

Herbalist Recipes

The following entries represent those recipes that are readily known by the Herbalists of Torakand.

Apprentice Herbalist Recipes

Healing Poultice

Rank: Herbalism, Rank 1

Materials: Any 1 Herb, Any 1 Fiber

Type: Creation

Creates: 2 Healing Poultices

Time: 2 minutes

This creates a fast-acting healing bandage that can be applied. It can restore up to 10 Body points at a rate of 1 point every 10 seconds. The poultice's effect ends if the subject moves or takes damage.

Recommended Process:

1. Lay out clean cloth (boiled if necessary)
2. Chop the healing herbs to expose the properties.
3. Mash the herbs together with a thickening agent to make a paste.
4. Apply paste to the the laid out cloth.
5. Tie or fold together for later use.

When you've been at war for ages, the one piece of medical knowledge that gets passed around and kept is how to keep your soldiers fighting, or at least alive.

— Rye the Gardener, 1601

Item	Healing Poultice
Qty	2 Uses
Type	Consumable
Effect	Restores 1 Body every 10 sec, max of 10. Ends on movement or damage.
Expiration	This Event
Price	Cheap
Rarity	Common
Research	Known

Leadheart Elixir

Rank: Herbalism, Rank 1

Materials: 1 Watermint or Any 2 Herbs

Type: Creation

Creates: 1 Dose

Time: 2 minutes

This potion grants the imbiber one Mental Save that can only be used to prevent a Mental Ailment from advancing to it more severe state. It lasts for 12 hours or until used. It tends to make the drinker a bit dull and flat in their emotional affect.

Suggested Process:

1. Dice the herb very finely.
2. Place into a small vial with a small bit of oil or fat at the top.
3. Shake vigorously and skim off the top layer.
4. Repeat until you have enough of the sediment at the bottom to ensure a proper cloudiness, then seal.

Legend has it nobles would have their drinks replaced with Leadheart Elixir before going out on the battlefield. Whether by their superiors or by their underlings, the record fails to show. Neither group wanted them to flee at the sight of blood, I imagine.

— Historian Thews, 1593

Item	Leadheart Elixir
Qty	1 Dose
Type	Consumable
Effect	Gain a free Mental Save against a Mental Ailment advancing. Lasts 12 hours or until used.
Expiration	This Event
Price	Cheap
Rarity	Common
Research	Known

Last Stand Brew

Rank: Herbalism, Rank 1

Materials: 1 Lavender or 2 of any other Herb

Type: Creation

Creates: 1 Dose

Time: 2 minutes

This creates one dose of a special compound that lets you ignore the negative effects of a single Injury for the duration of the scene. Once the scene has concluded, you will immediately become incapacitated, suffering an Injury as normal if it is your first incapacitation this scene.

Item	Last Stand Brew
Qty	1 Dose
Type	Consumable
Effect	Ignore a single injury's effects for a fight, automatically become incapacitated at the end of the scene.
Expiration	This Event
Price	Cheap
Rarity	Common
Research	Known

Explorers Friend

Rank: Herbalism, Rank 1

Materials: One Watermint, One of any Fiber

Type: Creation **Creates:** 2 Doses **Time:** 2 minutes

This recipe creates a compound that can be administered to a person, granting an additional Physical Save against an effect with Poison in the name, a poisonous effect in the environment, or any effect that would cause Sicken. This lasts for 12 hours or until the save is used.

Item	Explorer's Friend
Qty	2 Unses
Type	Consumable
Effect	Gives a save against the first effect of something toxic or poisonous, or an effect that would cause Sicken.
Expiration	This Event
Price	Cheap
Rarity	Common
Research	Known

Herbalists Examination

Rank: Herbalism, Rank 1

Materials: Heartrose, 1 other herb **Type:** Creation

Creates: 1 pill+ **Time:** 2 minutes

Creates a pill. When the pill is added to a potion, the potion will change color to indicate whether the potion is safe to drink. Although this *can* be used to detect poison, in civilized communities it has much more use in research and experimentation. Herbalist's Examination is also frequently used on sea voyages to detect spoiled food and drink

OOG: Need prop help with this; I'm told that fizzy bath bombs are a common physrep. - LC staff will provide a pill and a color chart to interpret the results.

Recommended Process:

1. Grind herbs into a course powder
2. Combine herbs with a solvent, forming a thick paste
3. Shape the paste into a pill and dry slowly.

"All too many students forget that the distinction between a potion and a poison is the dosage. Dilute this correctly and your patient will pay you with gratitude for a cure. Dilute it insufficiently and you'll find that you're paying for the patient's funeral. I used to make students sample their own potions, but there were problems....."

— Medicus Merle

Item	Herbalists Examination
Qty	2 Uses
Type	Creation
Effect	Detects food/beverage that is unsafe to consume.
Expiration	One Use
Price	Cheap
Rarity	Common
Research	Known

Animal Cookies

Rank: Herbalism, Rank 1

Materials: binder, herb, meat or grain **Type:** Creation

Creates: 5 cookies **Time:** 30 minutes

This recipe generates small biscuits that can be used to assist with the Creature Handling skill. There are separate variations for carnivores (using meat as an ingredient) or herbivores (using grain as an ingredient). Omnivores will consume either variation. There are also different variations to calm the animal (use lavender as the herb) or to make the animal more aggressive (use firebloom as the herb). Note that possessing these cookies **does not grant the skill**; it makes the skill easier.

OOG: can be represented by a biscuit, cookie or poker chip, depending on the rules at the site.

Recommended Process:

1. Mix dry ingredients into normal cookie dough; add wet ingredients and bake

"Who's a good snellygaster??! You are!! Yes, You are!! Yes, this is for you, nom nom...."

— Metagarn the shepherd

Item	Animal Cookie
Qty	5 cookies
Type	Creation
Effect	Assists in Creature Handling
Expiration	One Use
Price	Cheap
Rarity	Common
Research	Known

Create Spiritual Implement

Rank: Herbalism Rank 2

Materials: 1 Common, 1 Uncommon, and 1 Rare Material, with least one Herb and one Fiber.

Type: Creation

Creates: 1 Ritual Implement

Time: 4 minutes

_This item refines materials into a single use Implement for the performance of Spirits rituals. When using this implement, you may either gain a +2 on your Destiny Draw, or spend a point of Grit in place of any common or uncommon material in the ritual. This implement may serve as a Wand for rituals that require it. _

Item:	Spiritual Implement
Qty:	1
Type:	Creation
Effect:	A single use implement for Spirits Rituals that can gain +2 on a Destiny Draw for a ritual or replace a common or uncommon material. Can be empowered into a Wand.
Price:	Average
Rarity:	Common
Research:	Known