

Mountain Rose Herbs Catalogue

Your online purveyor of organic botanicals



This Catalogue Is Best Viewed While Sipping Tea

Autumn & Winter 2017-18



THE 
ORGANICS
 ISSUE

Welcome to our redesigned Autumn & Winter catalogue. We heard from our readers that you want more recipes, bigger type, more beautiful pictures, and as much information about our products as we could fit on these pages. And we listened! We hope you enjoy our first larger format issue, which we've also devoted to the topic of organics—something that is near and dear to our hearts. Here, our co-owner, Shawn Donnille shares why supporting organic agriculture is a must for Mountain Rose Herbs:

Soil is founded upon a symbiotic relationship with everything around, above, and below it, and when this relationship is altered through chemical means, everything is irretrievably altered. Organic farming methods often involve more labor but take far less of a toll on the environment by soil building, crop rotation, careful harvesting, assimilation of the local environment, and composting. Conventional agricultural methods require large amounts of synthetic chemicals and fertilizers, which are directly sprayed on the crops or injected into the ground. This practice destroys the millions of life forms found in a simple handful of soil, thus stripping the land of the essential building blocks of life.

That's why in 2001 we decided to eradicate all conventionally grown herbs and spices and replace them with organically grown materials. This decision was exclusively based on our determination to conduct our business according to our ecological principles. Back then, it was a revolutionary statement that was a first for our industry.

No matter where you live, you are part of a watershed and that watershed has a name. Everything you spray, flush, discard, or dispose of enters your watershed. Much to the detriment of our environmental heritage, our watersheds are in a horrible state with all life hanging in a precarious balance. Conventional non-organic farms apply to their crops thousands of pounds of synthetic herbicides, pesticides, and chemical fertilizers and all of this will enter our watershed in the form of run-off and bio-accumulation. This seemingly simple act contaminates our rivers, lakes, and groundwater supply, thereby poisoning our fish, wildlife, and our communities. Organic farming methods do not rely on such intensive acts, and many city and county governments have encouraged organic farms to establish themselves next to waterways to protect the immediate watershed.

The beauty and splendor of the natural world is awe-inspiring for the soul, and it is the perfect balm for our health and wellbeing. This is why Mountain Rose Herbs is committed to organic agriculture. For the health of people and planet, you will never find us offering herbs or spices that are conventionally grown.



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mountainroseherbs.com



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Organic LOOSE-LEAF TEA

Handmade in small batches, our beloved herbal tea blends feature organic and consciously wildharvested herbs. The exceptional white, green, black, and red teas we offer are certified organic and cultivated on tea estates tended by generations of expert growers. These delicacies are delivered to us just after harvest to ensure the highest quality, flavor, and freshness before being packaged in recycled, compostable materials. Enjoy every wonderful drop!



The more you buy, the more you save!
See page 46 for details.

ORGANIC HERBAL TEA

5th Chakra | Organic | Caffeine-free

Slightly spicy yet comforting, this rooty blend is inspired by the 5th chakra, your throat. Brew as a decoction or infusion. Licorice°, marshmallow root°, *Echinacea purpurea* root°, orange peel°, cinnamon°, ginger°, fennel°, and cloves°+.

4 oz. \$9.25 8 oz. \$14.50 1 lb. \$25.00

21st Century | Organic | Caffeine-free

Motivating, wholesome, and super tasty, our 21st Century Tea is blended to support you through the hustle and bustle of daily life. Enjoy as an infusion any time of day. Nettle leaf°, red clover blossoms°, elder berries°, alfalfa°, red clover herb°, St. John's wort°, sage°, and ginger°.

4 oz. \$10.25 8 oz. \$16.25 1 lb. \$28.00

Blossoms of Health | Organic | Caffeine-free

This spirited, uplifting, and energizing infusion has a green flavor with floral highlights. Red clover herb°, nettle leaf°, ginkgo°, red clover blossoms°, meadowsweet herb°, calendula°, gotu kola°, lavender°, chamomile°, and stevia°.

4 oz. \$10.00 8 oz. \$15.75 1 lb. \$27.00

Chamomile | Organic | Caffeine-free

An aromatic and flavorful tea made from whole chamomile flowers. Great after dinner and useful just before bed. This grounding infusion is lovely with a little milk and honey. 100% organic chamomile flowers°.

4 oz. \$9.00 8 oz. \$14.50 1 lb. \$25.00

Dawn Chorus | Organic | Fair trade ingredients | Caffeine-free

Gentle yet full of heart and substance, this mildly sweet nettle-based infusion is the perfect way to start your morning and makes a wonderful pick-me-up for any time of day. Nettle leaf°, green rooibos tea°+, and rose petals°.

4 oz. \$9.25 8 oz. \$14.50 1 lb. \$25.00

Dream | Organic | Caffeine-free

Based on an ancient formula said to evoke powerful and colorful dreams, this infusion is lightly minty with a floral flavor. Peppermint°, chamomile°, gotu kola°, mugwort°, damiana°, rosemary°, rose petals°, and stevia°.

4 oz. \$9.25 8 oz. \$14.50 1 lb. \$25.00

Easy Day | Organic | Caffeine-free

This herbalicious infusion is full of green zest, with hints of berry and mint. Take a moment to relax and enjoy hot or iced. Blackberry leaf°, linden°, peppermint°, lemon balm°, and marshmallow leaf°.

4 oz. \$8.50 8 oz. \$13.25 1 lb. \$23.00

Echinacea & Roots | Caffeine-free

A full-flavored decoction with a rooty flavor, blended to support your natural resistance year-round. Pau d' arco, *Echinacea purpurea* root°, dandelion root° (raw and roasted), cinnamon°, burdock°, sassafras bark, ginger°, and stevia°.

4 oz. n/a 8 oz. \$14.50 1 lb. \$25.00

Evening Repose | Organic | Caffeine-free

Enjoy the dance of twilight while savoring the tranquility in this calming tea. This beautiful infusion combines the robust flavors of flowers with mint, creating the perfect cup for relaxation. Chamomile°, peppermint°, spearmint°, lavender°, lemon verbena°, cornflowers°, rose petals°, and stevia°.

4 oz. \$9.25 8 oz. \$14.50 1 lb. \$25.00

Fairytale | Organic | Caffeine-free

Delightful and inspiring, this whimsical infusion is perfect for storytime or bedtime. Calendula°, red clover herb°, spearmint°, lavender°, lemon balm°, catnip°, oatstraw°, lemon peel°, skullcap°, chamomile°, thyme°, and stevia°.

4 oz. \$10.50 8 oz. \$16.75 1 lb. \$29.00

Fecundi-Tea | Organic | Caffeine-free

This flavorful and nourishing blend was crafted for expecting mothers ("fecundity" is our ability to reproduce). Enjoy as a warming infusion or brew as a sun tea and serve over ice. Spearmint°, lemon balm°, nettle leaf°, dandelion leaf°, raspberry leaf°, oatstraw°, alfalfa°, ginger°, and lemon peel°.

4 oz. \$8.75 8 oz. \$14.00 1 lb. \$24.00



Evening Repose Tea

ORGANIC HERBAL TEA

Fidnemed Nighttime | Organic | Caffeine-free

Relax and enjoy this full-flavored infusion blend after a hectic day. With herbaceous green and minty notes, this tea is fitting right before bed. Lemon balm°, hibiscus°, skullcap°, passionflower°, hops°, valerian°, and lavender°.

4 oz. \$10.00 8 oz. \$15.75 1 lb. \$27.00

Flashes | Organic | Caffeine-free

This cooling infusion is helpful during hot power surges. Brew a pot and sip as needed, or refrigerate to enhance the cooling effect. Motherwort°, sage°, dandelion leaf°, chickweed°, elder flowers°, lemon balm°, oatstraw°, and raspberry leaf°.

4 oz. \$8.00 8 oz. \$12.75 1 lb. \$22.00

Forests | Organic | Caffeine-free

Inspired by the forests, the lungs of the earth, this rich decoction is soothing and warming with a robust flavor. Cinnamon°, fennel°, ginger°, licorice°, orange peel°, elecampane°, *Echinacea purpurea* root°, marshmallow root°, and white oak°.

4 oz. \$8.50 8 oz. \$13.25 1 lb. \$23.00

Grateful Heart | Organic | Caffeine-free

This delicious infusion will make your taste buds happy and your heart grateful, while supporting general wellbeing. Hawthorn leaf° & flower°, lemon balm°, rosehips°, dandelion leaf°, ginkgo°, oatstraw°, bilberries°, hawthorn berries°, ginger°, lemon peel°, motherwort°, and meadowsweet flower°.

4 oz. \$9.25 8 oz. \$14.50 1 lb. \$25.00

Happy Man | Organic | Caffeine-free

This down-to-earth decoction is an all-around tonic formulated just for men. Dandelion root°, eleuthero°, burdock°, marshmallow root°, hawthorn berries°, fennel°, nettle root°, oatstraw°, saw palmetto°, and stevia°.

4 oz. \$8.75 8 oz. \$14.00 1 lb. \$24.00

Happy Tummy | Organic | Caffeine-free

This blend of tasty herbs brews a gentle minty infusion that makes a wonderful beverage to sip after a large meal. Catnip°, spearmint°, lemongrass°, calendula°, skullcap°, rosemary°, sage°, and fennel°.

4 oz. \$9.25 8 oz. \$14.50 1 lb. \$25.00

Herbal Coffee | Organic | Caffeine-free

Enjoy this deep and invigorating coffee alternative. This tasty tea has a flavor surprisingly similar to coffee, and it may be brewed as an infusion or a decoction. Roasted dandelion root°, roasted chicory°, roasted carob°, and maca°.

4 oz. \$9.25 8 oz. \$14.50 1 lb. \$25.00

Hibiscus High | Organic | Caffeine-free

The tropical hibiscus flower gives this infusion its unique piquant taste and vibrant color. The rich, fruity flavor has the perfect hint of mint, making a wonderful cup of tea. Hibiscus°, rosehips°, lemongrass°, orange peel°, spearmint°, rose petals°, and stevia°.

4 oz. \$7.75 8 oz. \$12.25 1 lb. \$21.00

Lemon | Organic | Fair trade ingredients | Caffeine-free

A refreshing cup of tea, crafted with the finest lemony herbs. This infusion is great for all ages, and it is extra lovely with a bit of honey. Lemon verbena°, green rooibos tea°+, lemon balm°, lemon peel°, lemongrass°, and lemon flavoring°.

4 oz. \$8.00 8 oz. \$12.75 1 lb. \$22.00

Love | Organic | Caffeine-free

Our brewed ode to love! The floral, sweet flavor of this infusion will arouse your senses and melt away your cares, allowing your heart to become immersed in all that it holds dear. Rose petals°, damiana°, orange peel°, roasted cacao nibs°, cinnamon°, and vanilla°.

4 oz. \$14.25 8 oz. \$22.50 1 lb. \$39.00

Memory Zest | Organic | Caffeine-free

A refreshing infusion designed to help promote feelings of clarity and precision. This minty herbal tea has green undertones and a smooth flavor. Ginkgo°, gotu kola°, peppermint°, red clover herb°, rosemary°, ginger°, and stevia°.

4 oz. \$8.00 8 oz. \$12.75 1 lb. \$22.00



ORGANIC HERBAL TEA

Mint | Organic | Caffeine-free

Simple and minty, this harmonic infusion is delightful, refreshing, and invigorating. This blend is crafted from mints that are grown in the Pacific Northwest. Peppermint°, spearmint°, and peppermint flavoring°.

4 oz. \$8.00 8 oz. \$12.75 1 lb. \$22.00

Moon Ease | Organic | Caffeine-free

Warming and comforting with a hint of mint, this soothing infusion will bring a smile to your face even on the most uncomfortable day. Brew it longer for a deeper ginger flavor. Spearmint°, cramp bark°, vitex°, skullcap°, marshmallow root°, passionflower°, and ginger°.

4 oz. \$9.25 8 oz. \$14.50 1 lb. \$25.00

Nurse-Me Rhyme | Organic | Caffeine-free

This sweet tasting infusion is crafted to support mothers while they are nourishing their little ones. Red rooibos tea°+, raspberry leaf°, lemon balm°, fenugreek°, fennel°, alfalfa°, marshmallow root°, rosehips°, and anise seed°.

4 oz. \$7.75 8 oz. \$12.25 1 lb. \$21.00

Peace | Organic | Caffeine-free

Floral and minty, this calming infusion eases the worries of daily life one sip at a time. One of our original Rosemary Gladstar blends and a favorite for meditation and well-deserved quiet moments. Chamomile°, spearmint°, lavender°, cinnamon°, passionflower°, and rose petals°.

4 oz. \$9.50 8 oz. \$15.00 1 lb. \$26.00

Persephone's | Organic | Caffeine-free

When you're overindulging or under stress, remember to be kind to yourself and your liver with this roasty, bitter decoction. Burdock°, dandelion root°, Oregon grape°, eleuthero°, yellow dock°, and milk thistle°.

4 oz. \$8.75 8 oz. \$14.00 1 lb. \$24.00

Pollinator | Organic | Caffeine-free

Inspired by our pollinating friends, this infusion creates a cup that is sweet yet savory with an abundance of floral notes. We donate 5% of the sales from this tasty tea to the nonprofit organization Beyond Toxics and its campaign to save pollinators. Peppermint°, lemon balm°, dandelion leaf°, lavender°, *Echinacea purpurea* herb°, yarrow°, sunflower petals°, thyme°, and wood betony°.

4 oz. \$8.75 8 oz. \$14.00 1 lb. \$24.00

Quiet Child | Organic | Caffeine-free

With a fruity yet minty flavor and calming influence, this infusion is perfect for all ages. Enjoy a cup before bedtime or when you need a moment to rejuvenate. Spearmint°, catnip°, chamomile°, skullcap°, raspberry leaf°, calendula°, and stevia°.

4 oz. \$9.25 8 oz. \$14.50 1 lb. \$25.00

Seasons of Discontent | Organic | Caffeine-free

Cool and minty with citrus undertones, this refreshing infusion may calm the occasional discomforts associated with spring. Nettle leaf°, fennel°, lemongrass°, spearmint°, bee pollen°, calendula°, peppermint°, red clover herb° and blossoms°, lavender°, blue vervain°, and stevia°.

4 oz. \$9.25 8 oz. \$14.50 1 lb. \$25.00

The Blues | Organic | Caffeine-free

Blended with organic goodness to promote general wellbeing, this infusion is mild enough to enjoy a daily cup or makes a delightful pick-me-up for isolated times of need. Nettle leaf°, St. John's wort°, damiana°, spearmint°, valerian°, and stevia°.

4 oz. \$8.75 8 oz. \$14.00 1 lb. \$24.00

Vita-Blend | Organic | Caffeine-free

This herbaceous infusion has just the right balance of botanicals to keep you going. This is one of our many tea blends based on an original Rosemary Gladstar formula. Hibiscus°, peppermint°, lemongrass°, red clover herb°, nettle leaf°, alfalfa°, oatstraw°, and horsetail°.

4 oz. \$6.75 8 oz. \$10.50 1 lb. \$18.00

From top to bottom:
Peace Tea, Love Tea,
Hibiscus High Tea

ORGANIC HERBAL TEA

Winter Spice | Organic | Caffeine-free

This warming, festive decoction brews a perfect cup of tea for cold winter evenings or cool summer nights under the stars. Eleuthero°, cinnamon°, roasted dandelion root°, astragalus°, orange peel°, ginger°, roasted chicory°, licorice°, cardamom seed°, and cloves°+.

4 oz. \$8.00 8 oz. \$12.75 1 lb. \$22.00

Wise Woman | Organic | Caffeine-free

This infusion was designed to gently calm, cool, and balance. It offers a grounding herbal flavored cup of tea for times of transition. Motherwort°, nettle leaf°, sage°, lemon balm°, vitex°, mugwort°, and horsetail°.

4 oz. \$8.00 8 oz. \$12.75 1 lb. \$22.00

Women's Balancing | Organic | Caffeine-free

Rich, delicious, and full of flavor, this balancing and toning infusion is an ideal everyday drink. Peppermint°, nettle leaf°, raspberry leaf°, ginger°, dandelion leaf°, oatstraw°, horsetail°, chamomile°, rose petals°, and stevia°.

4 oz. \$8.75 8 oz. \$14.00 1 lb. \$24.00

ORGANIC RED TEA

Coconut Rooibos | Organic | Fair trade ingredients | Caffeine-free

This luxurious tea marries red rooibos with a delightful coconut flavor. The alluring aroma will leave you relaxed and refreshed, like a tropical vacation. Red rooibos tea°+, coconut flakes°, acai berry°, and coconut flavoring°.

4 oz. \$7.00 8 oz. \$11.00 1 lb. \$19.00

Green Rooibos | Organic | Fair trade | Caffeine-free

This unfermented tea comes to us from *Aspalanthus linearis* leaves. Green rooibos produces a golden amber-red hue when brewed. It is a favorite among herbal tea drinkers and a perfect choice for those who find red rooibos too sweet.

4 oz. \$4.75 8 oz. \$7.50 1 lb. \$13.00

Honeybush | Organic | Caffeine-free

A naturally sweet and fruity delight, this magnificent tea has a smooth and fruitful body. Honeybush tea (*Cyclopia intermedia*) is a prized treasure for children and those that enjoy a simple yet flavorful tea.

4 oz. \$6.00 8 oz. \$9.25 1 lb. \$16.00

Honeyroo | Organic | Fair trade ingredients | Caffeine-free

This delectable tea blend delivers the benefits of red rooibos and the natural sweetness of honeybush in a delicately fragrant and flavorful cup. Red rooibos tea°+ and honeybush tea°.

4 oz. \$6.00 8 oz. \$9.25 1 lb. \$16.00

Red Rooibos | Organic | Fair trade | Caffeine-free

Red rooibos (*Aspalanthus linearis*) is an exquisite tea from the mountain peaks of South Africa. Naturally sweet and smooth with an aromatic aftertaste, each cup has a hearty red color and warm scent.

4 oz. \$4.75 8 oz. \$7.50 1 lb. \$13.00

NEW! Rooibos Earl Grey | Organic | Fair trade | Caffeine-free

With smooth floral undertones and a subtle citrus finish, this grounding tea combines organic red rooibos with a touch of bergamot oil. Creating a perfect cup either hot or iced, and wonderful with a little milk.

4 oz. \$7.75 8 oz. \$12.25 1 lb. \$21.00

Vanilla Rooibos | Organic | Fair trade | Caffeine-free

This luscious, aromatic tea promotes the benefits of red rooibos blended to perfection with organic vanilla. A tasty beverage sure to excite the senses! Red rooibos tea°+, elder flowers°, and French vanilla flavoring°.

4 oz. \$7.75 8 oz. \$12.25 1 lb. \$21.00



ORGANIC CHAI

Classic Chai | Organic | Fair trade ingredients | Contains caffeine

Warm and spicy, this original blend is based on classic chai spices. When combined they brew an aromatic cup that is deep and earthy. Enjoy this infusion in water or milk. Ginger°, cinnamon°+, Darjeeling tea°+, cardamom hulled° and whole pods°, cloves°, and nutmeg°+.

4 oz. \$8.75 8 oz. \$14.00 1 lb. \$24.00

Firefly Chai | Organic | Fair trade ingredients | Caffeine-free

This red tea version of our Classic Chai has a smooth aromatic and spicy flavor. This comforting infusion can be savored in water or milk, and makes a warming night-time tea. Ginger°, cinnamon°+, red rooibos tea°+, cardamom hulled° and whole pods°, cloves°+, and nutmeg°+.

4 oz. \$8.00 8 oz. \$12.75 1 lb. \$22.00

Holy Basil Chai | Organic | Fair trade ingredients | Caffeine-free

Robust with a sweet floral aroma, this Ayurvedic infusion is a stunning balance of traditional warming chai spices and floral, earthy flavors. Holy basil rama°, cinnamon°+, ginger°, cardamom hulled° and whole pods°, cloves°+, fennel°, vanilla°, and long pepper°+.

4 oz. \$10.25 8 oz. \$16.25 1 lb. \$28.00

Turmeric Chai | Organic | Fair trade ingredients | Caffeine-free

This unique play on chai spices has a rooty turmeric flavor and spicy cayenne bite. Earthy and aromatic, it brews well in water and is extra tasty with your favorite milk. Cinnamon°+, ginger°, turmeric°+, cardamom hulled° and whole pods°, fennel°, cloves°+, black pepper°+, and cayenne°+.

4 oz. \$8.00 8 oz. \$12.75 1 lb. \$22.00

ORGANIC MATÉ & GUAYUSA

Mint Chocolate Maté | Organic | Fair trade ingredients | Contains caffeine

Refreshing and smooth, this synergistic infusion creates a rich cup of tea that could easily be considered dessert. Treat yourself and friends to a bright, minty delight. Yerba maté°+, peppermint°, roasted cacao nibs°+, roasted carob°, vanilla°, and roasted cacao powder°+.

4 oz. \$10.50 8 oz. \$16.75 1 lb. \$29.00

Yerba Maté | Organic | Fair trade | Contains caffeine

A traditional South American drink, this stimulating infusion is brewed from the dried leaf and stem of the rainforest holly *Ilex paraguariensis*. It has a smooth, full-bodied flavor with a distinctive earthy green aroma. Infusion time and methods vary and are dependent on flavor preference.

4 oz. \$4.75 8 oz. \$7.50 1 lb. \$13.00

Guayusa | Organic | Contains caffeine

Another favorite from South America, *Ilex guayusa* is the botanical cousin to yerba maté. This grassy-tasting tea has a full-bodied green flavor that can brew slightly cloudy. Comparable to yerba maté, some find a cup of guayusa more appealing and not as strongly flavored.

4 oz. \$8.50 8 oz. \$13.25 1 lb. \$23.00

Tropical Guayusa | Organic | Contains caffeine

This blend is smooth and delightful, combining the synergistic flavors of coconut and lemongrass with South American guayusa. This balanced yet festive infusion will transport you to a sandy beach. Guayusa tea°, lemongrass°, coconut flakes°, and coconut flavoring°.

4 oz. \$8.00 8 oz. \$12.50 1 lb. \$21.50

From top to bottom:
Yerba Maté, Turmeric Chai,
Women's Balancing Tea

One pound teas qualify for our bulk discount!
See page 46 for details.

Reviving a

FORGOTTEN TEA

Growing Region

Deep in the Himalayan foothills just west of Nepal is a relatively unknown tea region: Kumaon. In the springtime, these hillsides are awash in green. Lush, vibrantly hued tea plants that smell as intoxicating as they taste, grow between stands of conifers. This is where you'll find Desmond, the manager of our certified organic Kumaon tea operations.

Cultivation began in Kumaon in the 1830s, when the British East India Company was searching for places to grow tea. They established experimental plots using Chinese seeds more than 15 years before Scottish botanist Robert Fortune's legendary saplings reached India's shores. The *Camellia sinensis* took well to Kumaon soils, and the plant thrived.

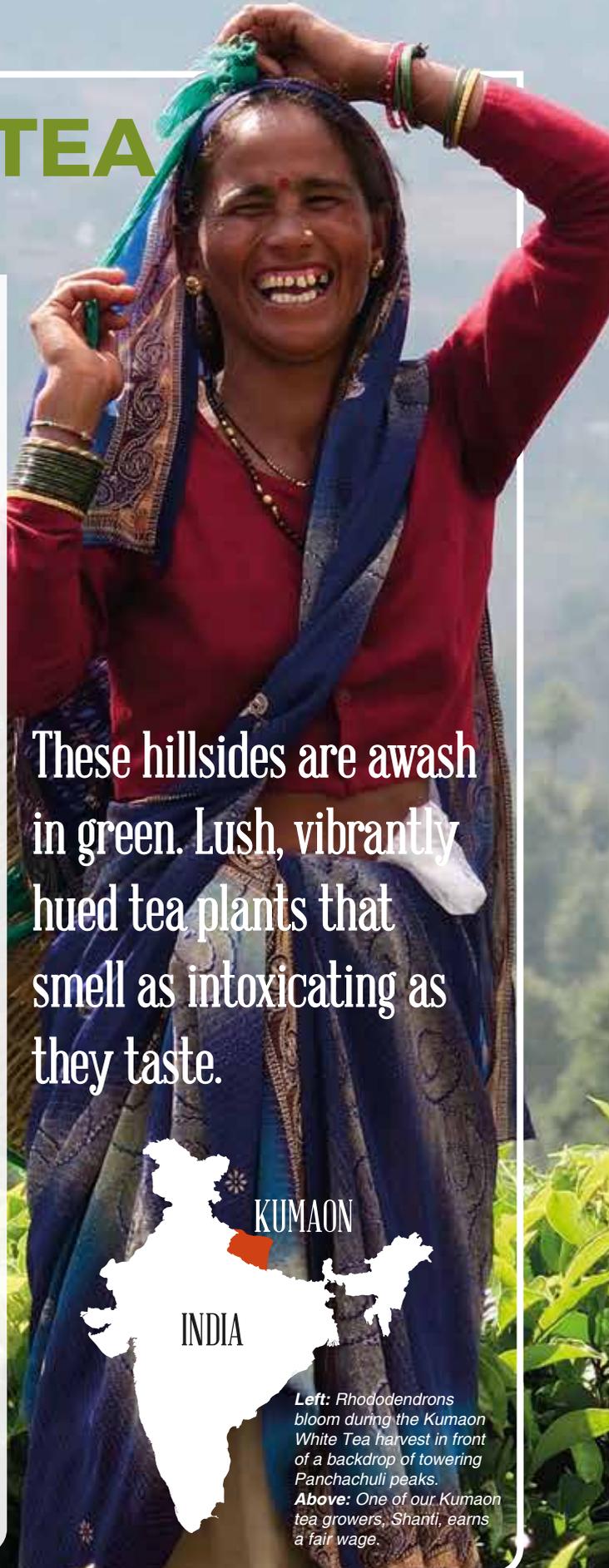


While the tea was well received, the region was challenged by its distance from ports, and a strong lobby of growers based in Calcutta kept resources flowing to Assam and Darjeeling. As a result the experimental plots were abandoned, and for 150 years the resilient tea bushes flourished, untouched in the wild.

In the 1930s, a group of six families (including Desmond's grandparents) moved from Sri Lanka to Kumaon specifically to revitalize the tea gardens there. For 70 years, those families have combatted the challenges that plagued the initial growers—extreme isolation and a lack of resources thanks to a continued focus on Darjeeling and Assam.

Then in the 1990s, the state government began a project to create rural livelihoods. After considering several other crops, they settled on tea because of its hardiness—standing up to rain and hail—and because the wild monkeys that run rampant in these Himalayan hillsides won't steal its fruit.

Today, Desmond oversees a sustainable model for tea production that brings much-needed work to the villagers. We are pleased to offer this certified organic tea. It not only provides economic opportunities for the people in this isolated area, but it also has a unique and delicate honeydew flavor that our tea tasters absolutely love!



These hillsides are awash in green. Lush, vibrantly hued tea plants that smell as intoxicating as they taste.



