

Turkey Tail Double Extraction Tincture

■ Benefits of Turkey Tail

- Tradition – For centuries, turkey tail has been brewed into teas and decoctions across Asia, Europe, and North America. Folk healers turned to it for colds, coughs, and general vitality.
- Science – Modern research highlights turkey tail's polysaccharides and beta-glucans, which are being studied for their role in supporting the immune system, balancing gut flora, and complementing overall wellness.
- Bridge – By making your own double extraction tincture, you capture both sides of turkey tail's medicine: the triterpenes (alcohol-soluble) and the polysaccharides (water-soluble).

Step 1: Alcohol Extraction

- 1 Brush off, trim, and dry your turkey tail mushrooms.
- 2 Shred the dried mushrooms into small pieces.
- 3 Fill a clean pint jar about halfway full with the shredded turkey tail.
- 4 Fill the rest of the jar with 70%–95% alcohol (vodka or grain alcohol).
- 5 Place a square of parchment paper over the jar before putting on the lid and band — this keeps the alcohol from reacting with the lid and keeps mushrooms from sticking.
- 6 Store the jar in a cool, dark place for 4–6 weeks, shaking once a day.

Step 2: Water Extraction

- 1 After 4–6 weeks, strain the alcohol tincture into a clean jar. Save the alcohol and keep the mushrooms (the “mark”).
- 2 Measure the volume of alcohol you strained off — you’ll need this to match the water reduction.
- 3 Place the mark (strained turkey tail) in a large pot with 1 gallon of water.
- 4 Bring to a very low simmer and cook until the liquid has reduced down to approximately the same volume as your alcohol tincture.
- 5 Allow the decoction to cool completely.
- 6 Strain and combine the cooled water extract with the alcohol tincture. Stir to mix.

Storage & Shelf Life

When stored in a sealed glass jar or dropper bottle in a cool, dark place, a double extraction tincture generally keeps 1–2 years. The alcohol content stays high enough after mixing to preserve the water extract and keep the tincture shelf-stable.

How I Use It

Check and do your own research on dosage. I personally take one dropperful twice a day, under the tongue.

■■ A Note on Safety

I'm not a doctor, and this recipe is for educational and historical purposes only. Turkey tail is a traditional folk remedy, but everyone's body is different. Do your own research and check with a healthcare professional before adding any natural medicine to your routine.



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