Strain, bottle and label. You can add a few drops of essential oils for more effectiveness such as, citronella, basil, rosemary, lavender or lemon grass.