Left: Rhododendrons bloom during the Kumaon White Tea harvest in front of a backdrop of towering Panchachuli peaks.
Above: One of our Kumaon tea growers, Shanti, earns a fair wage.

ORGANIC BLACK TEA

Ancient Forest | Organic | Fair trade | Contains caffeine

Bold, dark, and inviting, this highly esteemed tea is carefully harvested from stands of protected ancient tea plants in the Yunnan province of China.

4 oz. \$11.25 8 oz. \$18.00 1 lb. \$31.00

Assam | Organic | Fair trade | Contains caffeine

This fine, full-bodied tea is crafted by the master tea producers of the Assam region in India. Considered a morning favorite, this tea brews a rich cup with crisp flavors that have a slightly malty finish.

4 oz. \$6.75 8 oz. \$10.50 1 lb. \$18.00

Ceylon | Organic | Fair trade | Contains caffeine

This classic black tea has a smooth taste that is slightly floral, with a subtle tannic linger and deep aroma.

4 oz. \$10.50 8 oz. \$16.75 1 lb. \$29.00

Darjeeling | Organic | Fair trade | Contains caffeine

A true unblended Darjeeling tea that is subtle and unique, with a mildly astringent note and grounding taste.

4 oz. \$8.75 8 oz. \$14.00 1 lb. \$24.00

Earl Grey | Organic | Fair trade | Contains caffeine

This flavorful black tea is blended with bergamot, creating an energetic cup infused with citrus notes. Lovely on its own yet often served with lemon.

4 oz. \$7.00 8 oz. \$11.00 1 lb. \$19.00

English Breakfast | Organic | Fair trade | Contains caffeine

Start your morning with this well-known black tea. Robust and satisfying, English Breakfast brews a hearty cup served with honey and milk or as a classic sun tea.

4 oz. \$6.50 8 oz. \$10.25 1 lb. \$17.50

NEW! Kumaon Black | Organic | Contains caffeine

This rare, organic tea hails from a Himalayan tea-producing region in northern India. Fragrant with a light body reminiscent of Darjeeling, its unique and festive vegetal finish sets it apart. Learn more about our Kumaon growers on page 10.

4 oz. \$16.00 8 oz. \$25.50 1 lb. \$44.00

Lapsang Souchong | Organic | Fair trade | Contains caffeine

Mature tea leaves are smoked over smoldering spruce wood to create this intoxicating and alluring tea with a distinctive smoky flavor. This rich tea brews a strong cup for sipping and makes a smoky addition to culinary creations.

4 oz. \$9.75 8 oz. \$15.25 1 lb. \$26.50

Mango Ceylon | Organic | Fair trade | Contains caffeine

This fruity delight blends Ceylon tea with the essence of mango and marigold petals. Semi-sweet with a soft tannic finish, enjoy this infusion hot or iced.

4 oz. \$10.00 8 oz. \$15.75 1 lb. \$27.00

Nepalese Black | Organic | Contains caffeine

This remarkable tea from the Himalayan region of Nepal is sophisticated and complex. Floral notes and a smooth, lightly tannic finish make this a wonderful tea for any time of day.

4 oz. \$12.75 8 oz. \$20.25 1 lb. \$35.00

Orange Spice | Organic | Fair trade | Contains caffeine

This comforting tea combines Ceylon with a warming blend of orange peel, cinnamon, and cloves. A shorter brew time is preferred for this fragrant tea.

4 oz. \$8.00 8 oz. \$12.50 1 lb. \$21.50

Pu'erh | Organic | Fair trade | Contains caffeine

Pu'erh is crafted from sundried tea leaves that are transformed through natural oxidation to a rich, blackish-red color. This creates a cup that is deep and earthy with mossy notes and tannic undertones.

4 oz. \$9.75 8 oz. \$15.25 1 lb. \$26.50

Vanilla Black | Organic | Fair trade | Contains caffeine

This intoxicating blend combines crisp black tea with floral vanilla notes. Assam tea⁺, elder flowers^o, and French vanilla flavoring^o.

4 oz. \$9.50 8 oz. \$15.00 1 lb. \$26.00



Ceylon Tea brewed in Contemporary Glass Teapot

ORGANIC GREEN TEA

Dao Ren | Organic | Contains caffeine

This exceptional green tea gets its name from the Dao Ren Peak in the Zhejiang province of China. It is carefully gathered during the spring to yield a cup with a delicate, pronounced flavor and soft, fruity notes.

4 oz. \$10.50 8 oz. \$16.75 1 lb. \$29.00

Genmaicha | Organic | Fair trade | Contains caffeine

This flavorful classic combines fresh green sencha with roasted brown rice. The sweetly toasted taste beautifully complements the full-bodied green tea, which makes a wonderful afternoon beverage.

4 oz. \$8.00 8 oz. \$12.50 1 lb. \$21.50

Green Earl Grey | Organic | Fair trade | Contains caffeine

A rich and floral green tea, kissed with the citrus notes of bergamot. Delicate and refreshing, this tea is a great way to start your day. Less astringent than traditional Earl Grey, this decadent tea shines with a bit of cream and honey.

4 oz. \$9.25 8 oz. \$14.50 1 lb. \$25.00

Green Sencha | Organic | Contains caffeine

This delicate tea is made from the season's fresh harvest of the first young tea leaves. It brews a vibrant color with sharp flavors that are green and tannic. Brew times vary depending on personal flavor preference.

4 oz. \$16.75 8 oz. \$26.50 1 lb. \$46.00

Green Sunrise | Organic | Contains caffeine

This harmonious blend provides a heightened sense of relaxation. Each golden brewed cup has a full-bodied citrus flavor and smooth, floral finish. Dao Ren tea°, chamomile°, lemon peel°, ginger°, and lemon flavoring°.

4 oz. \$9.25 8 oz. \$14.75 1 lb. \$25.50

Gunpowder Green | Organic | Fair trade | Contains caffeine

This hearty green tea got its name when it was originally rolled tightly to preserve freshness during long voyages overseas. Astringent and mildly bitter, this well-rounded tea can be enjoyed alone or with a pinch of stevia or spearmint.

4 oz. \$8.00 8 oz. \$12.75 1 lb. \$22.00

Houjicha | Organic | Contains caffeine

Freshly picked tea leaves are slow-roasted to create this unique tea. This process yields a cup which produces a lovely amber color and smooth texture without the tannic sharpness of traditional green teas.

4 oz. \$8.50 8 oz. \$13.25 1 lb. \$23.00

Jasmine Green | Organic | Fair trade | Contains caffeine

This fragrant tea brews a floral cup that is full of flavor. Green tea leaves are infused with jasmine flowers to create a bold cup. Longer brews can be overly tannic; we suggest starting with a one minute brew.

4 oz. \$12.75 8 oz. \$20.25 1 lb. \$35.00

Jasmine Pearls | Organic | Contains caffeine

This delectable tea is made from long tea leaves that are rolled into tight pearls. These beauties are infused with jasmine blossoms creating a perfumed cup.

4 oz. \$34.25 8 oz. \$54.75 1 lb. \$95.00

Kukicha | Organic | Contains caffeine

Kukicha is harvested from the twigs and stems of the tea plant. After the correct aging, the twigs are toasted, creating a unique tea that is smooth and slightly sweet yet smoky.

4 oz. \$8.75 8 oz. \$14.00 1 lb. \$24.00

Spring Green | Organic | Contains caffeine

This alluring green tea, also known as Guo Lu, is harvested in the spring. These delicate leaves yield a cup with a subtle flavor and a slightly fruity aftertaste.

4 oz. \$11.25 8 oz. \$18.00 1 lb. \$31.00

Tulsi Delight | Organic | Contains caffeine

This delightful blend is filled with Ayurvedic inspiration, and it has a sweet herbal aroma with a slightly minty top note. Holy basil rama°, Dao Ren tea°, peppermint°, lemongrass°, hibiscus°, and ginger°.

4 oz. \$7.75 8 oz. \$12.25 1 lb. \$21.00



From top to bottom:
Matcha Whisk, Matcha Spoon,
3.5 oz. Matcha Tea

ORGANIC WHITE TEA

NEW! Kumaon White | Organic | Contains caffeine

This white tea from the Kumaon region of India is sweet and grassy with a subtle fruity finish. It has a unique green taste that resembles honeydew melon, and it brews a cup with a fresh, delicate, and vibrant aroma. Learn more about our Kumaon growers on page 10.

4 oz. \$16.25 8 oz. \$26.00 1 lb. \$45.00

White Peony | Organic | Contains caffeine

Our white peony tea is picked early in the season when the buds are new, producing a mildly sweet, less astringent flavor that is smooth and delicate.

4 oz. \$9.75 8 oz. \$15.25 1 lb. \$26.50

White Silver Needle | Organic | Contains caffeine

This exceptional tea is handpicked from unopened leaf buds and is harvested for only a few days each spring. It has a clean, crisp flavor that is mildly sweet with a floral finish.

4 oz. \$41.50 8 oz. \$66.25 1 lb. \$115.00

ORGANIC OOLONG

Light Oolong | Organic | Contains caffeine

This mellow tea is well-balanced with a light, grassy flavor and deliciously smooth aftertaste. It is not as tannic as our traditional oolong tea, and it brews a beautiful light yellow or soft green cup of tea.

4 oz. \$18.50 8 oz. \$29.50 1 lb. \$51.00

Oolong | Organic | Contains caffeine

Lightly perfumed with hints of green flavor, this well-rounded wuyi-style oolong is perfect for the everyday tea drinker.

4 oz. \$12.25 8 oz. \$19.50 1 lb. \$34.00

ORGANIC MATCHA TEA & TOOLS

Matcha Tea | Organic | Contains caffeine

With deep, historic roots in Japanese tea ceremonies, this finely powdered green tea is delicious. It can be whisked hot in the traditional preparation, combined with milk and honey for a green tea latte, or used to make ice cream, cupcakes, or shortbread cookies. Ceremonial grade.

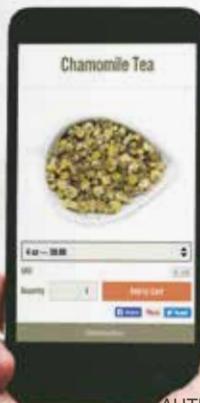
3.5 oz. glass jar \$23.50 | 8 oz. \$46.75 | 1 lb. \$81.00

Matcha Spoon | \$3.75

Matcha Whisk | \$15.75

Matcha Tea Set | \$38.00

This gift set includes a matcha bowl, bamboo whisk, and bamboo spoon.



Search our online shop for more info on your favorite herbal goods.

ORGANIC FLOWERING TEA

Evening Star | Organic | Contains caffeine | \$15.00

In this splendid tea, whole green tea leaves are sewn together around a jasmine flower. When the bud unfurls, the floral bouquet slowly unveils itself, steeping a cup with balanced, floral sweetness. Includes 10 flowering buds.

Marigold Embrace | Organic | Contains caffeine | \$15.00

Waiting inside these green tea leaves is a sunny yellow marigold flower. As the tea bud unfolds, the flower shines, brewing a tea with a mellow, nutty flavor and hint of flowers. Includes 10 flowering buds.

Dawn's Delight | Organic | Contains caffeine | \$15.00

This divine tea is made with carefully chosen green tea leaves tightly sewn around a loop of jasmine flowers that unveil themselves in a bouquet, creating a smooth flavor and full-bodied infusion. Includes 10 flowering buds.

Rosebud Revealed | Organic | Contains caffeine | \$15.00

This beautiful arrangement is made with fine green tea leaves tied around a delicate bouquet of jasmine and rose flowers. As the tea flower blossoms, it imparts a delicate floral aroma. Includes 10 flowering buds.

Sampler Set | Organic | Contains caffeine | \$15.00

Having trouble choosing between our four beautiful organic flowering teas? Try our sampler set that contains our entire collection of flowering teas. Includes: 2 Evening Star°, 2 Marigold Embrace°, 2 Dawn's Delight°, and 2 Rosebud Revealed°.



From left to right:
Gold Turquoise Set, Gold Red Teapot, Light Blue Set

TEAPOTS

Cast Iron Teapot Black | 40 oz. | \$53.00

This decorative teapot is cast with a nailhead design and comes with a stainless steel infuser and matching trivet. Lead-free, not suitable for the stovetop or dishwasher.

Cast Iron Teapot Gold Red | 30 oz. | \$82.00

This elegant teapot is a brilliant dark red with golden highlights. Lead-free, not suitable for the stovetop or dishwasher.

Cast Iron Teapot Sets

These beautiful teapot sets come with a 27 oz. teapot, stainless steel infuser, trivet, and four 6.5 oz. cast iron cups. Lead-free, not suitable for the stovetop or dishwasher.

Gold Turquoise | \$67.00

Light Blue | \$63.00

Ceramic Teapots | 32 oz. | \$10.00 each

Lead-free and dishwasher safe. Not suitable for stovetop. Choose from: Blue, White, Yellow, Lime Green, or Burgundy.

Glass Teapots

Made from 20% recycled glass, lead-free, fitted glass infuser. Dishwasher and microwave safe. Not suitable for stovetop.

Classic | 32 oz. | \$35.25

Contemporary | 17 oz. | \$19.25

Round Tea Carafe | 20 oz. | \$31.50

This infuser has a stainless steel filter and glass carafe. Easy to use and simple to clean. Not suitable for the stovetop.

Tea Press | 30 oz. | \$35.00

Chrome plunger, glass carafe, stainless steel filter, and extra filter in the lid. Not suitable for the stovetop.

TEA TOOLS

Celestial Tea Strainer | \$7.75

Stainless steel, 2" infuser, and 3 3/4" outer diameter.

Small Mesh Tea Ball Infuser | \$2.75

Stainless steel, 2" infuser, and chain with clip.

Large Mesh Tea Ball Infuser | \$10.00

Stainless steel, 3 3/4" infuser, and chain with clip.

Mesh Teaspoon with Handle | \$3.25

Stainless steel, 1 1/2" infuser with squeeze handle.

Mesh Infuser with Wooden Handle | \$5.50

Stainless steel, 3" infuser with wooden handle.

Disposable Tea Filters

Perfect for infusing loose-leaf tea.

100 ct \$5.25 | 1000 ct \$44.50

Press 'n Brew Tea Bags

Fill and iron closed.

Small Single tea cup, 2 1/4" square.

50 ct \$3.00 | 150 ct \$7.50 | 500 ct \$21.25

Large Teapot or bath bag, 4" x 5".

50 ct \$4.75 | 150 ct \$12.00 | 500 ct \$34.00

Cotton Tea Nets

Choose from 3" small or 4" large.

Each \$2.25 | Two pack of one size \$4.00

Teabag Squeezer | \$4.00

Stainless steel, 5" x 3/4".

Poly Lined Tea Bags

100% compostable! Choose from kraft brown or white. 8" x 3 3/4" x 2 1/2".

Each \$0.40 | 25 ct \$8.50 | 50 ct \$14.50

Teapot Warmer | \$10.55

Suitable for glass and porcelain teapots. Glass tea light candle holder with metal platform.

Tea-To-Go Tea Glass Infuser | 12.85 oz. | \$24.75

BPA-free, poly exterior, glass interior, removable stainless steel screw-on strainer and screw-on lid.

Make Tea Not War Mug | 15 oz. | \$9.00

Lead-free, and made in the USA.

Pesticides Suck! Travel Mug | 14 oz. | \$13.00

Lead-free, and made in the USA.

Support Organic Agriculture Mug | 15 oz. | \$10.00

Lead-free, and made in the USA.

RASPBERRY LEAF TEA

This recipe creates 4 oz. of tea blend.

Raspberry leaf has traditionally been used as a nourishing tonic. It is a balanced herb for everyone of any age thanks to its mildly sweet flavor reminiscent of black tea but without all of the caffeine.

Julie DeBord, our Production Manager who oversees the recipes for our tea and spice blends, loves how this herb is easy on the tummy. This recipe is based on a blend she made during her pregnancy years ago. In this blend, Julie pairs the raspberry leaf with other nutritive herbs like nettle and rosehips—a great and tasty way to take your vitamins!

Ingredients

1 1/2 oz. organic raspberry leaf*

1 oz. organic nettle leaf*

1/2 oz. organic rosehips*

1/2 oz. organic hibiscus flowers*

1/2 oz. organic dried orange peel*

Directions

Blend all ingredients together. Place 1-3 teaspoons of the blend in a tea strainer, Tea-To-Go Infuser, or other tea accessory of choice. Pour freshly boiled water over the blend and let steep covered for at least 5 minutes, or longer to taste. This blend is also wonderful iced!

Measuring Tip

One of the most helpful tools for home tea blending is a small kitchen scale. Measuring herbs by weight instead of volume enables you to maintain the integrity of the blend. If you don't have a scale on hand, you can always order our 1 oz. sizes to help you estimate more accurately.

**Ingredients sold by Mountain Rose Herbs*

*From left to right:
Small Mesh Tea Ball Infuser,
Tea-To-Go Tea Glass Infuser*



Culinary DELIGHTS

Our gourmet seasoning blends, artisan salts, plump peppercorns, and scrumptious culinary oils are the perfect choice for professional and home chefs alike. Renowned for their vibrant colors, unbelievable fragrance, and robust flavor, they will liven up your dinner table fare. Our culinary oils are packaged in reusable glass bottles with a beautiful label featuring botanical illustrations. The small sizes of our bottled peppercorns come with a built-in grinder for easy use and our other bottled spices and salts are packaged in glass bottles perfectly proportioned for the home spice cabinet.



For updated pricing and availability,
visit our website!

CULINARY OILS

Avocado Oil | Organic | Fair trade | **8.5 oz. \$10.50**

The sweet aroma, rich flavor, and buttery texture of this magnificent fruit produces an exceptional, dark green oil. Avocado oil blends well with garlic, lemon, or rosemary and makes a wonderful salad dressing.

Grapeseed Oil | Organic | **8.5 oz. \$19.00**

This unique oil is made from crushing whole raw grape seeds, which creates a bright and complex flavor that is ideal for dressings, marinades, and sautéing.

Hemp Seed Oil | Organic | Non-GMO | **8.5 oz. \$11.00**

This luxurious oil is cold pressed from raw hemp seeds, imparting a luscious deep green hue. The elegant, nutty flavor and light texture makes this oil an ideal choice for raw cuisine, pastas, and herbed salad dressings.

Macadamia Nut Oil | Organic | **8.5 oz. \$26.00**

Made from expeller-pressed macadamia nuts, this pure oil is a unique and decadent treat. This low-heat oil makes an elegant addition to cold dishes.

Olive Oil | Organic | **8.5 oz. \$6.50**

Our pure, extra virgin olive oil is cold-pressed from perfectly ripened organic olives. Luxurious and rich, this fine oil adds a complex flavor to sautéed dishes and cold dressings.

Pumpkin Seed Oil | Organic | **8.5 oz. \$12.00**

The delicious, smooth flavor of cold-pressed raw pumpkin seeds creates a delightfully nutty taste to be savored. Try adding this velvety green-gold oil to homemade pesto, heirloom tomato salads, or drizzle over a warm baguette.

Sesame Oil | Organic | Non-GMO | **8.5 oz. \$6.50**

Expeller pressed from whole sesame seeds, this amber delight is versatile and has earned the title "Queen of Oils." The mild flavor of raw sesame seeds is nutty and delicate, making it a delicious all-purpose oil for any culinary tradition.

Sweet Almond Oil | Organic | **8.5 oz. \$32.50**

This aromatic oil will invigorate the senses with its deep aroma and sweet finish. The delicate flavor makes a gentle cooking oil for both sweet and savory dishes.

Find bulk sizes of these delicious oils starting on page 54.

HERB-MARINATED GOAT CHEESE

Need a quick appetizer using items already in your pantry? This marinated goat cheese is sure to please a crowd. While herbalists know that solar-infused herbal oils are a lovely way to extract botanical goodness for an array of herbal preparations, an infused oil made on the stovetop works well in a pinch. Enjoy this Indian cuisine-inspired combo that is absolutely delicious when marinated with tangy cheese and our lusciously smooth olive oil. Feel free to experiment with whatever you have on hand.

Ingredients

- 2 tsp organic coriander seed*
- 6 organic cardamom pods*
- 2 organic star anise pods*
- 8 organic long pepper berries*
- 1 tsp organic turmeric root*
- 1/2 cup organic extra virgin olive oil*
- 4 oz. organic goat cheese
- Pinch of Cyprus flake salt*

Directions

Lightly crush spices with a mortar and pestle. Then put in a frying pan on very low heat with the olive oil and stir. Heat for 15-30 minutes, checking regularly to ensure spices are not burning. When oil is infused with herby flavor, remove spices with a strainer or cheesecloth and compost. Pour oil over goat cheese and let sit until cool, about 30 minutes. Sprinkle with flake salt and serve with a crusty bread.

**Ingredients sold by Mountain Rose Herbs*



ORGANIC SPICE BLENDS

All Purpose Seasoning | Organic

This versatile blend is the perfect flavor for any dish. Basil°, celery seed°, garlic°, onion°, yellow mustard seed°, black pepper°+, herbs°, and spices°. Salt-free.

Spice bottle \$4.90 8 oz. \$10.00 1 lb. \$17.00

Cajun Seasoning | Organic

A fiery and savory blend of spices typically associated with Southern cooking. Paprika°, garlic°, onion°, cayenne°+, sea salt, black pepper°+, and spices°.

Spice bottle \$4.90 8 oz. \$8.75 1 lb. \$15.00

Caribbean Blend | Organic

This blend is zesty with a piquant flavor. Spice up your favorite dishes or add to homemade salsas. Cilantro°, garlic°, black pepper°+, and herbs°. Salt-free.

Spice bottle \$4.90 8 oz. \$10.00 1 lb. \$17.00

Chili Powder Blend | Organic

This spicy blend captures the flavors of Mexican and Southwestern dishes. Paprika°, garlic°, cayenne°+, sea salt, and herbs°.

Spice bottle \$4.90 8 oz. \$8.25 1 lb. \$14.00

Chinese 5 Spice Blend | Organic

A deeply alluring blend used in dishes throughout China and Southeast Asia. Anise seed°, black pepper°+, fennel seed°, cinnamon°, and clove°+. Salt-free.

Spice bottle \$4.90 8 oz. \$10.00 1 lb. \$17.00

Curry Powder Blend | Organic

Colorful, fragrant, and incredibly rich, this blend is a key ingredient in many classic Indian dishes. Coriander°, turmeric°+, fenugreek°, ginger°, yellow mustard seed°, black pepper°+, cayenne°+, and spices°. Salt-free.

Spice bottle \$4.90 8 oz. \$7.00 1 lb. \$12.00

Garam Masala Blend | Organic

This rich blend is a warming staple in Indian cuisine. Cumin°, coriander°, cardamom°, black pepper°+, cinnamon°, clove°+, and spices°. Salt-free.

Spice bottle \$4.90 8 oz. \$11.00 1 lb. \$19.00

Garlic Pepper | Organic

This quintessential blend has the perfect amount of garlicky flavor needed for any dish. Black pepper°+, garlic°, sea salt, spices°, and herbs°.

Spice bottle \$4.90 8 oz. \$10.00 1 lb. \$17.00

Grilling Herbs | Organic

This blend packs a punch with its bold flavor and permeating aroma. Garlic°, rosemary°, black pepper°+, onion°, thyme°, and herbs°. Salt-free.

Spice bottle \$4.90 8 oz. \$9.25 1 lb. \$16.00

Herbs De Provence | Organic

Sophisticated and floral, this blend is ideal for pastas and light proteins. Thyme°, rosemary°, marjoram°, lavender°, and herbs°. Salt-free.

Spice bottle \$4.90 8 oz. \$10.00 1 lb. \$17.00

Italian Seasoning | Organic

This classic combination of herbs and spices is impeccable on pastas, sauces, and salads. Basil°, oregano°, and rosemary°. Salt-free.

Spice bottle \$4.90 8 oz. \$10.50 1 lb. \$18.00

Lemon Pepper | Organic

This citrus seasoning will add a bright flavor to any dish without overpowering other flavors. Onion°, garlic°, black pepper°+, lemon peel°, sea salt, and spices°.

Spice bottle \$4.90 8 oz. \$9.00 1 lb. \$15.50

Mediterranean Seasoning | Organic

Add classic Mediterranean flavors to your culinary creations. Oregano°, garlic°, rosemary°, fennel°, and thyme°. Salt-free.

Spice bottle \$4.90 8 oz. \$8.75 1 lb. \$15.00

One pound spice blends qualify for our bulk discount!
See page 46 for details.



ORGANIC SPICE BLENDS

5

Ways to Enjoy Pumpkin Pie Spice

- 1 Sprinkled on oatmeal or pancakes
(Breakfast Bowl page 78)
- 2 Mixed into a sage brown butter
pasta sauce
- 3 Used to season roasted veggies like
sweet potatoes and carrots
- 4 In our Sweet Flax Snack recipe
(page 21)
- 5 Stirred into coffee or tea

Mesquite Seasoning | Organic

This smoky seasoning is a must-have for barbecue season. Paprika°, garlic°, onion°, mesquite°, smoked sea salt, chipotle°, black pepper°+, yellow mustard seed°, herbs°, and spices°.

Spice bottle \$4.90 8 oz. \$8.50 1 lb. \$14.50

Mexican Seasoning | Organic

A fiesta for the taste buds! This invigorating blend is ideal for sauces and meats. Cilantro°, onion°, cumin°, chili flakes°+, herbs°, and spices°. Salt-free.

Spice bottle \$4.90 8 oz. \$8.75 1 lb. \$15.00

Pickling Spice | Organic

This sweet and savory blend is a classic addition to homemade pickles. Cinnamon°, yellow and brown mustard seed°, black pepper°+, dill seed°, celery seed°, chili flakes°+, and spices°. Salt-free.

Spice bottle \$4.90 8 oz. \$6.25 1 lb. \$10.50

Pumpkin Pie Spice | Organic

This delightful blend has become an American tradition for flavoring pumpkin pies and baked goods. Cinnamon°, ginger°, nutmeg°+, allspice°, and spices°. Salt-free.

Spice bottle \$4.90 8 oz. \$8.75 1 lb. \$15.00

Thai Curry Blend | Organic

With rich, complex flavors, this seasoning will give your Thai and Szechuan recipes a little spicy kick. Garlic°, onion°, lemon peel°, chili flakes°, sea salt, black pepper°+, herbs°, and spices°.

Spice bottle \$4.90 8 oz. \$8.25 1 lb. \$14.00

West Indies Rub | Organic

An intoxicating and complex blend traditionally used in Caribbean and Jamaican dishes. Garlic°, black pepper°+, sea salt, ginger°, fenugreek°, coriander°, yellow mustard seed°, and spices°.

Spice bottle \$4.90 8 oz. \$7.50 1 lb. \$13.00

PUMPKIN PIE SPICE OLD FASHIONED

This spice blend also makes a delectable addition to a classic Old Fashioned cocktail. While any sweetener and pre-made bitters will do, we've made our recipe extra special by swapping out the traditional sugar with a simple syrup infused with our Love Tea and homemade bitters. Both recipes can be found on our blog: blog.mountainroseherbs.com.

