

## AROMATIC CHEMISTRY HERBAL KIT



As a part of your organoleptic experiences with essential oils and specifically aromatic chemistry, we will be using herbal teas to have you experience chemistry through taste and aroma.

\*\* Create an Aromatic Medicine and Chemistry Journal so you can write down your thoughts, feelings, and notes as you go through each lesson.

You will need to collect approximately 1 – 2 ounces of the following dried herbs (except ginger – use fresh) to work with as you go through each lesson. You can gather the herbs at local natural food stores or online. Some of them may be easy to find as boxed teas in a natural food store.

# Aromatic Chemistry Herbal Kit

- **Monoterpenes:** Lemon peel
- **Sequiterpenes:** Ginger\* (purchase fresh ginger)
- **Monoterpenols:** Peppermint
- **Sequiterpenols:** German chamomile
- **Esters:** Lavender
- **Aldehydes:** Lemongrass or Melissa
- **Phenols:** Thyme
- **Phenylpropanoids:** Fennel seed
- **Ethers (oxides):** Eucalyptus globulus
- **Sesquiterpene lactones:** Catnip

\***There will not be a tea for the Furanocoumarins** as they make up such a small percentage (less than 1-0.5%) of the whole essential oil which contains them. This chemical family is represented better by the essential oils themselves (e.g. Bergamot).