

14 Plants You Can Turn Into Oil

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Oils are indispensable for survival. They have been extracted from plants since the beginning of recorded history.

There are over 200 species of plants whose seeds are used in making oil for illumination, medicine, food, soap, and lubricating machinery.

You can extract oil from seeds, leaves, roots, or fruit pulp/peels. Just bear in mind that you must match your plants with the right extraction process and use the proper amount for a sufficient yield.

Preserve Cheese and Meat, Conquer Illness, Disinfect and Repel Rodents Using Sage, Oregano or Mint Oil

Oregano (*Origanum vulgare*): Oregano oil can be used as a preservative for meats and cheese. It has very strong antibacterial actions and it is an antiseptic as well. It prevents infections, treats wounds, topical worms, and dissolves fungus from developing.

Use four cups of the leaves and follow the solvent method for this extraction.



Sage (*Salvia Officinalis*): Remarkably, sage has been used for centuries as a flavoring and natural preservative for cheese and meats, especially sausages. It has superior antibacterial and antioxidant properties and is a phenomenal remedy for respiratory ailments.

Use four cups of the leaves and follow the solvent method for this extraction.



Peppermint (*Mentha piperita*): Mint is relatively easy to find and grows prolifically. Similar to sage and oregano it is an excellent disinfectant. Also, it makes a superior insect, rodent and deer repellent when you mix 40 drops of mint oil in a spray bottle, with a mixture of $\frac{1}{2}$ vinegar and $\frac{1}{2}$ water.

In addition, it destroys mold. It is a must-have mixture for every household!

Oregano, Sage and Mint Require the Solvent Extraction Method.



Learning the Solvent Extraction Method

I actually like to use pure vodka for extractions. Hexane is used by some people but it leaves toxic traces in your oils. Plant leaves or oily peels work well with this method.

For 1 cup of concentrated oil gather four cups of any ingredient from the list below:

- Peppermint or Spearmint leaves – fresh, chopped
- Oregano leaves – fresh, chopped
- Sage Leaves – fresh chopped

First, cover your leaves (1 cup of fruit peels like lemon or orange are also fine) with the vodka in a clean glass jar, and wait three weeks for the oil to rise to the top.

Then, skim off the oil and pour it into dark glass bottles to increase the shelf life. Finally, store the bottle in a dark, cool place.

Build your own stock of cooking, hardware lubrication, and emergency medicinal oils!



Related: The Complete Guide To Cleaning And Lubricating Your Ar-15

Let's Embark On A Cold Pressing Adventure

Sunflower seed and **Balsamroot seed oil** contain similar properties for cooking, and both oils are made in the same way – a simple cold pressing by blending the seeds in your blender and crushing the paste with your hands until the oil is streamed into a glass bowl.

Sunflower (Helianthus), and **Arrowleaf Balsamroot (Balsamorhiza sagittata)** seeds have been cultivated for oil production since 3000 BC. Moreover, Native Americans crushed these seeds into oil. Both flowers grow throughout the United States, Canada and Mexico.

Sunflowers are larger and taller than Arrowleaf Balsamroot, which is also yellow and daisy-like but is smaller and branches out into several floral-covered stems.

Start with three cups of seeds, run them through your blender to form a paste. Take the paste and squeeze it over a glass bowl with your hands to yield about a half cup of oil. Put the paste you have squeezed back into a clean bowl.

Next, put two tablespoons of ice cold water into the paste and mix it in.

Again, squeeze the paste over the bowl. The water helps separate the oil from the seed pulp.

After two extractions, put your seed oil in a dark glass bottle. Store it in a cool dark place. Once you have squeezed out every drop you can use the seed paste as a nut butter for sandwiches, to make cookies, or baked goods! Yum!



Consider Purchasing a Quality Oil Extractor

It is worth buying a cold press if you plan to make larger quantities of oil more frequently. Here is a consumer review of possible choices:

Flax seeds are a miraculous medium for both nutritional and household use. **Lewis Flax (*Linum usitatissimum*)** seeds produce both flax oil and linseed oil. This flax seed oil that we ingest boosts Omega 3/6 levels or it is used topically to tone the skin. Linseed oil cannot be ingested.