Ingredients

- 1 tsp Love Tea* simple syrup
- 2 oz. bourbon
- 4 droppers of orange* cardamom* bitters
- 2-4 dashes of organic Pumpkin Pie Spice*
- 1 organic orange
- 1 organic cinnamon stick*

Directions

Add simple syrup, bitters, bourbon, and pumpkin pie spice in the bottom of a double Old Fashioned glass. Stir until combined. Peel one large strip of orange zest using a vegetable peeler and twist the peel over the glass, releasing its oils. Wipe the pith-side of the peel around the rim and toss into the glass. Put desired amount of ice in the glass and garnish with a cinnamon stick and orange wedge.

Looking for a mocktail instead of a cocktail? Swap out the bourbon for one part non-alcoholic vanilla extract and two parts sparkling water.

*Ingredients sold by Mountain Rose Herbs



SALT & PEPPERCORNS

Black Lava Salt

Infused with activated charcoal, which is helpful for removing impurities, this salt is packed with essential minerals.

Spice bottle \$4.90 1 lb. \$8.00 5 lb. \$32.00

Celery Salt | Organic

Add new dimension to your salt flavorings with this combination of crisp sea salt and ground celery seed°.

Spice bottle \$4.90 8 oz. \$5.25 1 lb. \$9.00

Cyprus Flake Salt

This Mediterranean delight is known for its distinctive pyramid shape, light texture, and mild taste.

Spice bottle \$4.90 1 lb. \$25.00 5 lb. \$100.00

Himalayan Pink Salt

This delectable salt has beautifully formed crystals which range in color from off-white to lustrous pink.

Spice bottle \$4.90 1 lb. \$6.50 5 lb. \$26.00

Kiawe Smoked Sea Salt

A beauty made with pure Hawaiian sea salt that is slowly cold smoked over sweet kiawe wood chips.

Spice bottle \$4.90 1 lb. \$12.00 5 lb. \$48.00

Red Alaea Salt

This traditional Hawaiian salt has a bold red color and distinctive flavor. It is created when salt naturally mixes with red volcanic clay.

Spice bottle \$4.90 1 lb. \$8.00 5 lb. \$32.00

Seasoning Salt | Organic

A tabletop essential. Sea salt, garlic°, onion°, celery seed°, yellow mustard seed°, paprika°, black pepper°+, spices°, and herbs°.

Spice bottle \$4.90 8 oz. \$6.50 1 lb. \$11.00

Smoked Sea Salt

This Pacific Northwest salt is slow-smoked over alder wood, creating a full-bodied smoky flavor with hints of sweetness.

Spice bottle \$4.90 1 lb. \$11.00 5 lb. \$44.00

Black Peppercorns | Organic | Fair trade

This classic and bold table pepper adds the perfect touch of heat and complexity to any dish.

Spice bottle \$5.90 8 oz. \$10.50 1 lb. \$18.00

Green Peppercorns | Organic | Fair trade

These young green pepper berries are uniquely fruity with a subtle heat. A mild table pepper with a delightfully crisp flavor.

Spice bottle \$5.90 8 oz. \$22.50 1 lb. \$39.00

Long Pepper | Organic | Fair trade

With complex flavors, this spice offers an interesting heat that is slightly musky and reminiscent of tobacco.

Spice bottle \$5.90 8 oz. \$12.75 1 lb. \$22.00

Pink Peppercorns | Organic

These beautiful fuchsia colored berries are strikingly sweet and spicy with a bright citrus aroma.

Spice bottle \$5.90 8 oz. \$40.00 1 lb. \$69.50

Rainbow Peppercorns | Organic

A visually fascinating, aromatic, and flavorful blend of black, white, green, and pink peppercorns.

Spice bottle \$5.90 8 oz. \$25.50 1 lb. \$44.00

Smoked Black Peppercorns | Organic | Fair trade

These wood-smoked peppercorns are smooth and delicate with an exceptional, distinctive smoky flavor.

Spice bottle \$5.90 8 oz. \$11.00 1 lb. \$19.00

White Peppercorns | Organic | Fair trade

These fully ripened berries have a delicate warming flavor that builds peppery momentum with each bite.

Spice bottle \$5.90 8 oz. \$12.25 1 lb. \$21.00

Find ground pepper on page 43.

One pound salts do not qualify for our bulk discount.

*From left to right:
Kiawe Smoked Sea Salt, White Peppercorns,
Himalayan Pink Salt, Rainbow Peppercorns*





NOURISHING AUTUMN RECIPES

We asked our social media community to share their favorite botanical recipes for a chance to win a \$100 Mountain Rose Herbs gift card and be featured in this catalogue. But, we couldn't pick just one ... we picked three!

Winter Miso Mushroom Soup Inspired by Maria Cardinal

Ingredients

- 2 sticks organic celery
- 2 cloves organic garlic
- 2-3 Tbsp chopped organic ginger
- 4 Tbsp organic sesame oil*
- 1 cup organic dried shiitakes*
- 1/2 tsp Himalayan pink salt*
- 1/2 tsp organic ground white pepper*
- 1/2 tsp organic Curry Blend Powder*
- 4 Tbsp organic red miso paste
- Organic rainbow peppercorns*
- 1 organic avocado

Directions

Roughly chop celery, garlic, and ginger and add to medium pot. Sauté with dried shiitake mushrooms in sesame oil for 10 minutes. Add 4 cups boiling water and next 3 spices. Simmer for 15 minutes or until mushrooms and celery are soft. Remove from heat and stir in miso paste. Top with freshly ground rainbow peppercorns and sliced avocado. Serves 3-4.

Sweet Flax Snack Inspired by Susan Bame

Ingredients

- 2 cups organic flax meal*
- 1/2 cup organic dried coconut flakes*
- 1 Tbsp baking powder
- 2 tsp organic Pumpkin Pie Spice*
- 1 tsp fine sea salt*
- 5 organic eggs
- 1/3 cup organic extra virgin olive oil*
- 1/2 cup water
- 1/3 cup maple syrup
- Organic hemp seeds*

Directions

Stir dry ingredients together in a bowl. Mix wet ingredients in blender for 3 seconds and then add to dry ingredients. Stir in any additional ingredients you desire (we tried raisins and chopped walnuts!), and pour batter onto cookie sheet. Bake immediately for 25 minutes at 350° F. Cut into bite-size pieces, top with hemp seeds, and eat! Serves 4.

Creamy Maca Latte Inspired by Rita Gillan

Ingredients

- 2-3 tsp organic Classic Chai Tea*
- 2 Tbsp organic almond butter
- 1-2 Tbsp raw organic honey
- 1 Tbsp organic refined coconut oil*
- 2 tsp organic roasted cacao powder*
- 1 tsp organic maca powder*

Directions

Steep chai in 12 oz. of boiling water for 10 minutes. Add steeped tea and all other ingredients to blender. Blend for 20 seconds or until smooth and frothy. Pour, sip, and enjoy! Makes one heaping latte.

**Ingredients sold by Mountain Rose Herbs*

SPROUTING SEEDS & ACCESSORIES

Sprout Bag | \$16.50

Place seeds in the bag, dip in water, and let sprout. 100% raw hemp bag, machine washable, and long-lasting. Measures 7" x 10 1/2".

Sprout Chart | \$5.50

Engaging and informative wheel chart filled with photos, growing guidelines, taste profiles, recipes, and more.

Sprout Screen | \$3.00

An economical sprouting tool; all you need is a wide-mouth mason jar, some water, and a handful of sprouting seeds. 100% stainless steel.

Sprouting Kit | \$38.00

This complete kit produces up to three different sprouts. Sprinkle seeds onto the trays, add water, and watch your sprouts grow! Measures 6" x 7 1/2".

Leafy Sprouting Seed Blend Organic	1 oz. \$2.50	4 oz. \$5.25	8 oz. \$8.75	1 lb. \$15.00
Spicy Sprouting Seed Blend Organic	1 oz. \$3.25	4 oz. \$7.00	8 oz. \$11.50	1 lb. \$20.00
Alfalfa seed <i>Medicago sativa</i> Organic	1 oz. \$2.00	4 oz. \$4.25	8 oz. \$6.75	1 lb. \$11.50
Broccoli seed <i>Brassica oleracea</i> Organic Non-GMO	1 oz. \$4.00	4 oz. \$9.00	8 oz. \$15.00	1 lb. \$26.00
Buckwheat seed <i>Fagopyrum esculentum</i> Organic	1 oz. \$1.75	4 oz. \$2.25	8 oz. \$3.50	1 lb. \$6.00
Chia seed <i>Salvia hispanica</i> Organic	1 oz. \$1.75	4 oz. \$3.00	8 oz. \$4.75	1 lb. \$8.00
Daikon Radish seed <i>Raphanus sativus</i> Organic	1 oz. \$2.00	4 oz. \$4.25	8 oz. \$6.75	1 lb. \$11.50
Rambo Radish seed <i>Raphanus sativus</i> Organic	1 oz. \$3.50	4 oz. \$7.50	8 oz. \$12.50	1 lb. \$21.50
Red Clover seed <i>Trifolium pratense</i> Organic	1 oz. \$1.75	4 oz. \$3.25	8 oz. \$5.25	1 lb. \$9.00
Red Lentil seed <i>Lens culinaris</i> Organic	1 oz. \$1.75	4 oz. \$2.25	8 oz. \$3.50	1 lb. \$6.00
Wheatgrass seed <i>Triticum sp.</i> Organic Non-GMO	1 oz. \$3.00	4 oz. \$6.50	8 oz. \$10.50	1 lb. \$18.00

MICROGREENS SALAD WITH FENNEL POLLEN

Sprouted seeds make it possible to enjoy fresh greenery on your dinner table year-round! We especially like consuming these beautiful microgreens when our gardens are barren and local farmers markets are closed for the season. They take less than a week to sprout and are so simple to grow! Paired with our fragrant fennel pollen and other tummy-friendly veggies, this zesty salad is delicious on its own, atop a bed of mixed greens, or mixed into a bowl of cooked quinoa. Serves 2.

Ingredients

- 1/4 cup organic hazelnut oil*
- 1 Tbsp Fire Tonic No. 9* (or homemade Fire Cider)
- 1/2 tsp ground Himalayan salt*
- 1/2 tsp organic ground white pepper*
- 2-4 organic radishes, julienned
- 1/2 cup organic apple, julienned
- 1 cup organic fennel bulb, thinly sliced
(if fennel is not available, celery is a good substitute)
- 1 cup organic daikon radish seeds, sprouted*
- 1 cup organic broccoli seeds, sprouted*
- 1-2 tsp organic fennel pollen*
- 2-3 tsp organic roasted hazelnuts, chopped

Directions

- Whisk the oil, Fire Tonic, salt, and pepper until mixture emulsifies. Then toss with next five ingredients.
- Sprinkle with pollen and hazelnuts and serve immediately!

*Ingredients sold by Mountain Rose Herbs



KITCHEN TOOLS

Vase Spice Grinder

Enjoy freshly ground spices, salts, and herbs with one easy twist of these ceramic grinders.

Mini Available in red or black, 4 3/4". | **\$12.50**

Large Black only, 5 1/2". | **\$18.00**

Spice Grater | \$7.75

4 7/8" x 7/16" grating surface.

Nutmeg Grater | \$2.50

Measures 5 1/2". Dishwasher safe.

Mezzaluna Chopper | \$8.25

Double 6" blades with plastic handle.

Marble Mortar and Pestle | \$14.00

Pure polished marble. 4" diameter.

Suribachi | \$18.00

Handcrafted ceramic, 5 3/4" diameter, includes a wooden pestle.

Cheesecloth | \$3.75

Two square yards of unbleached organic cotton.

Mesh Strainers | Small 3" \$4.50 | Large \$6.00

Stainless steel.

Stainless Steel Funnel with Strainer | \$10.75

5" funnel with 1/2" spout and strainer.

Stainless Steel Funnels (set of 3) | \$12.00

Three sizes with long handles. Dishwasher safe.

Plastic Funnels (set of 3) | \$2.50

Dishwasher safe.

Wooden Scoops (set of 3) | \$5.75

Crafted from solid pine.

*From left to right:
Wooden Scoop with Whole
Cardamom Pods, Stainless Steel Funnels,
Mini Red Vase Spice Grinder,
Marble Mortar and Pestle*



Organic AROMATHERAPY

The practice of aromatherapy dates back 8,000 years and captures the powerful aromatic essences from living plants. Our collection of naturally fragrant offerings includes the largest line of certified organic essential oils available. Sourced only from distillers we know and trust, these 100% pure essential oils are a customer favorite. We also work with artisan distillers to craft our hydrosols—aromatic waters with similar properties to essential oils but with a subtler scent and even easier to use in an array of recipes. Plus hand-blended aroma sprays, smudge sticks, candles, and burnable resins to transform any space.



Visit our website for a complete list of products, sizes, descriptions, and color images!

ESSENTIAL OILS

Allspice A,B <i>Pimenta officinalis</i>	1/2 oz. \$13.25	1 oz. \$23.00	4 oz. \$74.00
Amyris <i>Amyris balsamifera</i>	1/2 oz. \$5.25	1 oz. \$9.00	4 oz. \$29.00
Angelica Root A,D <i>Angelica archangelica</i> Organic	1/8 oz. \$46.75	1/4 oz. \$81.00	1/2 oz. \$140.50
Anise Seed A,B <i>Pimpinella anisum</i>	1/2 oz. \$5.00	1 oz. \$8.50	4 oz. \$27.50
Basil A,B,C <i>Ocimum basilicum</i> Organic	1/2 oz. \$8.25	1 oz. \$14.00	4 oz. \$45.00
Bay West Indies A,F <i>Pimenta racemosa</i>	1/2 oz. \$11.00	1 oz. \$19.00	4 oz. \$61.00
Bay Laurel A,B <i>Laurus nobilis</i> Organic	1/2 oz. \$11.50	1 oz. \$20.00	4 oz. \$64.00
Benzoin Absolute A <i>Styrax tonkinensis</i> Organic	1/2 oz. \$9.50	1 oz. \$16.50	4 oz. \$53.00
Bergamot (bergaptene-free) <i>Citrus bergamia</i> Organic	1/2 oz. \$16.50	1 oz. \$28.50	4 oz. \$91.50
Bergamot Mint A,B <i>Mentha citrata</i>	1/2 oz. \$6.50	1 oz. \$11.00	4 oz. \$35.50
Black Pepper A,B,E,F <i>Piper nigrum</i> Organic	1/2 oz. \$15.75	1 oz. \$27.00	4 oz. \$86.50
Black Spruce B,G <i>Picea mariana</i> Organic	1/2 oz. \$20.75	1 oz. \$36.00	4 oz. \$115.50
Cajeput A,B <i>Melaleuca leucadendra</i> Organic	1/2 oz. \$5.75	1 oz. \$10.00	4 oz. \$32.00
Camphor, White A,B,C,E <i>Cinnamomum camphora</i>	1/2 oz. \$3.50	1 oz. \$6.00	4 oz. \$19.50
Cardamom <i>Elettaria cardamomum</i> Organic	1/2 oz. \$20.75	1 oz. \$36.00	4 oz. \$115.50
Carrot Seed A <i>Daucus carota</i> Organic	1/2 oz. \$29.75	1 oz. \$51.50	4 oz. \$165.00
Catnip A <i>Nepeta cataria</i>	1/2 oz. \$40.25	1 oz. \$70.00	4 oz. \$224.00
Cedarwood, Atlas A,B <i>Cedrus atlantica</i> Organic	1/2 oz. \$4.25	1 oz. \$7.00	4 oz. \$22.50
Cedarwood, Virginia B <i>Juniperus virginiana</i>	1/2 oz. \$3.50	1 oz. \$6.00	4 oz. \$19.50
Celery Seed A <i>Apium graveolens</i>	1/2 oz. \$7.50	1 oz. \$13.00	4 oz. \$42.00
Chamomile, Blue B <i>Matricaria recutita</i> Organic	1/8 oz. \$30.50	1/4 oz. \$52.75	1/2 oz. \$91.50
Chamomile, Moroccan <i>Ormenis mixta</i>	1/2 oz. \$42.00	1 oz. \$73.00	4 oz. \$234.00
Chamomile, Roman B <i>Anthemis nobilis</i> Organic	1/8 oz. \$37.00	1/4 oz. \$64.00	1/2 oz. \$111.00
Cinnamon Bark A,F,G <i>Cinnamomum zeylanicum</i> Organic Fair trade	1/2 oz. \$21.50	1 oz. \$37.00	4 oz. \$118.50
Cinnamon Leaf A,B <i>Cinnamomum zeylanicum</i> Organic	1/2 oz. \$5.00	1 oz. \$8.50	4 oz. \$27.50
Cistus A <i>Cistus ladaniferus</i> Organic	1/8 oz. \$23.75	1/4 oz. \$41.25	1/2 oz. \$71.50
Citronella A,B <i>Cymbopogon winterianus</i> Organic	1/2 oz. \$5.25	1 oz. \$9.00	4 oz. \$29.00
Clary Sage A <i>Salvia sclarea</i> Organic	1/2 oz. \$28.25	1 oz. \$49.00	4 oz. \$157.00
Clove Bud A,B,F <i>Syzygium aromaticum</i> Organic Fair trade	1/2 oz. \$7.50	1 oz. \$13.00	4 oz. \$42.00
Combava Petitgrain A,B <i>Citrus hystrix</i> Organic	1/2 oz. \$10.25	1 oz. \$17.50	4 oz. \$56.00
Copaiba Balsam A,B <i>Copaifera officinalis</i> Organic	1/2 oz. \$4.75	1 oz. \$8.00	4 oz. \$26.00
Coriander Seed <i>Coriandrum sativum</i> Organic	1/2 oz. \$12.00	1 oz. \$20.50	4 oz. \$66.00
Cornmint A,B <i>Mentha arvensis</i> Organic	1/2 oz. \$5.25	1 oz. \$9.00	4 oz. \$29.00
Cypress A <i>Cupressus sempervirens</i> Organic	1/2 oz. \$15.7	1 oz. \$27.00	4 oz. \$86.50
Davana A <i>Artemisia pallens</i> Organic	1/2 oz. \$50.25	1 oz. \$87.00	4 oz. \$278.50
Dill Seed <i>Anethum graveolens</i> Organic	1/2 oz. \$8.00	1 oz. \$13.50	4 oz. \$43.50
Douglas Fir A,B <i>Pseudotsuga douglasii</i> Organic	1/2 oz. \$15.00	1 oz. \$26.00	4 oz. \$83.50
Elemi <i>Canarium luzonicum</i>	1/2 oz. \$8.75	1 oz. \$15.00	4 oz. \$48.00
Eucalyptus A,B,E <i>Eucalyptus globulus</i> Organic	1/2 oz. \$4.25	1 oz. \$7.00	4 oz. \$22.50
Eucalyptus, Lemon A,E <i>Eucalyptus citriodora</i> Organic	1/2 oz. \$4.75	1 oz. \$8.00	4 oz. \$26.00
Fennel, Sweet A,B,C,G <i>Foeniculum vulgare</i> Organic	1/2 oz. \$11.50	1 oz. \$20.00	4 oz. \$64.00
Fir Needle B <i>Abies balsamea</i> Organic	1/2 oz. \$7.50	1 oz. \$13.00	4 oz. \$42.00
Frankincense <i>Boswellia carterii</i> Organic	1/2 oz. \$37.50	1 oz. \$65.00	4 oz. \$208.00
Galbanum <i>Ferula galbaniflua</i> Organic	1/2 oz. \$21.25	1 oz. \$37.00	4 oz. \$118.00
Geranium A,B <i>Pelargonium graveolens</i> Organic	1/2 oz. \$19.75	1 oz. \$34.00	4 oz. \$109.00
Ginger B,D <i>Zingiber officinale</i> Organic Fair trade	1/2 oz. \$13.25	1 oz. \$23.00	4 oz. \$74.00
Ginger, Fresh <i>Zingiber officinale</i> Organic	1/2 oz. \$21.50	1 oz. \$37.00	4 oz. \$118.50
Grand Fir B <i>Abies grandis</i> Organic	1/2 oz. \$44.50	1 oz. \$77.00	4 oz. \$246.50

ESSENTIAL OILS

Grapefruit, White B,D <i>Citrus paradisi</i> Organic	1/2 oz. \$10.75	1 oz. \$18.50	4 oz. \$59.50
Helichrysum <i>Helichrysum italicum</i> Organic	1/8 oz. \$41.50	1/4 oz. \$72.00	1/2 oz. \$125.00
Ho Wood <i>Cinnamomum camphora</i>	1/2 oz. \$5.25	1 oz. \$9.00	4 oz. \$29.00
Hops Flower B,G <i>Humulus lupulus</i>	1/8 oz. \$23.00	1/4 oz. \$39.75	1/2 oz. \$69.00
Hyssop A,C <i>Hyssopus officinalis</i> Organic	1/2 oz. \$13.25	1 oz. \$23.00	4 oz. \$74.00
Jasmine Absolute A <i>Jasminum grandiflorum</i>	1/8 oz. \$82.50	1/4 oz. \$143.25	1/2 oz. \$249.00
Juniper Berry B,F <i>Juniperus communis</i> Organic	1/2 oz. \$13.25	1 oz. \$23.00	4 oz. \$74.00
Lavender <i>Lavandula angustifolia</i> Organic	1/2 oz. \$12.75	1 oz. \$22.00	4 oz. \$70.50
Lavender, Spike A,B <i>Lavandula latifolia</i> Organic	1/2 oz. \$10.75	1 oz. \$18.50	4 oz. \$59.50
Lavender 40-42 blend <i>Lavandula spp.</i>	1/2 oz. \$5.50	1 oz. \$9.50	4 oz. \$30.50
Lemon B,D <i>Citrus limon</i> Organic	1/2 oz. \$7.00	1 oz. \$12.00	4 oz. \$38.50
Lemon Balm (Melissa) B <i>Melissa officinalis</i> Organic	1/8 oz. \$97.75	1/4 oz. \$169.75	1/2 oz. \$295.00
Lemon Catnip B <i>Nepita cataria var citriodora</i> Organic	1/8 oz. \$17.75	1/4 oz. \$30.75	1/2 oz. \$53.50
Lemongrass B <i>Cymbopogon flexuosus</i> Organic	1/2 oz. \$4.75	1 oz. \$8.00	4 oz. \$26.00
Lime Peel D <i>Citrus aurantifolia</i> Organic	1/2 oz. \$10.00	1 oz. \$17.00	4 oz. \$54.50
Litsea Cubeba B <i>Litsea cubeba</i> Organic	1/2 oz. \$5.25	1 oz. \$9.00	4 oz. \$29.00
Lovage Leaf A <i>Levisticum officinale</i> Organic	1/2 oz. \$39.50	1 oz. \$68.50	4 oz. \$219.50
Mandarin <i>Citrus reticulata</i> Organic	1/2 oz. \$13.25	1 oz. \$23.00	4 oz. \$74.00
Manuka <i>Leptospermum scoparium</i>	1/2 oz. \$35.00	1 oz. \$60.50	4 oz. \$194.00
Marjoram, Sweet A <i>Origanum majorana</i> Organic	1/2 oz. \$14.50	1 oz. \$25.00	4 oz. \$80.00
Marjoram, Wild A,B <i>Thymus mastichina</i> Organic	1/2 oz. \$12.00	1 oz. \$21.00	4 oz. \$67.25
Myrrh A <i>Commiphora myrrha</i> Organic	1/2 oz. \$31.00	1 oz. \$53.50	4 oz. \$171.50
Myrtle <i>Myrtus communis</i> Organic	1/2 oz. \$20.75	1 oz. \$36.00	4 oz. \$115.50
Neroli <i>Citrus aurantium</i> Organic	1/8 oz. \$69.75	1/4 oz. \$121.25	1/2 oz. \$210.50
Niaouli <i>Melaleuca viridiflora</i> Organic	1/2 oz. \$5.50	1 oz. \$9.50	4 oz. \$30.50
Nutmeg P <i>Myristica fragrans</i> Organic	1/2 oz. \$12.25	1 oz. \$21.00	4 oz. \$67.50
Oak Moss Absolute A,B,C <i>Evernia prunastri</i>	1/2 oz. \$27.75	1 oz. \$48.00	4 oz. \$154.00
Oakwood Absolute A <i>Quercus robur</i>	1/2 oz. \$41.50	1 oz. \$72.00	4 oz. \$230.00
Orange, Bitter B,D <i>Citrus aurantium</i> Organic	1/2 oz. \$7.50	1 oz. \$13.00	4 oz. \$42.00
Orange, Sweet <i>Citrus sinensis</i> Organic	1/2 oz. \$4.50	1 oz. \$7.50	4 oz. \$24.00
Oregano A,B <i>Origanum vulgare</i> Organic	1/2 oz. \$11.00	1 oz. \$19.00	4 oz. \$61.00
Palmarosa <i>Cymbopogon martinii</i> Organic	1/2 oz. \$6.75	1 oz. \$11.50	4 oz. \$37.00
Palo Santo <i>Bursera graveolens</i>	1/2 oz. \$27.75	1 oz. \$48.00	4 oz. \$154.00
Parsley Seed A,B <i>Petroselinum sativum</i>	1/2 oz. \$11.00	1 oz. \$19.00	4 oz. \$61.00
Patchouli <i>Pogostemon cablin</i> Organic	1/2 oz. \$11.25	1 oz. \$19.50	4 oz. \$62.50
Peppermint A,B,C,E <i>Mentha piperita</i> Organic Fair trade	1/2 oz. \$8.75	1 oz. \$15.00	4 oz. \$48.00
Peru Balsam <i>Myroxylon balsamum</i>	1/2 oz. \$10.50	1 oz. \$18.00	4 oz. \$58.00
Petitgrain <i>Citrus aurantium</i> Organic	1/2 oz. \$10.50	1 oz. \$18.00	4 oz. \$58.00
Pink Pepper <i>Schinus molle</i> Organic	1/2 oz. \$14.50	1 oz. \$25.00	4 oz. \$80.00
Poplar Bud Absolute A <i>Populus nigra</i>	1/2 oz. \$58.25	1 oz. \$101.00	4 oz. \$323.50

PACKAGING & STORAGE

All of our essential oils come in amber glass bottles. 1/8 oz. and 1/4 oz. sizes come with a screw cap and separate dropper. We do not recommend using the dropper as a lid. 1/2 oz. and 1 oz. sizes are fit with a euro reducer. 4 oz., 8 oz., and 16 oz. bottles come with a screw cap. We are unable to accept returns on opened 8 oz. and 16 oz. bottles. Store in a cool, dry place out of reach of children and pets. Never use undiluted, in eyes, or on mucus membranes. Do not take internally unless working with a licensed practitioner. If applying an essential oil to your skin, always perform a small patch test before use.

