



## Recycled Wine Bottle Tiki Torches

Hey friends, today I want to share one of my favorite creative projects with you, and, no shock, it has to do with repurposing garbage and making the planet a better place. It's my hope that what you read below will inspire you to get creative and to always make the most with your trash. Enjoy!

Recycled Wine Bottle Tiki Torches (and the Super Cool Art of Repurposing Garbage!)

One of my favorite things to do is repurpose found objects, especially if the end product, like these tikis, adds ambiance to my summer time dinner parties. I just love giving recyclables, garbage and random finds new life. I could easily, and happily, spend hours repurposing my finds in new, useful and beautiful ways.

To tell the truth, there is good reason I am so fond of repurposing objects. It all started when I was a young kid and discovered "Dada" and the "Found Art" movement. As soon as I learned that repurposing stuff was not only super cool, but also a real and respected art form, I was hooked. Not only hooked, but completely obsessed with making the most with garbage. So when this idea of turning used wine bottles into beautiful tiki torches rolled across my desk, I instantly got to it.

Before we get going, I wanted to share a few rea-

sons why it's so darn important to actually make repurposing wine bottles a habit. It all starts with the thousands, and I mean thousands, of train cars full of glass bottles that no one wants. Recycle centers don't have room for them and, because of this, many recycling centers no longer accept any brown or green glass, the kind wine comes in. But wine isn't going out of style and every bottle produced results in a giant 12,144 kg carbon footprint - 39% coming from, you guessed it, the glass bottle. And, although mass-produced by products sound like the simple solution, they also require manpower, machinery and leave an additional, if not even greater, carbon footprint. All reasons why finding a second, third or permanent use before recycling anything is a great idea. So let's get to repurposing some wine bottles!

### What You Will Need

Wine bottles or any glass bottle with a 1-inch mouth

[Teflon tape 1/2"](#)

1/2" - 3/8" copper coupling

1/2" copper cap

[Tiki torch wicks](#)

[Torch fuel](#)

### Directions

First, collect some empty glass bottles. If you wish, decorate the bottles or use "au-natural".

Next, wrap the copper coupling with the Teflon tape until it fits snugly into the mouth of the bottle.

Make sure it's wrapped nice and snug, we don't want the coupling to fall into the bottle.

Using a funnel, carefully fill the bottle with fuel.

Insert the wick - it should absorb the fuel quickly.

Thread the wick through the copper coupling.

Place the coupling into the bottle. It should have a snug fit preventing the wick from falling into the bottle.

For safety purposes, make sure the wick is no longer than an inch high outside of the bottle.

Lastly, place your tikis on your outdoor tables or other stable surfaces, light the wick(s), and enjoy!

an area with high humidity. Next, find a shady place in your home and allow the Yarrow to dry. It will only take a couple of days for the flowers to dry and during this process the color and size will naturally change a bit.

Just like the Yarrow blooms, the leaves are easy to harvest and dry. Simply pinch off the leaves at the base of the plant where the leaves connect to the stem. Once you have removed all the leaves, repeat the cookie sheet process mentioned above. Once the flowers and leaves are completely dry, store them in airtight containers. Mason jars work perfectly. Be sure to store the jars in an area that is cool, dry and out of direct light. It is best to label your jars with names and dates so that there is no confusion. Like all dried herbs, Yarrow is best used within a year.

### **How To Use Your Dried Yarrow**

One excellent use for your dried Yarrow is for making delicious medicinal tea. Making Yarrow tea is super easy. All you do is take one heaping teaspoon of dried Yarrow and place it in 1 cup of boiling water and steep for

30 minutes. Yarrow is only effective when warm, so make sure to drink your tea directly after steeping and while warm. It is suggested to drink 3 to 4 cups a day when needed for certain aches and pains and preferably before meals.

Another way to brew Yarrow is in the bathtub. When our boys are sick with a fever I will triple the Yarrow needed for the tea recipe and pour it into their bathwater. This is a really good way to break a fever and to get my little guys feeling better quickly.

I love that feeling I get when I realize the wisdom found in nature and how nature always knows best. It is so cool that what we harvest and preserve in the summer can be used to improve and aid our vitality in the winter! I hope you can get yourself out on a nice hike and harvest plenty of Yarrow. Take the time to dry it out and store it so that you will have an optimized and well-stocked natural medicine cabinet.

And, as always, enjoy today's recipes, keep healthy, stay active and spread the word on why we all just gotta' love Yarrow.