From ancient times this oil was made for commercial use in Asia and the Mediterranean region. Remnants of flax plants have even been found in Stone Age habitats! Linseed oil is used to refinish floors and furniture.

Related: 20 Stone Age Foods Every Prepper Should Try

First, run one litre of flax seeds through your oil extractor to yield .5 litre of flax oil. This can take time as you run small batches through your extractor following the manufacturer's instructions.

Interestingly after you make flaxseed oil, you can use it to make linseed oil!

All you have to do is put a cup and a half of your flaxseed oil and a cup and a half of warm water in a mason jar. Shake it very well for several minutes.

Then let the jar sit in the sun for two days. A darker oil will rise to the top and the water will stay at the bottom.

On day three, use a syringe to siphon the oil from the top into another glass jar for storage. In such a short time, you've created an oil you can use for mechanical lubrication and refinishing wood!



Build A Supply of Versatile Cooking Oils

Peanuts or Groundnuts: 1 litre of groundnuts yields .5 litre – This oil is primarily used for cooking. However, it is an effective remedy for skin conditions like eczema and can help prevent skin cancer.



Soybeans: 1 litre of soybeans yields .1 litre – Soybean oil is used for cooking. However, it has industrial uses as well as an oil base for paints and varnishes.

Coconut: 1 litre of coconut yields .7 litre – Coconut oil, in addition to cooking, is one of the most versatile oils.

Due to its antibacterial qualities, it has excellent benefits for dental care when you swish a teaspoon in your mouth for ten minutes and rinse it out.

If you combine one part coconut oil with one part baking soda and apply it to carpet stains they will fade. It can be used to lubricate gears and hinges as well.



Rapeseed: 1 litre of rapeseed yields .4 litre – Interestingly rapeseeds come from a plant by the name of brassica napus. Its black seeds come from the same family as cabbage, cauliflower and broccoli. It is high in essential fatty acids and vitamin E yet low in saturated fats. It is an excellent oil for frying because it can withstand elevated temperatures.

Pumpkin seeds: 1 litre of pumpkin seeds yields .4 litre – Have you ever wondered what to do with the extra pumpkin seeds from your fall pumpkins? If these are ground into oil the benefits are substantial.

Furthermore, pumpkin seed oil boosts mood and cognitive function. It is also excellent for cardiovascular function.

Corn: One of our preppers became a corn oil expert! She teaches an alternate cold pressing method. You will love her article and corn oil is very inexpensive to make. Gather 11 pounds of dried corn for this process. The yield is high! You will get four cups of cooking oil!



Consider Jojoba Oil for Both Skin and Industrial Purposes

Jojoba (*Simmondsia chinensis*) is a desert plant long cultivated by the Native Americans. This shrub grows slowly, and has roots that are 35 feet deep!

Its seeds are what you will gather and they produce a golden colored oil that is actually close to our own human body oil. Jojoba is one of the best skin emollients available for protection against harsh elements! It is unique for its stable shelf life and does not easily oxidize or become rancid.

Throughout WWII Jojoba was used industrially as other oil supplies diminished, for motor, transmission and gear oil, as well as to lubricate guns. This large seed is best extracted by a larger mechanical cold press that you can either make yourself or buy.



Don't Discard Lemon and Orange Peels!

Citrus Peel Extractions Make Great Cleaning Products and Furniture Polish.

Lemon and Orange Peels: Limonene is concentrated oil in the peels of oranges and lemons, not the white pith.

Lemon or orange oil can disinfect the air you breathe!

Put twenty drops of citrus oil in a spray bottle filled with water and 2 tablespoons of rubbing alcohol.

Moreover, it will disinfect the air and most surfaces as well!

Gather the following quantity of peels and follow the Solvent Extraction Method mentioned above.

- Lemon zest – 1 cup – dried for two days on a paper bag or parchment paper
- Orange Zest – 1 cup – dried for two days on a paper bag or parchment paper

You can see that with just some simple tools and solvents for extraction you will never be at a loss for household, medicinal, or commercial oils. Try the most simple method and progress step by step until your pantry is stocked.

All in all, oil is expensive. Once you see your stock grow and you calculate your savings, you will be very satisfied.

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