PRECAUTIONS KEY

- A** | Avoid while pregnant or nursing
- B** | May cause skin irritation
- C** | Avoid if prone to epilepsy
- D** | Avoid exposure to sun
- E** | Avoid with homeopathics
- F** | Avoid with liver or kidney problems
- G** | See website for specific warning

ESSENTIAL OILS

Ravensara A,B <i>Agathophyllum aromatica</i> Organic	1/2 oz. \$9.25	1 oz. \$16.00	4 oz. \$51.50
Rose Absolute A <i>Rosa damascena</i>	1/8 oz. \$59.00	1/4 oz. \$102.50	1/2 oz. \$178.25
Rose, Bulgarian <i>Rosa damascena</i> Organic	1/8 oz. \$209.25	1/4 oz. \$363.75	1/2 oz. \$632.50
Rose, Chinese <i>Rosa rugosa</i>	1/8 oz. \$68.75	1/4 oz. \$119.25	1/2 oz. \$207.00
Rosemary A,C,E,G <i>Rosmarinus officinalis</i> Organic	1/2 oz. \$7.50	1 oz. \$13.00	4 oz. \$42.00
Sage, Common A,B,C <i>Salvia officinalis</i> Organic	1/2 oz. \$12.50	1 oz. \$21.50	4 oz. \$69.00
Savory, Winter A,B <i>Satureja montana</i> Organic	1/2 oz. \$12.00	1 oz. \$20.50	4 oz. \$66.00
Sandalwood, Australian <i>Santalum spicatum</i> Organic	1/8 oz. \$29.75	1/4 oz. \$51.50	1/2 oz. \$89.25
Scotch Pine B <i>Pinus sylvestris</i> Organic	1/2 oz. \$7.50	1 oz. \$13.00	4 oz. \$42.00
Spearmint F <i>Mentha spicata</i> Organic Fair trade	1/2 oz. \$6.50	1 oz. \$11.00	4 oz. \$35.50
Spikenard <i>Nardostachys jatamansi</i> Organic	1/2 oz. \$53.50	1 oz. \$93.00	4 oz. \$298.00
St. John's Wort A <i>Hypericum perforatum</i>	1/8 oz. \$23.50	1/4 oz. \$40.75	1/2 oz. \$70.75
Tagetes A,B,D <i>Tagetes minuta</i>	1/2 oz. \$12.75	1 oz. \$22.00	4 oz. \$70.50
Tangerine B <i>Citrus tangerina</i>	1/2 oz. \$3.75	1 oz. \$6.50	4 oz. \$21.00
Tarragon A <i>Artemisia dracunculus</i> Organic	1/2 oz. \$12.00	1 oz. \$21.00	4 oz. \$67.25
Tea Tree A,B <i>Melaleuca alternifolia</i> Organic Fair trade	1/2 oz. \$7.50	1 oz. \$13.00	4 oz. \$42.00
Thyme A,B <i>Thymus vulgaris</i> Organic	1/2 oz. \$21.50	1 oz. \$37.00	4 oz. \$118.50
Turmeric A,B <i>Curcuma longa</i> Organic	1/2 oz. \$4.25	1 oz. \$7.00	4 oz. \$22.50
Valerian B <i>Valeriana sp.</i>	1/2 oz. \$46.75	1 oz. \$81.00	4 oz. \$259.50
Vanilla Absolute <i>Vanilla planifolia</i> Organic	1/8 oz. \$71.50	1/4 oz. \$124.00	1/2 oz. \$215.25
Vetiver <i>Vetiveria zizanioides</i> Organic	1/2 oz. \$35.25	1 oz. \$61.00	4 oz. \$195.50
Vitex A,G <i>Vitex agnus-castus</i> Organic	1/2 oz. \$46.00	1 oz. \$80.00	4 oz. \$256.00
Yarrow, Blue A <i>Achillea millefolium</i> Organic	1/8 oz. \$35.25	1/4 oz. \$61.50	1/2 oz. \$107.00
Ylang Ylang, Complete A <i>Cananga odorata</i> Organic	1/2 oz. \$14.50	1 oz. \$25.00	4 oz. \$80.00

SAMPLER SETS

Aphrodite Sampler | Organic | \$62.00

This intoxicating sampler was created to arouse feelings of love and passion. This collection contains 1/8 oz. bottles of clary sage°, geranium°, mandarin°, palmarosa°, patchouli°, and ylang ylang°, 1/24 oz. bottles of Australian sandalwood° and vanilla° absolute, detailed descriptions, and two glass droppers.

Chakra Sampler | \$52.00

Welcome harmony into your life with essential oil blends that have been crafted for each of the seven chakras. Our chakra sampler contains 1/8 oz. bottles of eight unique blends (one for each chakra), our chakra balance blend, detailed descriptions, and two glass droppers.

Classic Sampler | Organic | \$36.00

This collection of organic essential oils is designed to introduce you to the art of aromatherapy. This set contains 1/8 oz. bottles of our most popular oils, including Atlas cedarwood°, eucalyptus°, geranium°, lavender°, peppermint°, rosemary°, sweet orange°, tea tree°, detailed descriptions, and two glass droppers.



What Quality MEANS TO US

When we ask customers why they choose Mountain Rose Herbs, “quality” pops to the top of the list. It’s a proud moment to realize our relentless quest for the best organic botanicals is something you value too. That’s why we recently sat down with Steven Yeager, our Quality Assurance & Quality Control Director, to find out what he and his lab coat-wearing team do behind the closed doors of our in-house lab—the epicenter of quality here at Mountain Rose Herbs.

Mountain Rose Herbs (MRH): Why is quality so important?

Steven: It’s the foundation of what we do here. A lot of us are herbalists, and we refuse to sell products that we wouldn’t want to use ourselves. We expect our offerings to be safe and effective, and we know our customers do too. A good end product relies on starting with high-quality ingredients.

MRH: Why do we have an in-house quality control lab?

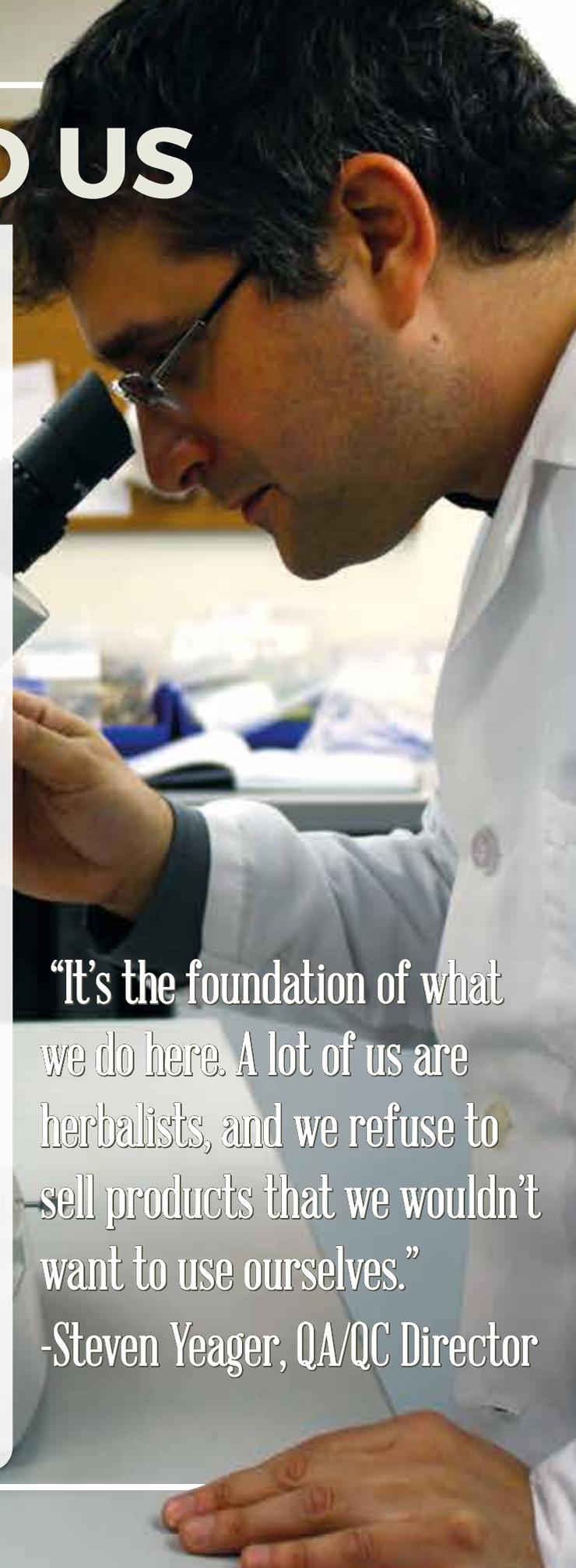
Steven: While it was a big undertaking to initially fund the lab over a decade ago, it’s been well worth it and has really reduced our testing costs over time. And lower costs for us mean safe, quality products at a lower price for our customers! Many companies similar to ours don’t have in-house labs and send their products to third-parties for testing. Our 10 lab staffers are constantly testing our ingredients to ensure they meet our strict specifications and are free from adulterants and contamination.

MRH: What’s new in the lab?

Steven: We just implemented a new testing technology called Gas Chromatography Mass Spectroscopy (GCMS). It will give us the ability to test the identity of our essential oils, which is something we’ve had to rely on third-parties for in the past. By using this technology, we’ll be able to verify that the constituents of the essential oil are what they should be. For example, in peppermint essential oil, we look for a specific level of menthol, and that’s a marker of whether it’s a quality product. Most essential oil companies aren’t doing this level of testing; they just base decisions off good faith agreements. And while we have great relationships with those who craft our essential oils, we still like to make sure we provide the purest form of the oils possible. We take our testing a step further than most other companies because we want to offer only the best.

MRH: How does our commitment to quality impact the number of products that may be out of stock?

Steven: Some may have noticed that we run out of botanicals from time to time. A lot of that is a direct result of our obsession with quality. We’d rather lose business than sell our customers inferior products. Most of our testing goes unnoticed. Customers just expect a good product, and it’s our job to deliver!



“It’s the foundation of what we do here. A lot of us are herbalists, and we refuse to sell products that we wouldn’t want to use ourselves.”

-Steven Yeager, QA/QC Director

DIFFUSERS & CANDLES

AromaMist Ultrasonic Diffuser | \$57.00

The AromaMist diffuser uses water and a few drops of essential oil to create a fragrant mist. Nearly silent with an optional light setting. 6 1/2" x 3 1/4". Includes an AC adaptor.

Aromatherapy Fan Diffuser | \$19.99

This unit uses a ventilation fan to circulate aromatic goodness. Includes a USB cable, five absorbent pads, and LED light. Also operates on three AAA batteries (not included). 3 3/4" x 2 1/4". (5 replacement pads | \$3.50)

Ceramic Diffuser | \$17.50

These beautiful one-piece aroma diffusers are handcrafted in California from durable lead-free ceramic stoneware. Tea light not included. 5 1/4" x 3 1/2".

Electric Diffuser | \$19.95

This device diffuses essential oils using a filter pad and electric coils. Comes with five pads. 4 1/4" x 3". Includes an AC adaptor. (10 replacement pads | \$5.00)

Natura Ultrasonic Diffuser | \$77.00

This stylish diffuser features a natural wood cover, customizable colored lights, and intermittent operation options. 3 1/2" x 8 1/2". Includes an AC adaptor.

Nebulizer with Wooden Base | \$69.99

This beautiful nebulizer features a hardwood base and glass top. No water needed. Essential oils are added directly to the top. High or low speeds that run for two minutes on/one minute off. Optional color-changing light. 3 1/4" x 9 1/2". Includes an AC adaptor. (Glass replacement | \$15.00)

Nebulizer | \$45.00

Add your favorite essential oil to the glass cylinder and plug in. Not recommended for operation in quiet rooms. 5" x 8". Includes an AC adaptor. (Glass replacement | \$25.25)

Terra Cotta Diffusers | \$3.50 each

These charming diffusers are handcrafted from pure terra cotta. Convenient for the car, bathroom, bedroom, or closet. ~1 3/4" in diameter. Choose from: Flower, Leaf, or Spiral.

Soapstone Diffuser | \$14.00

An elegant one-piece diffuser made of hand-carved black soapstone, featuring a leaf and twig pattern. Tea Light not included. 3 3/4" x 2 1/2".

Beeswax Candles

Classic candles made in the US from pure beeswax.

Pillar 4" x 3", burns for 60 hours. | **\$15.75**

Column 4" x 1 1/2", burns for 20 hours | **\$6.75**

Votive 2 1/4" x 1 3/4", burns for 12 hours | **\$3.50**

Soy Candles in a Tin | \$7.00 each

From Way Out Wax. Made with soy wax, essential oils, and a natural lead-free wick. 3 oz. tin for up to 25 hours of burning. Choose from: Sweet Dreams, Escentual Love, Northern Forest, Cozy Home, or Citrus Harmony.

Tea Lights

Our favorite candles for aroma diffusers. 1 1/2" in diameter with an average burn time of four hours.

Beeswax Tea Lights (6 pack) | **\$6.75**

Soy Tea Lights (4 pack) | **\$3.75**

*From left to right:
Beeswax Tea Lights, Natura Ultrasonic Diffuser,
AromaMist Ultrasonic Diffuser, Nebulizer with Wooden Base,
Votive Beeswax Candle*



ORGANIC HYDROSOLS

Bay Laurel | *Laurus nobilis* | Organic

This bright hydrosol has a spicy green, slightly medicinal aroma that is reminiscent of freshly crushed bay leaves. Use as an aftershave or perfume base.

3 oz. \$12.00 8 oz. \$27.75 16 oz. \$48.00 64 oz. \$173.00

Blood Orange | *Citrus sinensis* | Organic

This refreshing hydrosol is sweet sunshine in a bottle. A wonderful toner and unique hydrosol to incorporate into skin cream and body care recipes.

3 oz. \$8.00 8 oz. \$18.00 16 oz. \$31.00 64 oz. \$111.75

Calendula | *Calendula officinalis* | Organic

This true calendula hydrosol has an infinite amount of uses. The aroma is soothing, sweet, and mildly floral. This hydrosol is a splendid facial toner on its own or may be added to your skin care and herbal formulations.

3 oz. \$8.75 8 oz. \$20.00 16 oz. \$34.50 64 oz. \$124.25

Catnip | *Nepeta cataria* | Organic

Relaxing and refreshing for you, an intoxicating delight for your cat, and a great base for outdoor sprays.

3 oz. \$7.00 8 oz. \$15.75 16 oz. \$27.00 64 oz. \$97.25

Chamomile | *Matricaria recutita* | Organic

Best known for its ability to calm and ease with a fruity floral aroma. Chamomile hydrosol makes a delightful room or body spray.

3 oz. \$8.50 8 oz. \$19.50 16 oz. \$33.50 64 oz. \$120.75

Clary Sage | *Salvia sclarea* | Organic

This gentle hydrosol has a pleasantly herbaceous and bittersweet floral aroma. It is reminiscent of its essential oil but has a much softer scent that is grassier and almost tea-like.

3 oz. \$6.25 8 oz. \$14.25 16 oz. \$24.50 64 oz. \$88.25

Cucumber | *Cucumis sativus* | Organic

A refreshing, cooling, crisp aroma that would be perfect as a body splash or used within a scrumptious handmade lotion or aroma spray.

3 oz. \$12.00 8 oz. \$27.75 16 oz. \$48.00 64 oz. \$173.00

Douglas Fir | *Pseudotsuga menziesii* | Organic

With a soft forest-like aroma that has green and slightly balsamic undertones, Douglas fir hydrosol will transport you to the woods.

3 oz. \$7.75 8 oz. \$17.75 16 oz. \$30.50 64 oz. \$110.00

Eucalyptus | *Eucalyptus globulus* | Organic

A pleasant surprise for your senses that is softly camphoraceous and cooling with green undertones. It has easily recognizable eucalyptus accents, but it is not as potent as the essential oil.

3 oz. \$6.25 8 oz. \$14.25 16 oz. \$24.50 64 oz. \$88.25

Frankincense | *Boswellia carteri* | Organic

A powerful hydrosol used in skin care, meditation, energetic work, fragrance blends, and other aromatherapy preparations. This hydrosol has a fresh scent that is resinous and sweet with woody undertones.

3 oz. \$6.25 8 oz. \$14.25 16 oz. \$24.50 64 oz. \$88.25

Helichrysum | *Helichrysum italicum* | Organic

Both grounding and uplifting, this divine hydrosol smells much like a diluted version of its essential oil counterpart. It has a dry-green floral aroma with earthy tea-like back notes.

3 oz. \$5.75 8 oz. \$13.25 16 oz. \$23.00 64 oz. \$83.00

Lavandin | *Lavandula x intermedia* | Organic

This soft floral is mentally relaxing and refreshing. Unlike lavender essential oil, this distillate has a green grassy aroma with floral undertones.

3 oz. \$3.75 8 oz. \$8.25 16 oz. \$14.00 64 oz. \$50.50

Lemon Balm | *Melissa officinalis* | Organic

Calming and emotionally uplifting, this lovely hydrosol is also beneficial for general skin care and makes a soothing base for body sprays.

3 oz. \$8.00 8 oz. \$18.50 16 oz. \$32.00 64 oz. \$115.25



Easy to use! These aromatic waters have similar properties to essential oils but are even more versatile!



Lemon Thyme | *Thymus citriodorus* | Organic

This bright and powerful hydrosol has an herbaceous lemony scent with dry thyme-like undertones. It can be used as a base for botanical perfumes or to add a fresh scent to handcrafted cleaning products.

3 oz. \$7.25 8 oz. \$16.50 16 oz. \$28.50 64 oz. \$102.75

Lemon Verbena | *Aloysia citriodora* | Organic

Revitalizing for all skin types and lightly stimulating and uplifting for those gloomy days. A great pick-me-up in a bottle.

3 oz. \$8.25 8 oz. \$18.75 16 oz. \$32.50 64 oz. \$117.00

Lime | *Citrus latifolia* | Organic

Crisp and invigorating, lime hydrosol makes an excellent toner for oily skin. Rejuvenating and fresh!

3 oz. \$7.00 8 oz. \$16.00 16 oz. \$27.50 64 oz. \$99.00

Neroli (Orange Blossom) | *Citrus aurantium* | Organic

Calming and grounding with a delightfully complex aroma. With similar aroma notes, this hydrosol is a milder version of its essential oil counterpart.

3 oz. \$6.25 8 oz. \$14.25 16 oz. \$24.50 64 oz. \$88.25

Peppermint | *Mentha piperita* | Organic

With a well-rounded fresh and minty aroma, this hydrosol makes a perfect base for cooling and revitalizing body sprays.

3 oz. \$7.00 8 oz. \$15.75 16 oz. \$27.00 64 oz. \$97.25

Rose | *Rosa damascena* | Organic

This light, astringent toner has a sensuous floral fragrance suitable for all skin types. Used as a base for body sprays or your favorite skin care formula.

3 oz. \$4.25 8 oz. \$9.50 16 oz. \$16.50 64 oz. \$59.50

Rose, White | *Rosa alba* | Organic

With beautiful rosy notes that are soft and delicate, this hydrosol offers a lighter floral scent than our Rose Hydrosol. It can be used as a single ingredient spray or a water substitute in your favorite body care formulas.

3 oz. \$4.50 8 oz. \$10.25 16 oz. \$17.50 64 oz. \$63.00

Rose Geranium | *Pelargonium spp.* | Organic

A wonderful balancer for combination skin. This intoxicating hydrosol has a strong tenacious sweet floral scent that can easily overpower a finished product.

3 oz. \$7.00 8 oz. \$15.75 16 oz. \$27.00 64 oz. \$97.25

Rosemary | *Rosmarinus officinalis* | Organic

Energizing and stimulating! Helps with days when a little mental clarity boost is needed. Also makes a nice toner for hair and a vivacious room spray.

3 oz. \$7.25 8 oz. \$16.50 16 oz. \$28.50 64 oz. \$102.75

Spearmint | *Mentha spicata* | Organic

Sweet and minty, our spearmint hydrosol is reminiscent of an infusion of fresh leaves. A softer version of its essential oil counterpart, this hydrosol is calming and refreshing. It makes a wonderful toner and cooling spray.

3 oz. \$7.25 8 oz. \$16.50 16 oz. \$28.50 64 oz. \$102.75

St. John's Wort | *Hypericum perforatum* | Organic

Emotionally comforting, this hydrosol makes a unique base for room sprays and body sprays designed to support general wellbeing. This subtle beauty has a dry, herbaceous aroma with flat, floral tones.

3 oz. \$8.25 8 oz. \$19.00 16 oz. \$33.00 64 oz. \$119.00

Tulsi (Holy Basil) | *Ocimum tenuiflorum* | Organic

Warm, soothing, and slightly spicy, this hydrosol is wonderful to spray directly on the face or body. Used extensively in Ayurvedic medicine.

3 oz. \$7.75 8 oz. \$17.75 16 oz. \$30.50 64 oz. \$110.00

Ylang Ylang | *Cananga odorata* | Organic

This floral hydrosol is a subdued version of the essential oil. Sweet and intoxicating, yet not as strong. Considered a calming and emotionally uplifting floral, ylang ylang makes a unique base for bedtime aroma blends.

3 oz. \$7.50 8 oz. \$17.00 16 oz. \$29.50 64 oz. \$106.25

OTHER AROMATICS

Cedar Smudge Stick | \$11.00

Revered for its spiritual significance, these sticks are made from the cedar leaf and produce a green forest aroma when burned.

3 pack small | 4" long and 1" thick.

1 large | 9" long and 1" thick.

Mugwort Smudge Stick | \$11.00

Also known as dream weed, Mugwort is renowned as a smudging herb for its subtle, sweet scent and dream-inducing qualities. 8-9" long 1 1/2" thick.

Palo Santo Smudge Sticks | 6 sticks \$9.00

This fragrant wood is aromatic in its raw form or lit. Our sticks come from a 50-acre farm that contains naturally occurring and replanted trees. 3 1/2".

Sweetgrass Braid | \$11.00

Each 22-30" braid releases a sweet fragrance when burned, or moisten and let dry to release the enticing aroma.

White Sage Smudge Sticks | \$10.50

This aromatic herb has been used for centuries as incense and for ceremonial use.

4 pack small | 4" long and 1 1/2" thick.

1 large | 8-9" long and 1-2" thick.

Charcoal Rounds | \$3.95

These small rounds are used to burn resins, herbs, incense, and aromatic gums for ceremony and scent. 10 per package.

AROMA SPRAYS

All of our aroma sprays are packaged in 2 oz. amber glass bottles with misters.

Aphrodite Spray | 2 oz. \$11.75

This sensual spray is earthy and erotic with floral rose notes and a subtle hint of patchouli. Rose geranium hydrosol°, witch hazel extract°, and essential oils of palmarosa°, Australian sandalwood°, rose, and patchouli°.

Cucumber Mist Spray | 2 oz. \$10.75

A refreshing mist that is uplifting and transformative. Cooling in the summer and brightening when the days are short. Cucumber hydrosol°, distilled water, witch hazel extract°.

Evening Embrace Spray | 2 oz. \$9.25

This provocative blend is elegant yet distinct, with notes of patchouli and clary sage. Witch hazel extract°, distilled water, patchouli amber aroma oil, vetiver essential oil°, and clary sage essential oil°.

Gaia Spice Spray | 2 oz. \$9.25

Rejuvenating and grounding, this mist has a woody base, citrus top notes, and a hint of cinnamon. Distilled water, witch hazel extract°, and essential oils of sweet orange°, Atlas cedarwood°, Australian sandalwood°, and cinnamon°.

Green Tara Spray | 2 oz. \$9.25

A relaxing, uplifting mist created for emotional healing and comfort with rich floral notes and grounding vetiver. Distilled water, witch hazel extract°, and essential oils of sweet marjoram°, Moroccan chamomile, geranium°, ylang ylang°, and vetiver°.

Moon Moods Spray | 2 oz. \$9.25

This sweet, grounding spray contains chamomile and geranium, creating a dry floral spray for emotional support. Lavandin hydrosol°, witch hazel extract°, and essential oils of Moroccan chamomile, sweet marjoram°, Roman chamomile°, cypress°, and geranium°.



*From top to bottom:
Small White Sage Smudge Stick,
Palo Santo Smudge Sticks,
Large White Sage Smudge Stick,
Small White Sage Smudge Sticks*

GREAT GIFT IDEAS

Gift Certificates

A splendid way to treat those you love! Purchase a \$25, \$50, or \$100 gift certificate and let the recipient of your gift choose from any item available on the Mountain Rose Herbs online shop. There is no charge for standard shipping when purchasing gift certificates, there is a charge for expedited shipping.

Make Tea Not War Tote Bag | \$10.25 each

Pesticides Suck! Tote Bag | \$10.25 each

Support Organic Agriculture Tote Bag | \$10.25 each

Support Organic Agriculture Messenger Bag | \$13.00

Support Organic Agriculture Canteen | 25 oz. | \$10.00

Make Tea Not War Mug | 15 oz. | \$9.00

Pesticides Suck! Travel Mug | 14 oz. | \$13.00

Support Organic Agriculture Mug | 15 oz. | \$10.00

T-Shirts | \$25.50 each

Our fashionable t-shirts are made from soft, certified organic cotton. They feature a playful Mountain Rose Herbs logo emblazoned across the front and our classic mountain logo on the sleeve. Made in the USA. We do not accept returns on t-shirts.

Men's/unisex available in medium, large, and X-large.

Women's/fitted available in small, medium, and large.

STICKERS | \$1.00 each

Herbalism: An Ancient Healing Tradition | 5 1/2" x 4 1/4"

Make Tea Not War | 8 1/2" x 2 3/4"

Preserve Our Wild Medicine | 2 3/4" x 4 1/4"

Support Organic Agriculture | 2 3/4" x 4 1/4"

Tea Pot Car | 4" x 4"



Preserving Our Planet Through **ORGANIC AGRICULTURE**

While we're passionate about organic agriculture for many reasons, did you know growing organically can reduce greenhouse gases in the atmosphere? Food production accounts for 25% of global greenhouse gas emissions,* so supporting organic agriculture is more important now than ever.

To be considered organic, a farm can't use the fossil-fuel intensive synthetic fertilizers and pesticides that conventional agriculture relies upon. Organic growers are also required to practice environmentally friendly strategies like crop rotation and soil-building. Per acre of crop production, organic farms have lower nitrous oxide emissions (a greenhouse gas 300 times stronger than carbon dioxide) when compared with conventional.*

You can find our certified organic farms throughout US, but we also grow many of our beloved plant allies abroad. On the other side of the globe, high in the Aydin Mountains on the western edge of Turkey, lies one of our organic farms. In this ancient agricultural land vitex shrubs grow alongside creek beds, their spikes of purple flowers giving way to our vitex berries, which are hand-harvested every September.



Our head farmer, Yavuz, who oversees the cultivation and wildharvesting of many of herbs, was the first to grow organically in Turkey 20 years ago and happened upon it by accident. Decades ago while surfing the Internet, he mistyped some of the letters in "oregano origanum." Instead of seeing info on oregano, his monitor displayed search results for "organic."

"What can I say?" Yavuz said. "It is a fate that changed the lives of our family and workers."

Since then, Yavuz and his family have worked tirelessly to educate Turkish farmers about the dangers of applying insecticides and pesticides, and they have given the people in their region skills for sustainable collection practices and protected our stands against chemical drift.

We give thanks to Yavuz's family and the many skilled hands that work to provide our organic botanicals. Supporting organic agriculture is one way we can all play a part in preserving Mother Earth for generations to come.

*Research provided by The Organic Center, a nonprofit organization that communicates about and conducts science of interest to the organic community. Learn more at www.organic-center.org

"It is a fate that changed the lives of our family and workers."

-Yavuz, our head farmer in Turkey



AYDIN PROVINCE

Left: Yavuz's daughter, Gökçe, takes a break to show off our vitex in bloom.

Bulk HERBS & SPICES

Herbs are our passion, and we care deeply about offering only the best organic or sustainably wildcrafted dried botanicals. Our on-site laboratory inspects every herb we offer to bring you fresh, fragrant, colorful, and potent herbs and spices. All of our botanicals are cut and sifted unless otherwise noted. Prices, color, and cut are subject to change. Visit our website for the most updated information, availability, and color photos of each botanical.

**ORDER IN BULK
& SAVE BIG!**

Mix and match whole pounds of herbs, spices, spice blends, or teas to get your discount.

10% OFF
5-9 lbs.

15% OFF
10-24 lbs.

25% OFF
25+ lbs.



HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
Acacia powder (Gum arabic) <i>Acacia senegal</i> Organic	\$2.00	\$4.50	\$7.25	\$12.50
Acai berry powder <i>Euterpe oleracea</i> Organic	\$8.25	\$18.75	\$31.25	\$54.00
Acerola powder (freeze dried) <i>Malpighia emarginata</i> Organic	\$6.50	\$14.75	\$24.25	\$42.00
Agrimony herb <i>Agrimonia eupatoria</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Ajwain seed <i>Trachyspermum ammi</i> Organic	\$1.75	\$3.00	\$4.75	\$8.00
Alfalfa leaf <i>Medicago sativa</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Alfalfa leaf powder <i>Medicago sativa</i> Organic	\$2.00	\$4.25	\$7.00	\$12.00
Alkanet root ^{4,5,6} <i>Alkanna tinctoria</i> Wildharvested	\$2.75	\$5.75	\$9.25	\$16.00
Alkanet root powder ^{4,5,6} <i>Alkanna tinctoria</i> Wildharvested	\$2.75	\$6.00	\$10.00	\$17.00
Allspice whole <i>Pimenta dioica</i> Organic	\$2.00	\$4.25	\$6.75	\$11.50
Allspice powder <i>Pimenta dioica</i> Organic	\$2.00	\$4.50	\$7.25	\$12.50
Aloe Vera leaf ⁷ <i>Aloe vera</i> Organic	\$3.25	\$7.25	\$12.00	\$20.50
Aloe Vera leaf powder ⁷ <i>Aloe vera</i> Organic	\$3.50	\$7.50	\$12.50	\$21.50
Aloe, Cape powder ⁷ <i>Aloe ferox</i> Cultivated	\$3.25	\$7.00	\$11.50	\$20.00
Amla whole <i>Phyllanthus emblica</i> Organic	\$1.75	\$3.00	\$4.75	\$8.00
Amla powder <i>Phyllanthus emblica</i> Organic	\$1.75	\$3.25	\$5.25	\$9.00
Amla dehydrated <i>Phyllanthus emblica</i> Organic	\$1.75	\$3.25	\$5.25	\$9.00
Ancho pepper powder <i>Capsicum annuum</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Angelica root ⁶ <i>Angelica archangelica</i> Organic	\$4.00	\$8.75	\$14.50	\$25.00
Angelica root powder ⁶ <i>Angelica archangelica</i> Organic	\$4.00	\$9.00	\$15.00	\$26.00
Anise seed <i>Pimpinella anisum</i> Organic	\$1.75	\$3.25	\$5.25	\$9.00
Anise seed powder <i>Pimpinella anisum</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
Anise Star pods whole <i>Illicium verum</i> Organic	\$2.50	\$5.25	\$8.75	\$15.00
Anise Star pod powder <i>Illicium verum</i> Organic	\$2.75	\$5.75	\$9.25	\$16.00
Annatto seed whole <i>Bixa orellana</i> Organic	\$1.75	\$3.00	\$5.00	\$8.50
Annatto seed powder <i>Bixa orellana</i> Organic	\$2.00	\$3.50	\$5.50	\$9.50
Arjuna Bark Powder ⁶ <i>Terminalia arjuna</i> Organic Fair trade	\$2.50	\$5.25	\$8.50	\$14.50
Arnica flower whole ^{4,5,8} <i>Arnica montana</i> Organic	\$10.75	\$33.75	\$56.25	\$97.50
Artichoke leaf <i>Cynara scolymus</i> Organic	\$2.00	\$3.50	\$5.50	\$9.50
Ashwagandha root ⁶ <i>Withania somnifera</i> Organic	\$2.25	\$5.00	\$8.00	\$13.50
Ashwagandha root powder ⁶ <i>Withania somnifera</i> Organic	\$2.50	\$5.25	\$8.50	\$14.50
Astragalus root <i>Astragalus membranaceus</i> Organic	\$2.50	\$5.25	\$8.75	\$15.00
Astragalus root powder <i>Astragalus membranaceus</i> Organic	\$2.75	\$5.75	\$9.25	\$16.00
Astragalus root slices <i>Astragalus membranaceus</i> Organic	\$2.75	\$6.00	\$10.00	\$17.00
Barberry root ⁶ <i>Berberis vulgaris</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Barberry root powder ⁶ <i>Berberis vulgaris</i> Organic	\$2.00	\$4.25	\$7.00	\$12.00
Barley grass powder <i>Hordeum vulgare</i> Organic Non-GMO	\$2.75	\$6.00	\$10.00	\$17.00
Basil leaf <i>Ocimum basilicum</i> Organic	\$2.25	\$5.00	\$8.25	\$14.00
Bay leaf whole <i>Laurus nobilis</i> Organic	\$3.75	\$8.75	\$14.00	\$24.00
Bayberry root bark <i>Morella cerifera</i> Wildharvested	\$3.50	\$7.50	\$12.50	\$21.50
Bayberry root bark powder <i>Morella cerifera</i> Wildharvested	\$3.50	\$8.00	\$13.00	\$22.50
Bee pollen granules Organic	\$5.25	\$12.00	\$19.75	\$34.00
Beet root powder <i>Beta vulgaris</i> Organic Non-GMO	\$2.25	\$5.00	\$8.25	\$14.00
Benzoin gum powder ⁵ <i>Styrax benzoin</i> Wildharvested	\$2.00	\$4.00	\$6.50	\$11.00
Bilberry fruit whole <i>Vaccinium myrtillus</i> Organic	\$6.25	\$14.25	\$23.75	\$41.00
Bilberry leaf <i>Vaccinium myrtillus</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
Birch bark <i>Betula lenta</i> Wildharvested	\$2.00	\$4.00	\$6.50	\$11.00
Birch bark powder <i>Betula lenta</i> Wildharvested	\$2.00	\$4.25	\$7.00	\$12.00
Birch leaf <i>Betula pendula</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
Bitter Melon <i>Momordica charantia</i> Organic	\$2.25	\$5.00	\$8.25	\$14.00

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
Black Cohosh root ⁶ <i>Actaea racemosa</i> Organic	\$3.50	\$7.50	\$12.25	\$21.00
Black Cohosh root powder ⁶ <i>Actaea racemosa</i> Organic	\$3.50	\$7.75	\$12.75	\$22.00
Black Haw bark ¹⁰ <i>Viburnum prunifolium</i> Wildharvested	\$3.00	\$6.50	\$10.50	\$18.00
Black Haw bark powder ¹⁰ <i>Viburnum prunifolium</i> Wildharvested	\$3.00	\$6.75	\$11.00	\$19.00
Black seed whole ⁶ <i>Nigella sativa</i> Organic	\$1.75	\$3.00	\$5.00	\$8.50
Black Walnut hull powder ¹⁰ <i>Juglans nigra</i> Wildharvested	\$2.75	\$6.25	\$10.25	\$17.50
Black Walnut leaf ¹⁰ <i>Juglans nigra</i> Wildharvested	\$2.25	\$5.00	\$8.25	\$14.00
Blackberry leaf <i>Rubus caesius</i> Organic	\$1.75	\$3.25	\$5.25	\$9.00
Blackberry root <i>Rubus armeniacus</i> Wildharvested	\$2.50	\$5.50	\$9.00	\$15.50
Blessed Thistle herb ⁸ <i>Cnicus benedictus</i> Organic	\$2.00	\$4.25	\$7.00	\$12.00
Bloodroot ^{4,6,10} <i>Sanguinaria canadensis</i> Wildharvested	\$9.25	\$22.50	\$37.50	\$65.00
Bloodroot powder ^{4,6,10} <i>Sanguinaria canadensis</i> Wildharvested	\$9.25	\$23.00	\$38.00	\$66.00
Blue Cohosh root ⁶ <i>Caulophyllum thalictroides</i> Organic	\$3.00	\$6.50	\$10.50	\$18.00
Blue Cohosh root powder ⁶ <i>Caulophyllum thalictroides</i> Organic	\$3.00	\$6.75	\$11.00	\$19.00
Blue Flag root ⁶ <i>Iris versicolor</i> Organic	\$4.50	\$9.75	\$16.00	\$27.50
Blue Vervain ⁶ <i>Verbena hastata</i> Organic	\$3.00	\$6.50	\$10.50	\$18.00
Boldo leaf ¹⁰ <i>Peumus boldus</i> Organic	\$1.75	\$3.00	\$5.00	\$8.50
Boldo leaf powder ¹⁰ <i>Peumus boldus</i> Organic	\$2.00	\$3.50	\$5.50	\$9.50
Boneset herb <i>Eupatorium perfoliatum</i> Organic	\$2.25	\$5.00	\$8.25	\$14.00
Borage herb ^{4,5,6} <i>Borago officinalis</i> Organic	\$3.25	\$7.00	\$11.50	\$20.00
Brahmi <i>Bacopa monnieri</i> Organic Fair trade	\$2.00	\$3.50	\$5.50	\$9.50
Brahmi powder <i>Bacopa monnieri</i> Organic Fair trade	\$2.00	\$3.75	\$6.25	\$10.50
Buchu leaf whole ^{6,10} <i>Agathosma betulina</i> Organic	\$4.75	\$10.50	\$17.25	\$30.00
Buckthorn bark ^{2,6} <i>Frangula alnus</i> Organic	\$2.00	\$3.50	\$5.50	\$9.50
Buckthorn bark powder ^{2,6} <i>Frangula alnus</i> Organic	\$2.00	\$3.75	\$6.25	\$10.50
Bugleweed ¹⁰ <i>Lycopus americanus</i> Organic	\$3.50	\$8.00	\$13.00	\$22.50
Bupleurum root <i>Bupleurum sp.</i> Organic	\$4.50	\$9.75	\$16.25	\$28.00
Bupleurum root powder <i>Bupleurum sp.</i> Organic	\$4.50	\$10.25	\$16.75	\$29.00
Burdock root <i>Arctium lappa</i> Organic	\$2.50	\$5.25	\$8.75	\$15.00
Burdock root powder <i>Arctium lappa</i> Organic	\$2.75	\$5.75	\$9.25	\$16.00
Butcher's Broom root <i>Ruscus aculeatus</i> Organic	\$2.00	\$3.75	\$6.25	\$10.50
Butcher's Broom root powder <i>Ruscus aculeatus</i> Organic	\$2.00	\$4.25	\$6.75	\$11.50
Cacao beans whole raw ¹⁰ <i>Theobroma cacao</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
Cacao nibs roasted ¹⁰ <i>Theobroma cacao</i> Organic Fair trade	\$2.25	\$5.00	\$8.25	\$14.00
Cacao powder roasted ¹⁰ <i>Theobroma cacao</i> Organic Fair trade	\$2.00	\$4.00	\$7.00	\$12.00
Cacao shells roasted ¹⁰ <i>Theobroma cacao</i> Organic	\$1.75	\$3.25	\$5.25	\$9.00
Calamus root ^{5,10} <i>Acorus calamus</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Calamus root powder ^{5,10} <i>Acorus calamus</i> Organic	\$2.00	\$4.25	\$7.00	\$12.00
Calendula flower whole, North American ⁸ <i>Calendula officinalis</i> Organic	\$6.00	\$13.50	\$22.50	\$39.00
Calendula flower whole ⁸ <i>Calendula officinalis</i> Organic	\$3.50	\$7.50	\$12.25	\$21.00
Calendula flower powder ⁸ <i>Calendula officinalis</i> Organic	\$3.50	\$7.75	\$12.75	\$22.00
California Poppy ⁶ <i>Eschscholzia californica</i> Organic	\$4.50	\$10.00	\$16.50	\$28.50
Camu Camu powder <i>Myrciaria dubia</i> Organic	\$5.25	\$12.00	\$19.75	\$34.00
Caraway seed whole <i>Carum carvi</i> Organic	\$1.75	\$2.75	\$4.25	\$7.00
Cardamom seed hulled <i>Elettaria cardamomum</i> Organic	\$3.50	\$7.50	\$12.25	\$21.00
Cardamom seed powder <i>Elettaria cardamomum</i> Organic	\$3.50	\$7.75	\$12.75	\$22.00
Cardamom pod whole <i>Elettaria cardamomum</i> Organic	\$3.50	\$8.00	\$13.25	\$23.00
Carob raw <i>Ceratonia siliqua</i> Organic	\$1.75	\$3.00	\$4.75	\$8.00
Carob powder raw <i>Ceratonia siliqua</i> Organic	\$1.75	\$3.25	\$5.25	\$9.00
Carob roasted <i>Ceratonia siliqua</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
Cascara Sagrada bark ¹⁰ <i>Frangula purshiana</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Cascara Sagrada bark powder ¹⁰ <i>Frangula purshiana</i> Organic	\$2.25	\$5.00	\$8.25	\$14.00
Cat's Claw bark ⁶ <i>Uncaria tomentosa</i> Wildharvested	\$2.00	\$3.50	\$5.75	\$10.00
Cat's Claw bark powder ⁶ <i>Uncaria tomentosa</i> Wildharvested	\$2.00	\$4.00	\$6.50	\$11.00
Catnip leaf & flower <i>Nepeta cataria</i> Organic	\$3.00	\$6.50	\$10.50	\$18.00
Catuaba bark <i>Trichilia catigua</i> Wildharvested	\$2.00	\$3.50	\$5.75	\$10.00
Catuaba bark powder <i>Trichilia catigua</i> Wildharvested	\$2.00	\$4.00	\$6.50	\$11.00
Cayenne powder ^{3,4} <i>Capsicum annuum</i> Organic Fair trade	\$2.00	\$3.50	\$5.50	\$9.50
Cedar berry whole ^{6,10} <i>Juniperus monosperma</i> Wildharvested	\$4.50	\$10.00	16.50	\$28.50
Cedar leaf tips ^{6,10} <i>Thuja plicata</i> Wildharvested	\$2.00	\$4.50	\$7.25	\$12.50
Celandine herb ¹⁰ <i>Chelidonium majus</i> Organic	\$2.00	\$3.50	\$5.50	\$9.50
Celery seed whole ¹⁰ <i>Apium graveolens</i> Organic	\$1.75	\$3.00	\$4.75	\$8.00
Celery seed powder ¹⁰ <i>Apium graveolens</i> Organic	\$1.75	\$3.25	\$5.25	\$9.00
Centaury herb <i>Centaurium erythraea</i> Organic	\$1.75	\$3.25	\$5.25	\$9.00
Chaga mushroom <i>Inonotus obliquus</i> Wildharvested	\$6.00	\$13.25	\$20.25	\$37.50
Chaga mushroom powder <i>Inonotus obliquus</i> Wildharvested	\$6.00	\$13.50	\$22.25	\$38.50
Chamomile flower whole ^{8,10} <i>Matricaria chamomilla</i> Organic	\$3.50	\$8.00	\$13.25	\$23.00
Chamomile flower powder ^{8,10} <i>Matricaria chamomilla</i> Organic	\$3.75	\$8.50	\$14.00	\$24.00
Chaparral leaf ^{6,10} <i>Larrea tridentata</i> Organic	\$2.00	\$3.50	\$5.50	\$9.50
Chia seed <i>Salvia hispanica</i> Organic	\$1.75	\$3.00	\$4.75	\$8.00
Chickweed herb <i>Stellaria media</i> Organic	\$2.00	\$4.25	\$7.00	\$12.00
Chickweed powder <i>Stellaria media</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Chicory root roasted <i>Cichorium intybus</i> Organic	\$2.00	\$4.25	\$7.00	\$12.00
Chicory root powder roasted <i>Cichorium intybus</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Chili flakes ^{3,4} <i>Capsicum annuum</i> Organic Fair trade	\$2.00	\$3.50	\$5.50	\$9.50
Chili flakes, smoked ^{3,4} <i>Capsicum annuum</i> Organic	\$2.00	\$3.50	\$5.50	\$9.50
Chili whole ^{3,4} <i>Capsicum annuum</i> Organic Fair trade	\$2.00	\$3.50	\$5.75	\$10.00
Chili Bird's Eye whole ^{3,4} <i>Capsicum frutescens</i> Organic Fair trade	\$2.75	\$5.75	\$9.25	\$16.00
Chili Bird's Eye powder ^{3,4} <i>Capsicum frutescens</i> Organic Fair trade	\$2.75	\$6.00	\$10.00	\$17.00
Chili Red roasted powder ^{3,4} <i>Capsicum annuum</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Chipotle powder ^{3,4} <i>Capsicum annuum</i> Organic	\$3.50	\$7.75	\$12.75	\$22.00
Chive rings (freeze dried) <i>Allium schoenoprasum</i> Organic	\$5.25	\$11.50	\$19.00	\$33.00
Chlorella powder (cracked wall) ¹⁰ <i>Chlorella vulgaris</i> Cultivated	\$4.00	\$8.75	\$14.50	\$25.00
Chrysanthemum flower whole ¹⁰ <i>Chrysanthemum sp.</i> Organic	\$3.75	\$8.25	\$13.75	\$23.50
Cilantro leaf <i>Coriandrum sativum</i> Organic	\$3.00	\$6.75	\$11.00	\$19.00
Cinnamon (cassia) chips ⁶ <i>Cinnamomum sp.</i> Organic Fair trade	\$1.75	\$3.25	\$5.25	\$9.00
Cinnamon (cassia) powder ⁶ <i>Cinnamomum burmannii</i> Organic Fair trade	\$1.75	\$3.25	\$5.25	\$9.00
Cinnamon (cassia) sticks ⁶ <i>Cinnamomum burmannii</i> Organic	\$2.00	\$4.50	\$7.25	\$12.50
Cinnamon (sweet) chips <i>Cinnamomum verum</i> Organic Fair trade	\$3.25	\$7.00	\$11.50	\$20.00
Cinnamon (sweet) powder <i>Cinnamomum verum</i> Organic Fair trade	\$3.50	\$7.50	\$12.25	\$21.00
Cinnamon (sweet) sticks <i>Cinnamomum verum</i> Organic Fair trade	\$4.00	\$8.75	\$14.25	\$24.50
Cleavers herb <i>Galium aparine</i> Organic	\$2.00	\$3.75	\$6.25	\$10.50
Cloves whole ^{1,10} <i>Syzygium aromaticum</i> Organic Fair trade	\$3.50	\$8.00	\$13.25	\$23.00
Clove powder ^{1,10} <i>Syzygium aromaticum</i> Organic Fair trade	\$3.75	\$8.50	\$14.00	\$24.00
Codonopsis root <i>Codonopsis pilosula</i> Organic	\$6.25	\$14.25	\$23.75	\$41.00
Coltsfoot leaf ^{4,5,6} <i>Tussilago farfara</i> Organic	\$2.00	\$4.25	\$6.75	\$11.50
Comfrey leaf ¹⁰ <i>Symphytum uplandicum</i> Organic	\$2.00	\$3.75	\$6.25	\$10.50
Comfrey root ¹⁰ <i>Symphytum officinale</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Comfrey root powder ¹⁰ <i>Symphytum officinale</i> Organic	\$2.00	\$4.25	\$7.00	\$12.00
Copal resin pieces ⁵ <i>Shorea javanica</i> Wildharvested	\$2.00	\$3.75	\$6.25	\$10.50

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
Cordyceps mushroom powder <i>Cordyceps sinensis</i> Organic	\$5.50	\$12.50	\$20.75	\$36.00
Coriander seed whole <i>Coriandrum sativum</i> Organic	\$1.75	\$2.75	\$4.50	\$7.50
Coriander seed powder <i>Coriandrum sativum</i> Organic	\$1.75	\$3.00	\$5.00	\$8.50
Cornflowers whole <i>Centaurea cyanus</i> Organic	\$6.50	\$14.75	\$24.25	\$42.00
Cramp bark <i>Viburnum opulus</i> Organic	\$4.75	\$10.50	\$17.25	\$30.00
Cramp bark powder <i>Viburnum opulus</i> Organic	\$5.00	\$11.00	\$18.00	\$31.00
Cranberry powder <i>Vaccinium macrocarpon</i> Organic	\$8.00	\$18.25	\$30.25	\$52.50
Cranesbill root <i>Geranium maculatum</i> Wildharvested	\$3.50	\$7.50	\$12.25	\$21.00
Cumin seed whole <i>Cuminum cyminum</i> Organic	\$2.00	\$3.75	\$6.25	\$10.50
Cumin seed powder <i>Cuminum cyminum</i> Organic	\$2.00	\$4.25	\$7.00	\$12.00
Curry leaf <i>Murraya koenigii</i> Organic Fair trade	\$1.75	\$3.00	\$4.75	\$8.00
Damiana leaf <i>Turnera diffusa</i> Organic	\$2.25	\$5.00	\$8.25	\$14.00
Damiana leaf powder <i>Turnera diffusa</i> Organic	\$2.50	\$5.25	\$8.75	\$15.00
Dandelion leaf <i>Taraxacum officinale</i> Organic	\$2.75	\$5.75	\$9.50	\$16.50
Dandelion root <i>Taraxacum officinale</i> Organic	\$3.25	\$7.25	\$12.00	\$20.50
Dandelion root powder <i>Taraxacum officinale</i> Organic	\$3.50	\$8.00	\$13.00	\$22.50
Dandelion root roasted <i>Taraxacum officinale</i> Organic	\$2.75	\$6.00	\$10.00	\$17.00
Dandelion root roasted powder <i>Taraxacum officinale</i> Organic	\$3.00	\$6.50	\$10.50	\$18.00
Devil's Claw root <i>Harpagophytum spp.</i> Organic	\$2.00	\$4.25	\$7.00	\$12.00
Devil's Claw root powder <i>Harpagophytum spp.</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Dill seed whole <i>Anethum graveolens</i> Organic	\$1.75	\$2.75	\$4.25	\$7.00
Dill weed <i>Anethum graveolens</i> Organic	\$2.50	\$5.50	\$9.00	\$15.50
Dog Grass (Couch Grass) root <i>Elymus repens</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
Dong Quai root ^{6,10} <i>Angelica sinensis</i> Organic	\$3.50	\$7.50	\$12.25	\$21.00
Dong Quai root powder ^{6,10} <i>Angelica sinensis</i> Organic	\$3.50	\$7.75	\$12.75	\$22.00
Dragons Blood resin ⁵ <i>Daemonorops draco</i> Wildharvested	\$9.25	\$22.25	\$36.75	\$63.50
Echinacea angustifolia root ¹⁰ Organic	\$4.75	\$10.50	\$17.25	\$30.00
Echinacea angustifolia root powder ¹⁰ Organic	\$5.00	\$11.00	\$18.00	\$31.00
Echinacea purpurea herb ¹⁰ Organic	\$2.00	\$4.00	\$6.50	\$11.00
Echinacea purpurea herb powder ¹⁰ Organic	\$2.00	\$4.25	\$7.00	\$12.00
Echinacea purpurea root ¹⁰ Organic	\$4.00	\$8.75	\$14.50	\$25.00
Echinacea purpurea root powder ¹⁰ Organic	\$4.00	\$9.00	\$15.00	\$26.00
Elder berries ¹⁰ <i>Sambucus nigra</i> Organic	\$2.50	\$5.25	\$8.50	\$14.50
Elder berry powder ¹⁰ <i>Sambucus nigra</i> Organic	\$2.75	\$5.75	\$9.25	\$16.00
Elder flower ¹⁰ <i>Sambucus nigra</i> Organic	\$3.00	\$6.50	\$10.75	\$18.50
Elecampane root ^{8,10} <i>Inula helenium</i> Organic	\$2.25	\$5.00	\$8.00	\$13.50
Elecampane root powder ^{8,10} <i>Inula helenium</i> Organic	\$2.50	\$5.25	\$8.50	\$14.50
Eleuthero root <i>Eleutherococcus senticosus</i> Organic	\$1.75	\$3.00	\$5.00	\$8.50
Eleuthero root powder <i>Eleutherococcus senticosus</i> Organic	\$2.00	\$3.50	\$5.50	\$9.50
Epazote ¹ <i>Dysphania ambrosioides</i> Organic	\$3.50	\$7.75	\$12.75	\$22.00
Epimedium leaf <i>Epimedium grandiflorum</i> Organic	\$2.25	\$5.00	\$8.25	\$14.00
Epimedium leaf powder <i>Epimedium grandiflorum</i> Organic	\$2.50	\$5.25	\$8.75	\$15.00
Eucalyptus leaf <i>Eucalyptus globulus</i> Organic	\$1.75	\$3.00	\$4.75	\$8.00
Eucalyptus leaf powder <i>Eucalyptus globulus</i> Organic	\$1.75	\$3.00	\$5.25	\$9.00
NEW! Eyebright <i>Euphrasia officinalis</i> Organic	\$2.75	\$5.75	\$9.25	\$16.00
Fennel seed whole <i>Foeniculum vulgare</i> Organic	\$1.75	\$2.75	\$4.25	\$7.00
Fennel seed powder <i>Foeniculum vulgare</i> Organic	\$1.75	\$3.00	\$4.75	\$8.00
Fenugreek seed whole ⁶ <i>Trigonella foenum-graecum</i> Organic	\$1.75	\$2.25	\$3.75	\$6.50
Fenugreek seed powder ⁶ <i>Trigonella foenum-graecum</i> Organic	\$1.75	\$2.75	\$4.50	\$7.50
Feverfew herb ^{6,8} <i>Tanacetum parthenium</i> Organic	\$3.00	\$6.75	\$11.25	\$19.50

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
Figwort herb <i>Scrophularia nodosa</i> Organic	\$2.00	\$4.25	\$7.00	\$12.00
Flax seed whole 7,10 <i>Linum usitatissimum</i> Organic Non-GMO	\$1.75	\$2.25	\$3.50	\$6.00
Flax meal 7,10 <i>Linum usitatissimum</i> Organic Non-GMO	\$1.75	\$2.75	\$4.25	\$7.00
Fo-Ti root 10 <i>Polygonum multiflorum</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Fo-Ti root powder 10 <i>Polygonum multiflorum</i> Organic	\$2.25	\$5.00	\$8.25	\$14.00
Forsythia fruit 6 <i>Forsythia suspensa</i> Organic	\$4.25	\$9.50	\$15.75	\$27.00
Frankincense resin pieces 5,6 <i>Boswellia papyrifera</i> Wildharvested	\$2.25	\$5.00	\$8.00	\$13.50
Frankincense powder 5,6 <i>Boswellia papyrifera</i> Wildharvested	\$2.75	\$5.75	\$9.25	\$16.00
Fringe Tree bark <i>Chionanthus virginicus</i> Wildharvested	\$6.25	\$14.25	\$23.50	\$40.50
Galangal root <i>Alpinia officinarum</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
Galangal root powder <i>Alpinia officinarum</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Garcinia fruit whole <i>Garcinia indica</i> Organic	\$1.75	\$3.00	\$4.75	\$8.00
Garcinia fruit powder <i>Garcinia indica</i> Organic Fair trade	\$2.00	\$3.50	\$5.75	\$10.00
Garlic granules 10 <i>Allium sativum</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Garlic minced 10 <i>Allium sativum</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Garlic powder 10 <i>Allium sativum</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Gentian root 10 <i>Gentiana lutea</i> Organic	\$3.50	\$7.50	\$12.25	\$21.00
Gentian root powder 10 <i>Gentiana lutea</i> Organic	\$3.50	\$7.75	\$12.75	\$22.00
Ginger root <i>Zingiber officinale</i> Organic	\$2.00	\$4.25	\$7.00	\$12.00
Ginger root powder <i>Zingiber officinale</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Ginkgo leaf 10 <i>Ginkgo biloba</i> Organic	\$2.00	\$4.50	\$7.25	\$12.50
Ginkgo leaf powder 10 <i>Ginkgo biloba</i> Organic	\$2.25	\$5.00	\$8.00	\$13.50
Ginkgo leaf, Fall Gold 10 <i>Ginkgo biloba</i> Organic	\$2.00	\$4.50	\$7.25	\$12.50
Ginseng root whole 10 <i>Panax quinquefolius</i> Organic	\$22.00	\$69.75	\$116.25	\$202.00
Ginseng root powder 10 <i>Panax quinquefolius</i> Cultivated	\$22.00	\$70.25	\$116.75	\$203.00
Ginseng, Red root whole 10 <i>Panax ginseng</i> Organic	\$13.50	\$42.50	\$70.75	\$123.00
Goats Rue herb <i>Galega officinalis</i> Organic	\$2.00	\$3.75	\$6.25	\$10.50
Goldenrod herb 8 <i>Solidago gigantea</i> Organic	\$1.75	\$3.25	\$5.25	\$9.00
Goldenseal leaf 6 <i>Hydrastis canadensis</i> Organic	\$3.50	\$7.75	\$12.75	\$22.00
Goldenseal leaf powder 6 <i>Hydrastis canadensis</i> Organic	\$3.50	\$8.00	\$13.25	\$23.00
Goldenseal root 6 <i>Hydrastis canadensis</i> Organic	\$13.25	\$42.00	\$70.00	\$121.50
Goldenseal root powder 6 <i>Hydrastis canadensis</i> Organic	\$13.50	\$42.50	\$70.50	\$122.50
Gotu Kola herb <i>Centella asiatica</i> Organic	\$2.00	\$4.50	\$7.25	\$12.50
Gotu Kola herb powder <i>Centella asiatica</i> Organic	\$2.25	\$5.00	\$8.00	\$13.50
Grains of Paradise <i>Aframomum melegueta</i> Organic	\$2.75	\$5.75	\$9.25	\$16.00
Grapefruit peel <i>Citrus x paradisi</i> Organic	\$2.25	\$5.00	\$8.00	\$13.50
Grapefruit peel powder <i>Citrus x paradisi</i> Organic	\$2.50	\$5.25	\$8.50	\$14.50
Gravel root 4,5,6 <i>Eupatorium purpureum</i> Wildharvested	\$3.50	\$8.00	\$13.00	\$22.50
Gravel root powder 4,5,6 <i>Eupatorium purpureum</i> Wildharvested	\$3.75	\$8.25	\$13.75	\$23.50
Guarana seed whole 10 <i>Paullinia cupana</i> Organic	\$3.50	\$8.00	\$13.25	\$23.00
Guarana seed powder 10 <i>Paullinia cupana</i> Organic	\$3.75	\$8.50	\$14.00	\$24.00
Guggul gum 6 <i>Commiphora mukul</i> Organic	\$7.50	\$16.75	\$27.75	\$48.00
Gymnema leaf <i>Gymnema sylvestre</i> Organic Fair trade	\$1.75	\$3.00	\$4.75	\$8.00
Gymnema leaf powder <i>Gymnema sylvestre</i> Organic Fair trade	\$1.75	\$3.25	\$5.25	\$9.00
Habanero powder 10 <i>Capsicum chinense</i> Organic	\$5.25	\$12.00	\$19.75	\$34.00
Hawthorn berries whole 10 <i>Crataegus monogyna</i> Organic	\$2.00	\$3.75	\$6.25	\$10.50
Hawthorn berry powder 10 <i>Crataegus monogyna</i> Organic	\$2.00	\$4.25	\$6.75	\$11.50
Hawthorn leaf and flower <i>Crataegus laevigata</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Heather flowers <i>Calluna vulgaris</i> Organic	\$2.25	\$5.00	\$8.25	\$14.00
Helichrysum flower whole <i>Helichrysum arenarium</i> Organic	\$3.50	\$8.00	\$13.25	\$23.00

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
Hemp seed hulled <i>Cannabis sativa</i> Organic Non-GMO	\$3.50	\$7.50	\$12.25	\$21.00
Hibiscus flower 10 <i>Hibiscus sabdariffa</i> Organic	\$2.00	\$4.25	\$6.75	\$11.50
Hibiscus flower powder 10 <i>Hibiscus sabdariffa</i> Organic	\$2.00	\$4.25	\$6.75	\$11.50
Hibiscus flower whole 10 <i>Hibiscus sabdariffa</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Holy Basil leaf (Krishna) <i>Ocimum tenuiflorum</i> Organic Fair trade	\$2.00	\$3.50	\$5.75	\$10.00
Holy Basil leaf (Rama) <i>Ocimum tenuiflorum</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Holy Basil leaf (Vana) <i>Ocimum sp.</i> Organic Fair trade	\$2.00	\$3.50	\$5.75	\$10.00
Honeysuckle flower <i>Lonicera japonica</i> Organic	\$5.00	\$11.00	\$18.00	\$31.00
Hops flower whole <i>Humulus lupulus</i> Organic	\$6.25	\$14.00	\$23.00	\$40.00
Horehound herb 6 <i>Marrubium vulgare</i> Organic	\$2.00	\$4.25	\$7.00	\$12.00
Horse Chestnut 10 <i>Aesculus hippocastanum</i> Organic	\$2.00	\$3.50	\$5.50	\$9.50
Horseradish root powder 3,4 <i>Armoracia rusticana</i> Organic	\$2.00	\$4.25	\$7.00	\$12.00
Horsetail herb (Shavegrass) 10 <i>Equisetum arvense</i> Organic	\$2.00	\$3.75	\$6.25	\$10.50
Horsetail herb powder 10 <i>Equisetum arvense</i> Organic	\$2.00	\$4.25	\$6.75	\$11.50
Hydrangea root <i>Hydrangea arborescens</i> Wildharvested	\$2.25	\$5.00	\$8.25	\$14.00
Hydrangea root powder <i>Hydrangea arborescens</i> Wildharvested	\$2.50	\$5.25	\$8.75	\$15.00
Hyssop herb 6 <i>Hyssopus officinalis</i> Organic	\$2.75	\$6.00	\$10.00	\$17.00
Jamaican Dogwood bark 6 <i>Piscidia piscipula</i> Wildharvested	\$2.00	\$3.50	\$5.75	\$10.00
Jamaican Dogwood bark powder 6 <i>Piscidia piscipula</i> Wildharvested	\$2.00	\$4.00	\$6.50	\$11.00
Jasmine flower whole <i>Jasminum sp.</i> Organic	\$5.00	\$11.00	\$18.00	\$31.00
Job's Tears <i>Coix lacryma-jobi</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Juniper berry 6,10 <i>Juniperus communis</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
Kava Kava root 10 <i>Piper methysticum</i> Cultivated	\$6.25	\$14.25	\$23.75	\$41.00
Kava Kava root powder 10 <i>Piper methysticum</i> Cultivated	\$6.50	\$14.75	\$24.25	\$42.00
Kola nut 10 <i>Cola nitida</i> Wildharvested	\$1.75	\$3.00	\$4.75	\$8.00
Kola nut powder 10 <i>Cola nitida</i> Wildharvested	\$1.75	\$3.25	\$5.25	\$9.00
Kudzu root <i>Pueraria montana var. lobata</i> Organic	\$1.75	\$3.00	\$5.00	\$8.50
Kudzu root powder <i>Pueraria montana var. lobata</i> Organic	\$2.00	\$3.50	\$5.50	\$9.50
Lady's Mantle herb <i>Alchemilla sp.</i> Organic	\$2.50	\$5.25	\$8.50	\$14.50
Lavandin (Lavender) flowers <i>Lavandula x intermedia</i> Organic	\$3.50	\$7.75	\$12.75	\$22.00
Lavandin (Lavender) powder <i>Lavandula x intermedia</i> Organic	\$3.50	\$8.00	\$13.25	\$23.00
Lavender, English flowers <i>Lavandula angustifolia</i> Organic	\$4.25	\$9.50	\$15.75	\$27.00
Lemon Balm herb <i>Melissa officinalis</i> Organic	\$3.00	\$6.50	\$10.75	\$18.50
Lemon peel <i>Citrus x limon</i> Organic	\$2.75	\$5.75	\$9.25	\$16.00
Lemon peel powder <i>Citrus x limon</i> Organic	\$2.75	\$5.75	\$9.25	\$16.00
Lemon Thyme <i>Thymus x citriodorus</i> Organic	\$3.25	\$7.25	\$12.00	\$20.50
Lemon Verbena herb <i>Aloysia citriodora</i> Organic	\$3.00	\$6.50	\$10.50	\$18.00
Lemon Verbena powder <i>Aloysia citriodora</i> Organic	\$3.00	\$6.75	\$11.00	\$19.00
Lemongrass <i>Cymbopogon citratus</i> Organic	\$2.00	\$3.75	\$6.25	\$10.50
Lemongrass powder <i>Cymbopogon citratus</i> Organic	\$2.00	\$4.25	\$6.75	\$11.50
Licorice root 6,10 <i>Glycyrrhiza glabra</i> Organic	\$2.25	\$5.00	\$8.25	\$14.00
Licorice root powder 6,10 <i>Glycyrrhiza glabra</i> Organic	\$2.50	\$5.25	\$8.75	\$15.00
Licorice root slices, Chinese 6,10 <i>Glycyrrhiza uralensis</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Lime peel powder <i>Citrus x aurantifolia</i> Organic	\$2.75	\$5.75	\$9.25	\$16.00
Linden leaf and flower <i>Tilia spp.</i> Organic	\$3.00	\$6.50	\$10.75	\$18.50
Linden leaf and flower powder <i>Tilia sp.</i> Organic	\$3.00	\$6.75	\$11.25	\$19.50
Lobelia herb 6,10 <i>Lobelia inflata</i> Organic	\$5.25	\$11.50	\$19.00	\$33.00
Lovage root 6 <i>Levisticum officinale</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Lungwort leaf 4,5,6 <i>Pulmonaria officinalis</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Lycii (Goji) berries <i>Lycium chinense</i> Organic	\$3.50	\$8.00	\$13.25	\$23.00

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
Maca powder <i>Lepidium meyenii</i> Organic	\$2.75	\$6.00	\$10.00	\$17.00
Mace ground <i>Myristica fragrans</i> Organic	\$6.00	\$13.50	\$22.50	\$39.00
Mace whole <i>Myristica fragrans</i> Organic	\$6.25	\$14.25	\$23.50	\$40.50
Madder root ⁵ <i>Rubia tinctoria</i> Wildharvested	\$2.00	\$3.50	\$5.50	\$9.50
Maitake mushroom <i>Grifola frondosa</i> Organic	\$8.50	\$19.25	\$32.00	\$55.50
Maqui berries whole <i>Aristotelia chilensis</i> Organic	\$4.50	\$10.25	\$17.00	\$29.50
Maqui berry powder <i>Aristotelia chilensis</i> Organic	\$4.75	\$10.75	\$17.75	\$30.50
Marjoram <i>Origanum majorana</i> Organic	\$2.00	\$3.75	\$6.25	\$10.50
Marshmallow leaf ^{7,10} <i>Althaea officinalis</i> Organic	\$2.75	\$6.00	\$10.00	\$17.00
Marshmallow root ^{7,10} <i>Althaea officinalis</i> Organic	\$3.00	\$6.50	\$10.50	\$18.00
Marshmallow root powder ^{7,10} <i>Althaea officinalis</i> Organic	\$3.00	\$6.75	\$11.00	\$19.00
Mayapple root ⁵ <i>Podophyllum peltatum</i> Wildharvested	\$3.50	\$7.75	\$12.75	\$22.00
Meadowsweet herb ¹⁰ <i>Filipendula ulmaria</i> Organic	\$2.75	\$5.75	\$9.50	\$16.50
Meadowsweet herb powder ¹⁰ <i>Filipendula ulmaria</i> Organic	\$2.75	\$6.25	\$10.25	\$17.50
Meadowsweet flower ¹⁰ <i>Filipendula ulmaria</i> Organic	\$4.25	\$9.50	\$15.75	\$27.00
Mesquite powder <i>Prosopis pallida</i> Organic	\$2.25	\$5.00	\$8.00	\$13.50
Milk Thistle seed whole ⁸ <i>Silybum marianum</i> Organic	\$2.00	\$4.50	\$7.25	\$12.50
Milk Thistle seed powder ⁸ <i>Silybum marianum</i> Organic	\$2.25	\$5.00	\$8.00	\$13.50
Mistletoe ^{6,10} <i>Viscum album</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Moringa leaf <i>Moringa oleifera</i> Organic	\$3.00	\$6.50	\$10.50	\$18.00
Moringa leaf powder <i>Moringa oleifera</i> Organic	\$3.00	\$6.75	\$11.00	\$19.00
Motherwort herb ⁶ <i>Leonurus cardiaca</i> Organic	\$2.50	\$5.25	\$8.50	\$14.50
Mugwort leaf ⁶ <i>Artemisia vulgaris</i> Organic	\$2.25	\$5.00	\$8.00	\$13.50
Muir Puama bark <i>Croton echinoides</i> Wildharvested	\$1.75	\$3.25	\$5.25	\$9.00
Muir Puama bark powder <i>Croton echinoides</i> Wildharvested	\$2.00	\$3.50	\$5.75	\$10.00
Mullein flowers <i>Verbascum sinuatum</i> Organic	\$6.00	\$13.25	\$22.00	\$38.00
Mullein leaf ¹⁰ <i>Verbascum spp.</i> Organic	\$2.00	\$3.75	\$6.25	\$10.50
Mustard seed whole brown <i>Brassica nigra</i> Organic	\$1.75	\$2.25	\$3.75	\$6.50
Mustard seed whole yellow <i>Brassica alba</i> Organic	\$1.75	\$2.00	\$3.25	\$5.50
Mustard seed ground yellow <i>Brassica alba</i> Organic	\$1.75	\$2.75	\$4.25	\$7.00
Myrrh gum resin ^{6,10} <i>Commiphora myrrha</i> Wildharvested	\$4.50	\$9.75	\$16.25	\$28.00
Myrrh gum powder ^{6,10} <i>Commiphora myrrha</i> Wildharvested	\$4.75	\$10.25	\$17.25	\$30.00
Myrtle leaf <i>Myrtus communis</i> Organic	\$2.00	\$3.50	\$5.50	\$9.50
Neem leaf ¹⁰ <i>Azadirachta indica</i> Organic	\$1.75	\$3.00	\$4.75	\$8.00
Neem leaf powder ¹⁰ <i>Azadirachta indica</i> Organic	\$1.75	\$3.25	\$5.25	\$9.00
NEW! Nettle leaf, North American <i>Urtica dioica</i> Organic	\$2.75	\$6.00	\$10.00	\$17.00
Nettle leaf <i>Urtica dioica</i> Organic	\$2.25	\$5.00	\$8.00	\$13.50
Nettle leaf powder <i>Urtica dioica</i> Organic	\$2.50	\$5.25	\$8.50	\$14.50
Nettle root <i>Urtica dioica</i> Organic	\$3.50	\$7.75	\$12.75	\$22.00
Nettle root powder <i>Urtica dioica</i> Organic	\$3.50	\$8.00	\$13.25	\$23.00
Noni powder ^{9,10} <i>Morinda citrifolia</i> Organic	\$1.75	\$3.00	\$4.75	\$8.00
Nutmeg whole <i>Myristica fragrans</i> Organic Fair trade	\$4.50	\$10.25	\$16.75	\$29.00
Nutmeg powder <i>Myristica fragrans</i> Organic Fair trade	\$5.00	\$11.00	\$18.00	\$31.00
Oat tops whole <i>Avena sativa</i> Organic	\$4.00	\$8.75	\$14.25	\$24.50
Oatstraw herb <i>Avena sativa</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Oatstraw powder <i>Avena sativa</i> Organic	\$2.25	\$5.00	\$8.25	\$14.00
Olive leaf <i>Olea europaea</i> Organic	\$2.25	\$5.00	\$8.25	\$14.00
Olive leaf powder <i>Olea europaea</i> Organic	\$2.50	\$5.25	\$8.75	\$15.00
Onion granules <i>Allium cepa</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Onion minced <i>Allium cepa</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
Onion powder <i>Allium cepa</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Opopanax resin 5 <i>Commiphora sp.</i> Wildharvested	\$2.00	\$3.50	\$5.75	\$10.00
Orange peel <i>Citrus sinensis</i> Organic	\$2.25	\$5.00	\$8.25	\$14.00
Orange peel powder <i>Citrus sinensis</i> Organic	\$2.50	\$5.25	\$8.75	\$15.00
Orange, Bitter peel 10 <i>Citrus x aurantium</i> Organic	\$1.75	\$3.25	\$5.25	\$9.00
Oregano leaf <i>Origanum onites</i> Organic	\$2.25	\$5.00	\$8.25	\$14.00
Oregano leaf powder <i>Origanum vulgare</i> Organic	\$2.50	\$5.25	\$8.75	\$15.00
Oregano, Mexican leaf <i>Lippia graveolens</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Oregon Grape root 6 <i>Berberis nervosa</i> Organic	\$3.00	\$6.75	\$11.00	\$19.00
Oregon Grape root powder 6 <i>Berberis nervosa</i> Organic	\$3.25	\$7.00	\$11.50	\$20.00
Orris root <i>Iris germanica</i> Organic	\$3.50	\$7.50	\$12.50	\$21.50
Orris root powder <i>Iris pallida</i> Organic	\$3.50	\$8.00	\$13.00	\$22.50
Papaya leaf 6 <i>Carica papaya</i> Organic Non-GMO	\$2.00	\$4.25	\$6.75	\$11.50
Paprika powder <i>Capsicum annum</i> Organic	\$2.00	\$4.50	\$7.25	\$12.50
Paprika powder smoked <i>Capsicum sp.</i> Organic	\$2.00	\$3.50	\$5.50	\$9.50
Parsley leaf <i>Petroselinum crispum</i> Organic	\$2.25	\$5.00	\$8.00	\$13.50
Parsley root 10 <i>Petroselinum crispum</i> Organic	\$2.75	\$6.00	\$10.00	\$17.00
Partridgeberry herb <i>Mitchella repens</i> Wildharvested	\$5.50	\$12.50	\$20.75	\$36.00
Passionflower herb <i>Passiflora incarnata</i> Organic	\$2.75	\$6.00	\$10.00	\$17.00
Passionflower herb powder <i>Passiflora incarnata</i> Organic	\$3.00	\$6.50	\$10.50	\$18.00
Patchouli leaf 5 <i>Pogostemon cablin</i> Organic	\$2.50	\$5.50	\$9.00	\$15.50
Patchouli leaf powder 5 <i>Pogostemon cablin</i> Organic	\$2.75	\$5.75	\$9.50	\$16.50
Pau d'Arco bark <i>Tabebuia impetiginosa</i> Wildharvested	\$1.75	\$3.25	\$5.25	\$9.00
Pau d'Arco bark powder <i>Tabebuia impetiginosa</i> Wildharvested	\$2.00	\$3.50	\$5.75	\$10.00
Pennyroyal herb 10 <i>Mentha pulegium</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
Pepper, Black whole 1 <i>Piper nigrum</i> Organic Fair trade	\$3.00	\$6.50	\$10.50	\$18.00
Pepper, Black cracked 1 <i>Piper nigrum</i> Organic Fair trade	\$3.00	\$6.75	\$11.00	\$19.00
Pepper, Black ground 1 <i>Piper nigrum</i> Organic Fair trade	\$3.00	\$6.75	\$11.00	\$19.00
Pepper, Black smoked whole 1 <i>Piper nigrum</i> Organic Fair trade	\$3.00	\$6.75	\$11.00	\$19.00
Pepper, Green whole 1 <i>Piper nigrum</i> Organic Fair trade	\$6.00	\$13.50	\$22.50	\$39.00
Pepper, Long whole 1 <i>Piper longum</i> Organic Fair trade	\$3.50	\$7.75	\$12.75	\$22.00
Pepper, Pink whole 1 <i>Schinus terebinthifolius</i> Organic	\$9.25	\$24.00	\$40.00	\$69.50
Pepper, Rainbow whole 1 4 pepper blend Organic	\$7.00	\$15.50	\$25.50	\$44.00
Pepper, White whole 1 <i>Piper nigrum</i> Organic Fair trade	\$3.50	\$7.50	\$12.25	\$21.00
Pepper, White ground 1 <i>Piper nigrum</i> Organic Fair trade	\$3.50	\$7.75	\$12.75	\$22.00
Peppermint leaf <i>Mentha piperita</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Periwinkle herb <i>Vinca minor</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
Pipsissewa leaf <i>Chimaphila umbellata</i> Wildharvested	\$2.75	\$5.75	\$9.50	\$16.50
Pipsissewa leaf powder <i>Chimaphila umbellata</i> Wildharvested	\$2.75	\$6.25	\$10.25	\$17.50
Plantain leaf <i>Plantago lanceolata</i> Organic	\$3.50	\$8.00	\$13.25	\$23.00
Plantain leaf powder <i>Plantago major</i> Organic	\$3.75	\$8.50	\$14.00	\$24.00
Pleurisy root 6 <i>Asclepias tuberosa</i> Organic	\$5.00	\$11.25	\$18.50	\$32.00
Poke root 10 <i>Phytolacca americana</i> Organic	\$3.00	\$6.75	\$11.00	\$19.00
Poke root powder 10 <i>Phytolacca americana</i> Organic	\$3.25	\$7.00	\$11.50	\$20.00
Pollen, Dill Organic	\$20.00	n/a	n/a	n/a
Pollen, Fennel Organic	\$18.00	n/a	n/a	n/a
Poppy seed <i>Papaver somniferum</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
Prickly Ash bark 6 <i>Zanthoxylum clava-herculis</i> Wildharvested	\$3.25	\$7.00	\$11.50	\$20.00
Prickly Ash bark powder 6 <i>Zanthoxylum clava-herculis</i> Wildharvested	\$3.50	\$7.50	\$12.25	\$21.00
Privet fruit whole <i>Ligustrum lucidum</i> Organic	\$1.75	\$3.00	\$4.75	\$8.00

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
Psyllium husk 7,10 <i>Plantago ovata</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
Psyllium husk powder 7,10 <i>Plantago ovata</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Psyllium seed whole (no husk) 7,10 <i>Plantago ovata</i> Organic	\$1.75	\$2.50	\$3.50	\$6.00
Psyllium seed powder (no husk) 7,10 <i>Plantago ovata</i> Organic	\$1.75	\$2.75	\$4.25	\$7.00
Raspberry leaf <i>Rubus idaeus</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Red Clover blossoms <i>Trifolium pratense</i> Organic	\$4.50	\$9.75	\$16.25	\$28.00
Red Clover herb <i>Trifolium pratense</i> Organic	\$2.25	\$5.00	\$8.25	\$14.00
Red Root <i>Ceanothus americanus</i> Wildharvested	\$2.50	\$5.25	\$8.75	\$15.00
Red Root powder <i>Ceanothus americanus</i> Wildharvested	\$2.75	\$5.75	\$9.25	\$16.00
Red Sage (Dan Shen) root 6,10 <i>Salvia miltiorrhiza</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
Rehmannia root, sliced <i>Rehmannia glutinosa</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
Reishi mushroom whole <i>Ganoderma lucidum</i> Organic	n/a	\$7.50	\$12.25	\$21.00
Reishi mushroom slices <i>Ganoderma lucidum</i> Organic	\$3.50	\$7.75	\$12.75	\$22.00
Rhodiola root, Chinese <i>Rhodiola rosea</i> Organic	\$4.75	\$10.50	\$17.25	\$30.00
Rhodiola root powder, Chinese <i>Rhodiola rosea</i> Organic	\$5.00	\$11.00	\$18.00	\$31.00
Rhodiola root, North American <i>Rhodiola rosea</i> Cultivated	\$6.00	\$13.50	\$22.50	\$39.00
Rhodiola root powder, North American <i>Rhodiola rosea</i> Cultivated	\$6.25	\$14.00	\$23.00	\$40.00
Rosehips <i>Rosa spp.</i> Organic	\$2.00	\$3.75	\$6.25	\$10.50
Rosehip powder <i>Rosa spp.</i> Organic	\$2.00	\$4.25	\$6.75	\$11.50
Rosemary leaf <i>Rosmarinus officinalis</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
Rosemary leaf powder <i>Rosmarinus officinalis</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Roses, buds whole <i>Rosa damascena</i> Organic	\$6.25	\$14.00	\$23.00	\$40.00
Roses pink <i>Rosa damascena</i> Organic	\$6.00	\$13.25	\$22.00	\$38.00
Roses pink powder <i>Rosa damascena</i> Organic	\$6.00	\$13.50	\$22.50	\$39.00
Roses red <i>Rosa centifolia</i> Organic	\$3.50	\$7.50	\$12.25	\$21.00
Rue herb 6,10 <i>Ruta graveolens</i> Organic	\$3.25	\$7.25	\$12.00	\$20.50
Safflower threads 6,10 <i>Carthamus tinctorius</i> Organic	\$4.75	\$10.50	\$17.25	\$30.00
Saffron whole stigma <i>Crocus sativus</i> Organic	0.375 g \$8.00		1 g \$16.00	
Sage leaf (culinary) 10 <i>Salvia officinalis</i> Organic	\$2.75	\$5.75	\$9.25	\$16.00
Sarsaparilla root, Jamaican <i>Smilax regelii</i> Wildharvested	\$3.00	\$6.75	\$11.00	\$19.00
NEW! Sarsaparilla root powder, Jamaican <i>Smilax regelii</i> Wildharvested	\$3.25	\$7.00	\$11.50	\$20.00
Sassafras bark 6,10 <i>Sassafras albidum</i> Wildharvested	\$4.50	\$10.25	\$16.75	\$29.00
Sassafras bark powder 6,10 <i>Sassafras albidum</i> Wildharvested	\$4.75	\$10.50	\$17.25	\$30.00
Sassafras leaf 6,10 <i>Sassafras albidum</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Savory Summer leaf <i>Satureja hortensis</i> Organic	\$3.25	\$7.00	\$11.50	\$20.00
Savory Winter leaf <i>Satureja montana</i> Organic	\$2.00	\$4.50	\$7.25	\$12.50
Saw Palmetto berry <i>Serenoa repens</i> Organic	\$4.50	\$9.75	\$16.25	\$28.00
Saw Palmetto berry powder <i>Serenoa repens</i> Organic	\$4.50	\$10.25	\$16.75	\$29.00
Schisandra berry whole 10 <i>Schisandra chinensis</i> Organic	\$5.00	\$11.25	\$18.50	\$32.00
Schisandra berry powder 10 <i>Schisandra chinensis</i> Organic	\$5.25	\$11.50	\$19.00	\$33.00
Self Heal (Heal All) <i>Prunella vulgaris</i> Organic	\$2.50	\$5.25	\$8.75	\$15.00
Senna leaf 10 <i>Senna alexandrina</i> Organic	\$1.75	\$2.75	\$4.25	\$7.00
Senna leaf powder 10 <i>Senna alexandrina</i> Organic	\$1.75	\$3.00	\$4.75	\$8.00
Senna pods whole 10 <i>Senna alexandrina</i> Organic	\$1.75	\$3.00	\$5.00	\$8.50
Sesame seed 10 <i>Sesamum indicum</i> Organic	\$1.75	\$2.75	\$4.25	\$7.00
Shatavari root <i>Asparagus racemosus</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
Shatavari root powder <i>Asparagus racemosus</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Sheep Sorrel herb 10 <i>Rumex acetosella</i> Organic	\$3.00	\$6.50	\$10.50	\$18.00
Sheep Sorrel herb powder 10 <i>Rumex acetosella</i> Organic	\$3.00	\$6.75	\$11.00	\$19.00
Shepherd's Purse herb 6 <i>Capsella bursa pastoris</i> Organic	\$1.75	\$3.25	\$5.25	\$9.00

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
Shiitake mushroom whole, North American <i>Lentinula edodes</i> Organic	\$7.50	\$17.00	\$28.25	\$49.00
Shiitake mushroom whole <i>Lentinula edodes</i> Organic	\$5.00	\$11.00	\$18.00	\$31.00
Shiitake mushroom powder <i>Lentinula edodes</i> Organic	\$4.00	\$8.75	\$14.50	\$25.00
Skullcap herb <i>Scutellaria lateriflora</i> Organic	\$4.25	\$9.50	\$15.75	\$27.00
Slippery Elm inner bark ^{7,10} <i>Ulmus rubra</i> Organic	\$3.25	\$7.00	\$11.50	\$20.00
Slippery Elm inner bark powder ^{7,10} <i>Ulmus rubra</i> Organic	\$3.50	\$7.50	\$12.25	\$21.00
Soap nuts deseeded ⁵ <i>Sapindus mukorossi</i> Organic	\$1.75	\$3.00	\$4.75	\$8.00
Soapwort root ⁵ <i>Saponaria officinalis</i> Organic	\$2.00	\$3.75	\$6.25	\$10.50
Solomon's Seal root <i>Polygonatum biflorum</i> Wildharvested	\$8.50	\$19.25	\$31.75	\$55.00
Solomon's Seal root powder <i>Polygonatum biflorum</i> Wildharvested	\$8.75	\$19.50	\$32.25	\$56.00
Spearmint leaf <i>Mentha spicata</i> Organic	\$2.25	\$5.00	\$8.25	\$14.00
Speedwell <i>Veronica officinalis</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
Spikenard root ⁶ <i>Aralia racemosa</i> Wildharvested	\$5.00	\$11.00	\$18.25	\$31.50
Spinach leaf flakes <i>Spinacia oleracea</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Spinach leaf powder <i>Spinacia oleracea</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Spirulina powder ¹⁰ <i>Arthrospira platensis</i> Organic	\$4.00	\$9.00	\$15.00	\$26.00
St. John's Wort herb ¹⁰ <i>Hypericum perforatum</i> Organic	\$2.00	\$4.25	\$6.75	\$11.50
St. John's Wort herb powder ¹⁰ <i>Hypericum perforatum</i> Organic	\$2.00	\$4.50	\$7.25	\$12.50
Stevia leaf <i>Stevia rebaudiana</i> Organic	\$2.25	\$5.00	\$8.25	\$14.00
Stevia leaf powder <i>Stevia rebaudiana</i> Organic	\$2.50	\$5.25	\$8.75	\$15.00
Stone root <i>Collinsonia canadensis</i> Wildharvested	\$2.50	\$5.25	\$8.75	\$15.00
Strawberry leaf <i>Fragaria spp.</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Suma root <i>Pfaffia paniculata</i> Wildharvested	\$2.75	\$6.25	\$10.25	\$17.50
Suma root powder <i>Pfaffia paniculata</i> Wildharvested	\$3.00	\$6.50	\$10.75	\$18.50
Sunflower petals ⁸ <i>Helianthus annuus</i> Organic	\$3.50	\$7.75	\$12.75	\$22.00
Sweet Woodruff <i>Galium odoratum</i> Organic	\$2.50	\$5.25	\$8.75	\$15.00
Szechuan pepper whole ¹⁰ <i>Zanthoxylum bungeanum</i> Organic	\$4.50	\$10.00	\$16.50	\$28.50
Tansy ⁶ <i>Tanacetum vulgare</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
Tarragon leaf <i>Artemisia dracunculus</i> Organic	\$5.75	\$13.00	\$21.50	\$37.00
Teasel root <i>Dipsacus fullonum</i> Wildharvested	\$6.00	\$13.25	\$22.00	\$38.00
Thyme leaf ¹⁰ <i>Thymus sp.</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Tribulus fruit whole ⁶ <i>Tribulus terrestris</i> Organic	\$1.75	\$2.75	\$4.50	\$7.50
Tribulus fruit powder ⁶ <i>Tribulus terrestris</i> Organic	\$1.75	\$3.00	\$5.00	\$8.50
Triphala powder Ayurvedic blend Organic	\$2.00	\$3.50	\$5.75	\$10.00
Turkey Rhubarb root ¹⁰ <i>Rheum palmatum</i> Organic	\$3.00	\$6.75	\$11.00	\$19.00
Turkey Rhubarb root powder ¹⁰ <i>Rheum palmatum</i> Organic	\$3.25	\$7.00	\$11.50	\$20.00
Turmeric root <i>Curcuma longa</i> Organic Fair Trade	\$2.00	\$3.50	\$5.75	\$10.00
Turmeric root powder <i>Curcuma longa</i> Organic Fair Trade	\$2.00	\$3.50	\$5.75	\$10.00
Umckaloabo root <i>Pelargonium sidoides</i> Wildharvested	\$3.25	\$7.25	\$12.00	\$20.50
Usnea lichen whole <i>Usnea spp.</i> Wildharvested	\$4.25	\$13.00	\$21.50	n/a
Uva Ursi leaf <i>Arctostaphylos uva ursi</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Valerian root ¹⁰ <i>Valeriana officinalis</i> Organic	\$4.25	\$9.50	\$15.75	\$27.00
Valerian root powder ¹⁰ <i>Valeriana officinalis</i> Organic	\$4.50	\$9.75	\$16.00	\$28.00
Vanilla bean <i>Vanilla planifolia</i> Organic	See website for correct pricing			
Vanilla bean powder <i>Vanilla planifolia</i> Organic	See website for correct pricing			
Violet leaf <i>Viola tricolor</i> Organic	\$2.00	\$4.25	\$7.00	\$12.00
Vitex berries whole ¹⁰ <i>Vitex agnus-castus</i> Organic	\$1.75	\$3.25	\$5.25	\$9.00
Vitex berry powder ¹⁰ <i>Vitex agnus-castus</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
Wheatgrass powder <i>Triticum aestivum</i> Organic Non-GMO	\$3.00	\$6.50	\$10.50	\$18.00

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
White Oak bark <i>Quercus alba</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
White Oak bark powder <i>Quercus alba</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
White Peony root <i>Paeonia lactiflora</i> Organic	\$2.75	\$5.75	\$9.25	\$16.00
White Sage whole ⁵ <i>Salvia apiana</i> Wildharvested	\$3.50	\$7.50	\$12.25	\$21.00
White Sage powder ⁵ <i>Salvia apiana</i> Wildharvested	\$3.50	\$7.75	\$12.75	\$22.00
White Willow bark ¹⁰ <i>Salix alba</i> Organic	\$2.00	\$3.75	\$6.25	\$10.50
White Willow bark powder ¹⁰ <i>Salix alba</i> Organic	\$2.00	\$4.25	\$6.75	\$11.50
Wild Cherry bark <i>Prunus serotina</i> Organic	\$2.00	\$3.50	\$5.75	\$10.00
Wild Cherry bark powder <i>Prunus serotina</i> Organic	\$2.00	\$4.00	\$6.50	\$11.00
Wild Indigo root ⁶ <i>Baptisia tinctoria</i> Wildharvested	\$6.50	\$14.50	\$24.00	\$41.50
Wild Lettuce herb <i>Lactuca virosa</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Wild Yam root <i>Dioscorea villosa</i> Wildharvested	\$3.50	\$8.00	\$13.25	\$23.00
Wild Yam root powder <i>Dioscorea villosa</i> Wildharvested	\$3.75	\$8.50	\$14.00	\$24.00
Witch Hazel bark <i>Hamamelis virginiana</i> Organic	\$2.50	\$5.25	\$8.50	\$14.50
Witch Hazel bark powder <i>Hamamelis virginiana</i> Organic	\$2.50	\$5.50	\$9.00	\$15.50
Witch Hazel leaf <i>Hamamelis virginiana</i> Organic	\$2.00	\$4.25	\$6.75	\$11.50
Witch Hazel leaf powder <i>Hamamelis virginiana</i> Organic	\$2.00	\$4.50	\$7.25	\$12.50
Wood Betony herb <i>Stachys officinalis</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Wormwood herb ¹⁰ <i>Artemisia absinthium</i> Organic	\$2.00	\$4.50	\$7.50	\$13.00
Yacon root powder <i>Smallanthus sonchifolius</i> Organic	\$4.00	\$8.75	\$14.50	\$25.00
Yarrow leaf & flower ^{6,8,10} <i>Achillea millefolium</i> Organic	\$2.00	\$4.50	\$7.25	\$12.50
Yarrow leaf & flower powder ^{6,8,10} <i>Achillea millefolium</i> Organic	\$2.25	\$5.00	\$8.00	\$13.50
Yellow Dock root <i>Rumex crispus</i> Organic	\$2.25	\$5.00	\$8.00	\$13.50
Yellow Dock root powder <i>Rumex crispus</i> Organic	\$2.50	\$5.25	\$8.50	\$14.50
Yerba Santa leaf ^{6,10} <i>Eriodictyon californicum</i> Wildharvested	\$3.50	\$7.50	\$12.25	\$21.00
Yucca root ¹⁰ <i>Yucca glauca</i> Wildharvested	\$2.00	\$4.00	\$6.50	\$11.00
Yucca root powder ¹⁰ <i>Yucca glauca</i> Wildharvested	\$2.00	\$4.25	\$7.00	\$12.00

SEAWEEDS

Bladderwrack ⁹ <i>Fucus vesiculosus</i> Organic	\$2.00	\$4.25	\$6.75	\$11.50
Bladderwrack powder ⁹ <i>Fucus vesiculosus</i> Organic	\$2.00	\$4.50	\$7.25	\$12.50
Dulse flakes ⁹ <i>Palmaria palmata</i> Organic	\$4.00	\$9.00	\$14.75	\$25.50
Dulse powder ⁹ <i>Palmaria palmata</i> Organic	\$4.25	\$9.25	\$15.25	\$26.50
Irish Moss ⁹ <i>Chondrus crispus</i> Organic	\$3.50	\$7.50	\$12.50	\$21.50
Irish Moss powder ⁹ <i>Chondrus crispus</i> Organic	\$3.50	\$8.00	\$13.00	\$22.50
Kelp powder ⁹ <i>Ascophyllum nodosum</i> Organic	\$1.75	\$2.75	\$4.25	\$7.00
Kombu flakes ⁹ <i>Laminaria saccharina</i> Organic	\$4.00	\$9.00	\$14.75	\$25.50
Nori flakes ⁹ <i>Porphyra umbilicalis</i> Organic	\$5.25	\$11.50	\$19.00	\$33.00
Sea Lettuce ⁹ <i>Ulva lactuca</i> Organic	\$3.50	\$7.75	\$12.75	\$22.00
Wakame flakes ⁹ <i>Alaria esculenta</i> Organic	\$3.50	\$7.50	\$12.50	\$21.50

ORDER IN BULK & SAVE BIG!

Mix and match whole pounds of herbs, spices, spice blends, or teas to get your discount.

10% OFF
5-9 lbs.

15% OFF
10-24 lbs.

25% OFF
25+ lbs.



COMPANY WITH A CONSCIENCE

 <p>Mountain Rose Herbs is a certified organic processor through Oregon Tilth.</p>	 <p>We are proud to be fair trade certified through the IMO Fair For Life program.</p>	 <p>We offer one of the nation's largest lines of botanical products that are certified Kosher by Earth Kosher.</p>
 <p>As a Non-GMO Project verified company we are consistently working to offer more products through this program.</p>	 <p>Through the Forest Grown program we are able to offer botanicals that are sustainably collected from their native ecosystems.</p>	 <p>We are the first company in Oregon to receive a Zero Waste Facility Certification from Green Business Certification Inc.</p>
 <p>We are the first Eugene, Oregon business to be awarded the Salmon Safe certification.</p>	 <p>We have converted to 100% renewable energy, transferring our power usage to renewable energy sources.</p>	 <p>As an EarthShare Oregon business, we match our employees' donations to environmental organizations.</p>

PRECAUTIONS

As individuals, we have different sensitivities, allergic reactions, and possible health conditions. While we do have trained herbalists on staff, we are not healthcare practitioners, and therefore we are unable to provide you with any medical advice, dosages, potential reactions, or any information regarding the prevention or treatment of conditions. The FDA prohibits our company from offering this advice.

It is best to check with a qualified healthcare practitioner to determine which of our products would be best for your particular needs. This is important for determining the safest and most effective way to take herbal products. We encourage you to perform your own research by studying different resources. Just because a small amount of herb works well, it does not mean that more is better.

Mountain Rose Herbs assumes that you are familiar with the safety guidelines for herbs and herbal products as established by the American Botanical Council, the American Herbal Products Association, and the FDA.

Customers shall be solely responsible for all subsequent use or resale of any herbs, or products purchased from Mountain Rose Herbs (MRH), including the blending and/or labeling of such products. Customers further agree to indemnify and hold MRH harmless from any and all claims that may be asserted against MRH from the use of any products marketed by the buyer, in which buyer has mixed, blended, altered, or packaged products containing ingredients sold by MRH.

All of our herbs and spices are labeled with safety cautions as required and recommended by the American Herbal Products Association and their Botanical Safety Handbook. These basic safety and caution guidelines are based on industry recommendations, and are not intended as a complete, conclusive, or up-to-date list. For more information, contact: American Herbal Products Association, FDA guidelines, or a qualified health practitioner.

Key to Precautions- These precautions correspond to the numbers next to our herbs, extracts, and capsules.

1. Consumption of this herb should not exceed small amounts for use as a spice.
2. Do not use this product if you have abdominal pain or diarrhea. Discontinue use in the event of diarrhea or watery stools. Do not exceed recommended dose. Not for long-term use.
3. Excessive use may cause gastro intestinal irritation.
4. Do not apply to broken or abraded skin or eyes.
5. Not for internal use.
6. Not for use during pregnancy or nursing except under the supervision of a qualified healthcare practitioner.
7. Orally administered drugs should be taken at least one hour prior to consumption or several hours after, as this product may slow the absorption.
8. Persons with allergies to members of the *Asteraceae* family should exercise caution, as cross-reactivity to Asteraceae plants is common.
9. Seaweeds contain naturally high levels of iodine. Consumption of this product may cause a serious or life-threatening reaction in persons with allergies to fish or shellfish. may contain shell fragments.
10. Please see website for herb-specific warning.

None of the statements in this catalogue have been evaluated by the Food and Drug Administration.

HERBAL SEED PACKETS

Grow your own herbs with seeds from *Strictly Medicinal Seeds*. Each packet contains planting and germination instructions.

Angelica <i>Angelica archangelica</i> 100 seeds	\$2.95	Lobelia ° <i>Lobelia inflata</i> 1000 seeds	\$2.95
Arnica <i>Arnica montana</i> 50 seeds	\$3.95	Marshmallow ° <i>Althaea officinalis</i> 100 seeds	\$2.95
Ashwagandha ° <i>Withania somnifera</i> 100 seeds	\$3.95	Meadowsweet ° <i>Spirea ulmaria</i> 200 seeds	\$2.95
Astragalus ° <i>A. membranaceus</i> 50 seeds	\$3.95	Milk Thistle ° <i>Silybum marianum</i> 50 seeds	\$2.95
Basil, Sweet ° <i>Ocimum basilicum</i> 100 seeds	\$2.95	Motherwort ° <i>Leonurus cardiaca</i> 100 seeds	\$2.95
Black Cohosh ° <i>Cimicifuga racemosa</i> 50 seeds	\$3.95	Mullein ° <i>Verbascum thapsus</i> 100 seeds	\$2.95
Borage ° <i>Borago officinalis</i> 50 seeds	\$2.95	Nettle ° <i>Urtica dioica</i> 200 seeds	\$2.95
Burdock ° <i>Arctium lappa</i> 100 seeds	\$2.95	Parsley ° <i>Petroselinum crispum</i> 300 seeds	\$2.95
Calendula ° <i>Calendula officinalis</i> 50 seeds	\$2.95	Passionflower ° <i>Passiflora incarnata</i> 20 seeds	\$3.95
California Poppy ° <i>E. californica</i> 500 seeds	\$2.95	Peppermint <i>Mentha piperita</i> 100 seeds	\$2.95
Catnip ° <i>Nepeta cataria</i> 200 seeds	\$2.95	Plantain ° <i>Plantago major</i> 100 seeds	\$2.95
Cayenne ° <i>Capsicum frutescens</i> 50 seeds	\$2.95	Purslane ° <i>Portulacca oleracea</i> 100 seeds	\$2.95
Chamomile, German ° <i>M. recutita</i> 500 seeds	\$2.95	Sage, Garden ° <i>Salvia officinalis</i> 100 seeds	\$2.95
Chamomile, Roman ° <i>C. nobile</i> 300 seeds	\$2.95	Self Heal ° <i>Prunella vulgaris</i> 50 seeds	\$2.95
Chickweed ° <i>Stellaria media</i> 100 seeds	\$2.95	Sheep Sorrel ° <i>Rumex acetosella</i> 100 seeds	\$2.95
Cilantro ° <i>Coriandrum sativum</i> 100 seeds	\$2.95	Shepherds Purse ° <i>C. bursa-pastoris</i> 300 seeds	\$2.95
Clary Sage ° <i>Salvia sclarea</i> 50 seeds	\$2.95	Skullcap ° <i>Scutellaria lateriflora</i> 100 seeds	\$2.95
Cleavers ° <i>Galium aparine</i> 30 seeds	\$2.95	Spilanthes ° <i>Spilanthes acmella</i> 200 seeds	\$2.95
Comfrey ° <i>Symphytum officinalis</i> 20 seeds	\$3.95	Stevia ° <i>Stevia rebaudiana</i> 25 seeds	\$4.95
Dandelion ° <i>Taraxacum officinalis</i> 200 seeds	\$2.95	NEW! Sweet Woodruff <i>G. odoratum</i> 30 seeds	\$2.95
Echinacea angustifolia ° 100 seeds	\$2.95	Tarragon ° <i>Artemisia dracuncululus</i> 100 seeds	\$2.95
Echinacea purpurea ° 200 seeds	\$2.95	Thyme ° <i>Thymus vulgaris</i> 100 seeds	\$2.95
Epazote ° <i>C. ambrosioides</i> 300 seeds	\$2.95	Tulsi Holy Basil ° <i>Ocimum sanctum</i> 50 seeds	\$2.95
Evening Primrose ° <i>O. biennis</i> 200 seeds	\$2.95	Valerian ° <i>Valeriana officinalis</i> 100 seeds	\$2.95
Feverfew ° <i>Tanacetum parthenium</i> 200 seeds	\$2.95	Vitex ° <i>Vitex agnus-castus</i> 100 seeds	\$2.95
Helichrysum ° <i>Helichrysum italicum</i> 100 seeds	\$3.95	White Sage ° <i>Salvia apiana</i> 100 seeds	\$2.95
Hibiscus ° <i>Hibiscus sabdariffa</i> 20 seeds	\$3.95	Wood Betony ° <i>Stachys officinalis</i> 100 seeds	\$2.95
Hyssop ° <i>Hyssopus officinalis</i> 100 seeds	\$2.95	Wormwood ° <i>Artemisia absinthium</i> 200 seeds	\$2.95
Lavender ° <i>Lavandula angustifolia</i> 100 seeds	\$2.95	Yarrow ° <i>Achillea millefolium</i> 200 seeds	\$2.95
Lemon Balm ° <i>Melissa officinalis</i> 100 seeds	\$2.95	Yerba Mansa <i>Anemopsis californica</i> 100 seeds	\$3.95
Lemongrass <i>Cymbopogon flexuosus</i> 50 seeds	\$3.95	Zaatar ° <i>Origanum syriacum</i> 50 seeds	\$3.95
Licorice <i>Glycyrrhiza glabra</i> 30 seeds	\$3.95		

SEED PACKET SETS

Chamomile Seed Set° | 4 seed packets | **\$9.90**

Dyer's chamomile, German chamomile, Roman chamomile, and St. John's chamomile.

Kidzerbs Gift Set° | 12 seeds packets and booklet | **\$24.95**

Anise, basil, borage, calendula, California poppy, catnip, chamomile, feverfew, flax, Johnny jump-up, lemon balm, and love-in-a-mist.

Lavender Seed Set° | 4 seed packets | **\$9.90**

Czech lavender, English lavender, French lavender, and munstrad lavender.

Lifeline Medicinal Seeds Kit° | 18 seed packets | **\$29.95**

Astragalus, holy basil, burdock, calendula, German chamomile, *Echinacea purpurea*, elecampane, evening primrose, flax, lemon balm, marshmallow, motherwort, nettle, cayenne pepper, sage, valerian, wood betony, and yarrow.

Tasty Tea Seed Set° | 7 seed packets | **\$16.95**

Anise, lavender bergamot, German chamomile, hibiscus, lemon balm, nettle, and tulsi holy basil.

Please see our website for complete descriptions.

ORDERING INFORMATION

Prices in this catalogue go into effect 09/7/2017 and supersede all previous catalogues. Although we strive to maintain prices, they may be subject to change. All sales are in USD. We do NOT accept COD orders or CASH.

We process your orders quickly; because of this we are unable to accommodate adjustments or add-ons after the order has been received. We apologize for this inconvenience, but it assists us in providing quick service to all of our customers.

Ordering By Mail

Please use the order form on page 49 and allow up to eight days for first-class mail to reach us. Make your check or money order (US funds only, NO CASH) payable to: Mountain Rose Herbs. There is a \$10 charge for returned checks. We also accept Mastercard, Visa, American Express, and Discover credit and debit cards. Include your complete card number, full name, signature, expiration date, billing and shipping addresses, and a daytime phone number.

Telephone Orders

Please have your completed order ready, then call toll free: 800.879.3337. Our customer service staff are available Monday through Friday between 8 am and 4 pm PST.

Fax Orders

Include your full name, billing and shipping address, and a daytime phone number. We will contact you for payment details.
Fax: 510.217.4012.

Online Orders

We accept online orders at any time at *mountainroseherbs.com*. We have a secure site with 256-bit SSL (Secure Socket Layer) technology. Your privacy and security are guaranteed. Visit our website for new products, featured items, informative profiles, and photographs of all of our offerings. We cannot accept orders by email.

Pickup Orders and Retail Store

We offer free local pickups and returns at our retail store, located in downtown Eugene, Oregon. The Mountain Rose Herbs Mercantile (152 W. 5th Ave.) carries our most popular organic herbs, essential oils, teas, spices, and other sundries. The retail shop does not carry bulk sizes. However, those can be ordered in advance and picked up at the store. For more information, call us at 541.868.8420 or visit *mountainroseherbsmercantile.com*. Please note that orders may no longer be picked up at our headquarters in west Eugene.

Sale Specials and Discounts

Each month at least 12 items go on sale up to 60% off their regular prices. You can see the monthly specials and sign up for our newsletters on our website. You can find close-out items on our clearance page. We offer bulk discounts up to 25% off on multiple whole pounds of herbs, spice blends, and teas. Discounts are NOT cumulative and we do not offer additional wholesale prices. If you are an established retailer and would like information on setting up a terms account, please visit our website, call us (ext. 126) or email: terms@mountainroseherbs.com.

Cancellations

Order cancellations must be submitted by 3 pm PST on the day you submit your order. We are unable to cancel orders with expedited shipping.

Out of Stock Items and Backorders

Occasionally, we run short of an item due to availability. We apologize for the inconvenience and ask you to reorder at a later date. If an item went out of stock after we processed your order, we may backorder it and ship it out, free of charge, as soon as it is back in stock. If you request, we will cancel your backorder and give you a prompt refund. You can sign up for back in stock notifications on our website or by contacting customer service.

Return Policy

If you are not satisfied with a product, you can return it in its original condition, with the invoice, within 60 days. We will promptly refund your money. Shipping and handling is not refundable unless it is our error. No returns on Canadian orders, opened essential oils or extracts 8 oz. or larger, clothing, mugs, or products that have been mixed together.

Shipping

We ship primarily by UPS, FedEx, or Priority Mail. Please call for expedited shipping: Next Day Air, 2nd Day Air, or 3 Day Select. For Canada shipping, please visit our website or email: international@mountainroseherbs.com. **These are estimated charges only; we do our best to give you the lowest rate possible. We use the actual UPS, USPS, and FedEx rates based on the weight of your order and delivery distance. Please call 800.879.3337 with your completed order or check online and we will be happy to give you an accurate charge. Please anticipate an increased cost for heavy items such as 5+ lbs. of herbs, teas, wax or clay, gallons of oil, and cases of glass.

Sales and Use Tax Consolidated Notice

Mountain Rose Herbs is not required to and does not collect sales or use tax for any state;
This purchase is not exempt from any state's sales or use tax merely because it is made over the Internet or by other remote means; and Most states require that a purchaser who is a resident of their state (A) file a sales or use tax return at the end of the year reporting all taxable purchases that were not taxed, and (B) pay tax on those purchases.

Why Organic BODY CARE MATTERS

With the considerable focus placed on diet nowadays, it may be easy to forget that skin is our largest organ and needs plenty of attention too. Our pores actually absorb whatever we put on them! In fact, a recent study led by researchers in California demonstrated that even a short break from the synthetic chemicals widely used in the personal care industry (like phthalates, parabens, triclosan, and oxybenzone) can quickly reduce levels of hormone-disrupting chemicals in the body.* Furthermore, the researchers noted that because women in general tend to use more personal care products, they are at higher risk for exposure to unhealthy ingredients.

Thankfully, the organic botanical world so generously provides an abundance of soothing, healthy, and naturally aromatic butters, oils, and powders that we can use directly on our body, hair, and skin. Mountain Rose Herbs has a wide selection of these organic ingredients to make crafting your own body care accessible and easy. It can be an empowering experience to customize to your preferences, experiment with different combinations, and maybe even skip the personal care aisle in the store altogether! The cleanest label you can find is the label you make yourself.

We care about organics at Mountain Rose Herbs because we understand that life and our planet are precious. What we put on ourselves and our loved ones is one way to maintain our health and wellness. The richness of mango butter in a lotion bar, the lightness of a cucumber hydrosol on our face, and the shine of argan oil on our hair is enough proof to us that nature has gotten body care just right.

5

Single Ingredient Body Care Favorites

Making your own body care products is easy! Many of the goods we offer don't even require a recipe. Just use as is.

- 1 Rose Hydrosol: facial toner
- 2 Argan Oil: hair and skin moisturizer
- 3 Epsom Salts: soothing bath or foot scrub
- 4 French Green Clay: facial mask (mix with water)
- 5 Coconut Oil: all-purpose moisturizer



Search our online shop for more info on your favorite herbal products.

*Research provided by The Organic Center, a nonprofit organization that communicates about and conducts science of interest to the organic community. Learn more: www.organic-center.org.

DIY INGREDIENTS

We carry nearly everything you might need to make your own natural herbal products. From luscious plant-based butters, to organic carrier oils, to powdered clays, we offer an abundant collection of natural ingredients for use in cosmetics, body care, and other recipes. All products are meticulously selected to ensure your homemade creations are pure and uncompromised.



Visit our blog for recipe inspiration
[blog.mountainroseherbs.com!](http://blog.mountainroseherbs.com)

BUTTER, WAX & CLAY

Cocoa Butter | Organic | Fair trade | Non-GMO

This off-white butter adds a creamy consistency and fragrance to body care recipes. Food & cosmetic use. Expeller-pressed & unrefined. *Theobroma cacao*
4 oz. \$5.75 8 oz. \$10.00 1 lb. \$17.00 1 gal.* \$110.25

Cocoa Butter Wafers | Organic | Fair trade | Non-GMO

These convenient 1" wafers make melting and blending easy. Food & cosmetic use. Expeller-pressed & unrefined. *Theobroma cacao*
1 lb. \$14.00 5 lb.* \$56.00 35 lb.* \$313.00

Kokum Butter

Almost odorless, this butter makes a great addition to lotions, creams, and body butters. Cosmetic use. Expeller-pressed & refined. *Garcinia indica*
4 oz. \$8.50 8 oz. \$14.50 1 lb. \$25.00 1 gal.* \$162.00

Mango Butter | Organic

Rich and creamy, this butter can be applied to the skin as is or blended with other ingredients. Cosmetic use. Expeller-pressed & refined. *Mangifera indica*
4 oz. \$15.75 8 oz. \$27.25 1 lb. \$47.00 1 gal.* \$304.75

Shea Butter Refined | Organic | Fair trade

This naturally deodorized butter has a lighter aroma than our unrefined shea butter. Cosmetic use. Expeller-pressed & refined. *Butyrospermum parkii*
4 oz. \$4.75 8 oz. \$8.25 1 lb. \$14.50 1 gal.* \$94.25

Shea Butter Unrefined | Organic

A raw, soft butter prized for its moisturizing properties. This butter has a strong aroma. Cosmetic use. Expeller-pressed & unrefined. *Butyrospermum parkii*
4 oz. \$4.50 8 oz. \$7.50 1 lb. \$13.00 1 gal.* \$84.75

Beeswax Blocks

This pure beeswax comes from American beekeepers. A fragrant wax used in salves, body care products, or homemade aromatic candles. Cosmetic use.
1 oz. \$4.00 1 lb. \$16.00 5 lb.* \$68.00

Beeswax Pastilles

These pure beeswax pastilles make measuring and blending easy. No more grating! 3 mm in diameter. Cosmetic use.
1 lb. \$17.00 5 lb.* \$68.00

Carnauba Wax | Organic

This thick, hard cosmetic wax is the perfect vegan option for lipstick, cosmetics, and furniture wax recipes. Cosmetic use. *Copernicia prunifera*
1 lb. \$25.00 5 lb.* \$100.00 55 lb.* \$880.00

Emulsifying Wax

Derived from naturally occurring fats and esters, this pastille-like flaky wax helps create a bond between oil and water. Cosmetic use.
1 lb. \$7.00 5 lb.* \$28.00 55 lb.* \$246.00

Bentonite Clay

A naturally occurring volcanic ash clay for cosmetics. Not for internal use.
1 lb. \$7.00 5 lb.* \$28.00 50 lb.* \$224.00

French Green Clay

An excellent facial clay that tones and stimulates. Not for internal use.
1 lb. \$11.00 5 lb.* \$44.00 55 lb.* \$363.00

Fullers Earth Clay

This absorbent clay is ideal for oily skin types. Not for internal use.
1 lb. \$6.50 5 lb.* \$26.00 50 lb.* \$208.00

Rhassoul Clay

This exquisite clay is collected in Morocco. Not for internal use.
1 lb. \$8.00 5 lb.* \$32.00 55 lb.* \$281.00

White Cosmetic Clay

This versatile, absorbent clay is also known as white kaolin. Not for internal use.
1 lb. \$6.00 5 lb.* \$24.00 50 lb.* \$180.00

Please note that bulk ingredients cannot be combined for volume discounts.

*Heavy items will increase shipping cost.



From top to bottom:
Shea Butter Unrefined,
Beeswax Pastilles,
1 oz. Beeswax Block,
Rhassoul Clay



From left to right:
Avocado Oil, Jojoba Oil,
Shea Nut Oil, Sweet Almond Oil

CARRIER OILS

Almond Oil | Organic | Plastic bottles

A delightful oil, rich in flavor, color, and aroma that is excellent in culinary creations and body care formulas. Food & cosmetic use. Expeller-pressed & unrefined. *Prunus dulcis*

16 oz. \$50.00 1 gal.* \$324 5 gal.* \$1498.50

Almond Oil | Plastic bottles

This universal emollient oil is used to soften and smooth skin. Easily saponified, it also produces good lather in soap. Cosmetic use. Expeller-pressed & refined. *Prunus dulcis*

8 oz. \$7.00 16 oz. \$12.00 1 gal.* \$78.00 5 gal.* \$370.50

Apricot Kernel Oil | Organic | Plastic bottles

This mild, moisturizing oil has a lovely aroma and is ideal for sensitive and mature skin. Cosmetic use. Cold-pressed & unrefined. *Prunus armeniaca*

8 oz. \$20.00 16 oz. \$34.50 1 gal.* \$223.75 5 gal.* \$1035.00

Argan Oil | Organic | Glass bottles

Skin-loving and easily absorbed, argan oil is light and often used in skin, nail, and hair care formulas. Cosmetic use. Cold-pressed & unrefined. *Argania spinosa*

4 oz. \$27.00 8 oz. \$46.75 16 oz. \$81.00 1 gal.* \$525.25

Avocado Oil | Organic | Fair trade | Plastic bottles

This superb oil is dark green with a rich flavor and aroma. Add to your favorite culinary creations or body care recipe. Food & cosmetic use. Cold-pressed & unrefined. *Persea americana*

16 oz. \$16.00 1 gal.* \$104 5 gal.* \$494.00

Baobab Oil | Organic | Glass bottles

This exquisite oil absorbs quickly and is wonderful in moisturizing skin recipes and hair care formulations. Cosmetic use. Cold-pressed & unrefined. *Adansonia digitata*

4 oz. \$14.75 8 oz. \$25.50 16 oz. \$44.00 1 gal.* \$285.50

Black Cumin Seed Oil | Organic | Glass bottles

A nutritive oil containing vitamins, minerals, and fatty acids. Refrigeration recommended. May cause skin irritation. Food & cosmetic use. Cold-pressed & unrefined. *Nigella sativa*

4 oz. \$16.75 8 oz. \$28.75 16 oz. \$50.00 1 gal.* \$324.00

Borage Seed Oil | Organic | Glass bottles

Prized for its gamma linolenic acid (GLA) content, borage oil is used in culinary, wellness, and cosmetics preparations. Refrigeration recommended. Food & cosmetic use. Cold-pressed & unrefined. *Borago officinalis*

4 oz. \$18.00 16 oz. \$54.00 1 gal.* \$350.25

Camelina Oil | Organic | Plastic bottles

Similar to flax in appearance and properties, this stable oil is great for the skin and hair. Food & cosmetic use. Cold-pressed & unrefined. *Camelina sativa*

8 oz. \$7.25 16 oz. \$12.50 1 gal.* \$81.00 5 gal.* \$384.75

Castor Oil | Organic | Plastic bottles

This thick, shiny oil acts as a protective barrier for the skin and is commonly used for compresses. Cosmetic use. Expeller-pressed & refined. *Ricinus communis*

16 oz. \$8.00 1 gal.* \$52.25 5 gal.* \$248.25

Coconut Oil Refined | Organic | Non-GMO

This unscented solid oil is a top pick for moisturizing skin care recipes and a lather-producing agent in soaps. Food & cosmetic use. Expeller-pressed & refined. *Cocos nucifera*

32 oz. \$10.25 1 gal.* \$35.00 5 gal.* \$166.25

Coconut Oil Unrefined | Organic | Fair trade | Non-GMO

This solid oil has an intoxicating, rich coconut aroma and flavor. Add to skin care recipes or utilize in the kitchen. Food & cosmetic use. Cold-pressed & unrefined. *Cocos nucifera*

32 oz. \$19.00 1 gal.* \$66.00 5 gal.* \$313.50

Evening Primrose Oil | Organic | Glass bottles

A natural source of essential fatty acids, this oil has abundant cosmetic and wellness uses. Refrigeration recommended. Food & cosmetic use. Cold-pressed & refined. *Oenothera biennis*

4 oz. \$12.00 16 oz. \$36.00 1 gal.* \$233.75 5 gal.* \$1081.25

Grapeseed Oil | Organic | Plastic bottles

With a rich aroma and smooth flavor, grapeseed oil is wonderful in facial creams and oils (or even excellent in salads). Food & cosmetic use. Cold-pressed & deodorized. *Vitis vinifera*

16 oz. \$30.00 1 gal.* \$194.50 5 gal.* \$899.75

Hazelnut Oil | Organic | Glass bottles

This delicate oil has a fatty scent and nutty flavor. It absorbs into the skin quickly and does not feel oily. Food & cosmetic use. Cold-pressed & unrefined. *Corylus avellana*

4 oz. \$18.00 8 oz. \$31.25 16 oz. \$54.00 1 gal.*\$350.25

Hemp Seed Oil | Organic | Plastic bottles

This rich oil has a pleasant nutty smell and dark color. It absorbs well into the skin. Keep refrigerated. Food & cosmetic use. Cold-pressed & unrefined. *Cannabis sativa*

16 oz. \$17.00 1 gal.* \$110.25 5 gal.* \$523.75

Jobba Oil | Organic | Plastic bottles

This stable carrier oil is actually a liquid wax ester that is similar to our own skin's sebum. Cosmetic use. Cold-pressed & unrefined. *Simmondsia chinensis*

8 oz. \$28.25 16 oz. \$49.00 1 gal.* \$317.75 5 gal.* \$1469.75

Kukui Nut Oil | Plastic bottles

This oil has high penetrability and smoothing skin properties. Cosmetic use. Cold-pressed & refined. *Aleurites moluccans*

8 oz. \$8.00 16 oz. \$13.00 1 gal.* \$84.75 5 gal.* \$417.00

Macadamia Nut Oil | Organic | Plastic bottles

This oil resembles the oils in your skin. Food & cosmetic use. Expeller-pressed & unrefined. *Macadamia integrifolia*

16 oz. \$40.00 1 gal.* \$259.25 5 gal.* \$1199.25

Neem Oil Blend | Organic | Glass bottles

Used in creams and hair care. Cosmetic & garden use. Cold-pressed & unrefined, mixed with 15% olive oil^o for easy pouring. *Azadirachta indica*

4 oz. \$4.75 8 oz. \$8.25 16 oz. \$14.00 1 gal.*\$91.00

Olive Oil Extra Virgin | Organic | Plastic bottles

This classic oil is an excellent base for herbal oils, body care, salad dressings, and cooking. Food & cosmetic use. Cold-pressed & unrefined. *Olea europaea*

16 oz. \$10.00 1 gal.* \$65 5 gal.* \$308.75

Pomegranate Seed Oil | Organic | Glass bottles

This luxurious oil has a slightly fruity flavor and scent making it wonderful for cosmetics. Food & cosmetic use. Cold-pressed & unrefined. *Punica granatum*

2 oz. \$15.00 4 oz. \$26.00 8 oz. \$45.00 16oz. \$78.00

Pumpkin Seed Oil | Organic | Glass bottles

Also known as "green gold," this oil has a pleasant, rich aroma and deep flavor. Food & cosmetic use. Cold-pressed & unrefined. *Cucurbita pepo*

4 oz. \$6.25 16 oz. \$18.50 1 gal.* \$120.25

Rosehip Seed Oil | Organic | Glass bottles

This carrier oil has a reddish-amber color and distinct aroma and is ideal for dry or mature skin. Refrigeration recommended. Cosmetic use. Cold-pressed & winterized. *Rosa rubiginosa*

4 oz. \$20.00 8 oz. \$34.50 16 oz. \$60.00 1 gal.* \$389.00

Safflower Oil | Organic | Plastic bottles

This high linoleic oil is deeply moisturizing and ideal for general skin care. Food & cosmetic use. Expeller-pressed & unrefined. *Carthamus tinctorius*

16 oz. \$12.50 1 gal.* \$81.00 5 gal.* \$384.75

Sea Buckthorn Oil | Organic | Glass bottles

This prized oil for skin care is a natural source of essential fatty acids. May temporarily stain skin. Cosmetic use. Cold-pressed & unrefined. *Hippophae rhamnoides*

2 oz. \$32.25 4 oz. \$56.00 8 oz. \$97.25 16 oz. \$169.00

Sesame Oil | Organic | Non-GMO | Plastic bottles

This golden-colored and nutty flavored oil provides a stable base for body care products. Food & cosmetic use. Expeller-pressed & unrefined. *Sesamum indicum*

16 oz. \$10.00 1 gal.* \$65.00 5 gal.* \$308.75

Shea Nut Oil | Organic | Plastic bottles

This thicker oil is beneficial for dry skin and used as a protective agent in harsh weather. Cosmetic use. Expeller-pressed & unrefined. *Butyrospermum parkii*

8 oz. \$11.00 16 oz. \$19.00 1 gal.* \$123.50 5 gal.* \$586.75

Soybean Oil | Organic | Non-GMO | Plastic bottles

This easily absorbed oil has a smooth, non-greasy feel. Cosmetic use. Expeller-pressed & refined. *Soja hispida*

16 oz. \$5.50 1 gal.* \$36.00 5 gal.* \$171.00

Sunflower Oil | Organic | Non-GMO | Plastic bottles

Moisturizing and smoothing, this oil is ideal for dry skin recipes and massage oil bases. Food & cosmetic use. Expeller-pressed & refined. *Helianthus annus*

16 oz. \$7.50 1 gal.* \$48.75 5 gal.* \$231.75

Tamanu Oil | Organic | Glass bottles

With a rich deep scent, this dark oil can be used directly on the skin or used in formulations. Cosmetic use. Cold-pressed & unrefined. *Calophyllum tacamahaca*

2 oz. \$8.25 4 oz. \$14.00 8 oz. \$24.25 16 oz. \$42.00

Wheat Germ Oil | Organic | Glass bottles

Excellent for dry or mature skin. Keep refrigerated. Cosmetic use. Cold-pressed & unrefined. *Triticum vulgare*

4 oz. \$21.75 8 oz. \$37.50 16 oz. \$65.00 1 gal.* \$421.25

OTHER INGREDIENTS

Aloe Vera Gel | Non-GMO

Made from organically grown *Aloe vera* plants. *Aloe vera* fillet, potassium sorbate, ascorbic acid, citric acid, and xanthan gum. May contain pulp. Refrigeration recommended. Food & cosmetic use. 8 oz. with pump top.

8 oz. \$5.50 16 oz. \$8.00 1 gal.* \$52.25 5 gal.* \$248.25

Apricot Kernel Meal

This finely ground meal is ideal for soaps, facial scrubs, and exfoliating body care. Cosmetic use.

1 lb. \$8.50 5 lb.* \$34.00 40 lb.* \$218.00

Arrowroot Powder | Organic

An edible starch that can also be used as a thickener and absorbing agent in your favorite body care creations. Food & cosmetic use. *Maranta arundinacea*

1 lb. \$10.00 5 lb.* \$40.00 55 lb.* \$352.00

Baking Soda

This naturally sourced sodium bicarbonate is used in bath and body care products, dental care, and cleansing agents. Food and cosmetic use.

1 lb. \$3.50 5 lb.* \$14.00 50 lb.* \$112.00

Borax

Borax (sodium borate) is an emulsifier, natural preservative, and buffering agent. May irritate sensitive skin. Cosmetic use.

1 lb. \$3.50 5 lb.* \$14.00 55 lb.* \$123.00

Buckwheat Hulls | Organic

These hard outer shells are wonderful for filling pillows, especially when combined with fragrant herbs. Not for internal use.

1 lb. \$5.50 5 lb.* \$22.00 50 lb.* \$176.00

Castille Soap Liquid | Organic | Non-GMO

A favorite unscented soap or shampoo base. Water, coconut^o, sunflower^o, and castor^o oils, potassium hydroxide (saponification agent), citric acid, and rosemary extract^o. Cosmetic use.

8 oz. with pump top.

8 oz. \$4.25 16 oz. \$7.00 1 gal.* \$45.50 5 gal.* \$216.25

Citric Acid | Non-GMO

Anhydrous citric acid comes from the fermentation of crude fruit sugar. It is used to prevent color and texture loss in cosmetics and makes a fabulous base ingredient in bath fizzies. Food & cosmetic use.

1 lb. \$6.00 5 lb.* \$24.00 50 lb.* \$192.00

Coconut Flakes | Organic

A perfect addition to exfoliating body care recipes, tasty tea blends, and other culinary delights. Food & cosmetic use.

1 lb. \$9.00 5 lb.* \$36.00 25 lb.* \$144.00

Dead Sea Salt

This luxurious solar dried sea salt is perfect for bath products and scrubbing blends. Cosmetic use.

1 lb. \$4.50 5 lb.* \$18.00 55 lb.* \$158.00

Epsom Salt

Soak and relax with this classic bath salt. Use by itself or blend with essential oils for a splendid soak. Cosmetic use.

1 lb. \$4.00 5 lb.* \$16.00 50 lb.* \$128.00

*Please note that bulk ingredients cannot be combined for volume discounts. *Heavy items will increase shipping cost.*

Guar Gum Powder | Organic

A water-soluble fiber used as a binder, thickener, and volume enhancer in food preparations and gluten-free recipes. Food & cosmetic use. *Cyamopsis tetragonolobus*

1 lb. \$15.00 5 lb.* \$60.00 50 lb.* \$480.00

Lecithin Powder, Soy | Organic

This granular, waxy powder is used as a thickening agent, emulsifier, and mild preservative. Food & cosmetic use.

4 oz. \$14.25 8 oz. \$23.50 1 lb. \$39.00 5 lb.* \$156.00

Lecithin Liquid | Organic

Easily blended emulsifier and thickening agent. Centrifuge-extracted (without utilizing alcohol or solvents) from soybean oil. Food & cosmetic use.

8 oz. \$14.75 16 oz. \$25.50 1 gal.* \$165.75

Menthol Crystals | Organic | Fair trade

Extracted from *Mentha arvensis*, these crystals are used in cosmetics and balms. Food & cosmetic use.

4 oz. \$14.25 8 oz. \$23.50 1 lb. \$39.00 5 lb.* \$156.00

Rosemary Antioxidant | Organic

This antioxidant preservative has a slight rosemary-like aroma and is used in cosmetics, creams, and lotions. Rosemary extract from supercritical CO2 extraction infused in olive oil for solubility. Food & cosmetic use.

2 oz. \$25.75 4 oz. \$44.75 8 oz. \$77.50 16 oz. \$134.50

Sea Salt

Gathered in the Pacific Ocean, this solar evaporated sea salt makes the perfect scrub, bath salt, or common kitchen salt. All sizes available in both coarse or fine. Food & cosmetic use.

1 lb. \$3.50 5 lb.* \$14.00 50 lb.* \$112.00

Stearic Acid

These white, waxy flakes are used as an emulsifying agent in lotions, deodorants, and natural body care. Cosmetic use.

1 lb. \$5.50 5 lb.* \$22.00 55 lb.* \$194.00

Vegetable Glycerine | Organic

A natural soy-derived emollient used in cosmetics to assist in retaining moisture. Glycerine is also used to make alcohol-free extracts (glycerites). Food & cosmetic use.

16 oz. \$12.50 1 gal.* \$81.00 5 gal.* \$384.75

Vitamin E Oil | Non-GMO

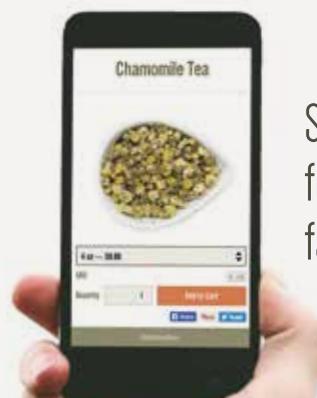
This natural antioxidant and preservative is made from soy sources. 7,500 I.U./oz. mixed tocopherols. Cosmetic use.

2 oz. \$12.75 4 oz. \$22.00 8 oz. \$38.00 16 oz. \$66.00

Witch Hazel Extract | Organic

This double-distilled extract contains 86% distilled organic witch hazel and 14% organic alcohol. Cosmetic use.

16 oz. \$8.00 1 gal.* \$52.25 5 gal.* \$248.25



Search our online shop for more info on your favorite herbal goods.



CONTAINERS

From left to right: Mister Top, Dropper Top, Treatment Pumps, Screw Caps

Amber Glass Bottles

These Boston round amber glass bottles come in a variety of sizes and closures.

with Screw Caps	per item	case 12	case 24
1/24 oz.	\$0.75	\$7.75*	\$13.25*
1/8 oz.	\$0.85	\$8.75*	\$15.00*
1/4 oz.	\$1.00	\$10.25*	\$17.50*
1/2 oz.	\$1.25	\$12.75*	\$21.75*
1 oz.	\$1.00	\$10.25*	\$17.50*
2 oz.	\$1.15	\$11.75*	\$20.00*
4 oz.	\$1.50	\$15.50*	\$26.50*
8 oz.	\$2.40	\$24.50*	\$41.75*
16 oz.	\$2.75	\$28.25*	\$48.25*
with Droppers			
1/8 oz.	\$1.10	\$11.25	\$19.25*
1/4 oz.	\$1.25	\$12.75*	\$21.75*
1/2 oz.	\$1.50	\$15.50*	\$26.50*
1 oz.	\$1.00	\$10.25*	\$17.50*
2 oz.	\$1.25	\$12.75*	\$21.75*
4 oz.	\$1.75	\$18.00*	\$30.75*
NEW! with Treatment Pumps			
1 oz.	\$1.00	\$10.25*	\$17.50*
2 oz.	\$1.25	\$12.75*	\$21.75*
NEW! with Black Misters			
1 oz.	\$1.00	\$10.25*	\$17.50*
2 oz.	\$1.25	\$12.75*	\$21.75*

Amber Glass Bottles with reducer inserts

Traditionally used for essential oils, these amber glass bottles come with a drop reducer insert and screw cap.

Size	per item	case 12	case 24
15 mL (1/2 oz.)	\$1.15	\$11.75*	\$20.00*
30 mL (1 oz.)	\$1.25	\$12.75*	\$21.75*

Cobalt Glass Bottles

These Boston round cobalt blue glass bottles come in a variety of sizes and closures.

with Screw Caps	per item	case 12	case 24
1/2 oz.	\$1.50	\$15.50*	\$26.50*
1 oz.	\$1.75	\$18.00*	\$30.75*
2 oz.	\$1.75	\$19.00*	\$32.50*
with Droppers			
1/2 oz.	\$1.75	\$18.00*	\$30.75*
1 oz.	\$1.75	\$18.00*	\$30.75*
2 oz.	\$1.75	\$18.00*	\$30.75*
NEW! with Treatment Pumps			
1 oz.	\$1.75	\$18.00*	\$30.75*
2 oz.	\$1.75	\$18.00*	\$30.75*
NEW! with Black Misters			
1 oz.	\$1.75	\$18.00*	\$30.75*
2 oz.	\$1.75	\$18.00*	\$30.75*
4 oz.	\$2.00	\$20.50*	\$35.00*

*Heavy items will increase shipping cost.

Need extra lids? All of our glass bottle closures are also sold separately. Visit our online shop!



MORE CONTAINERS

From left to right: Clear Glass Storage Jars, Glass Jars, Roll Top Bottle, Pantry Jar, Cork Top Bottles, Stacking Spice Jars

Clear Glass Storage Jars

Perfect for storing dried herbs or spices. Made from 100% recycled soda lime glass with a metal screw cap.

Size	per item	case 12	case 24
90 g	\$1.75	\$18.00*	\$30.75*
1/4 kg	\$2.50	\$25.50*	\$43.50*

Roll Top Glass Bottles

These clear glass bottles come with a roll top applicator and black lid. Ideal for applying oils, liniments, and aroma blends.

Size	per item	case 12	case 24
1 oz.	\$2.55	\$26.25*	\$44.75*

Clear Glass Jars

Wide mouth, straight sides with white metal lids.

Size	per item	case 12	case 24
1 oz.	\$1.80	\$18.50*	\$31.50*
2 oz.	\$1.85	\$19.00*	\$32.50*
4 oz.	\$2.85	\$29.25*	\$49.75*

Amber Glass Jars

Wide mouth, straight sides with black plastic lids.

Size	per item	case 12	case 24
50 mL	\$1.75	\$18.00*	\$30.75*
4 oz.	\$2.00	\$20.50*	\$35.00*
9 oz.	\$2.65	\$27.25*	\$46.50*

Glass Pantry Jars

Classic wide-mouth, clear glass jars with a rubber gasket seal and easy-to-use clamp down lid.

7 oz. 3 1/4" tall with 70 mm gasket	\$8.00 each
12 oz. 3 3/4" tall with 85 mm gasket	\$9.00 each
26 oz. 5 1/4" tall with 100 mm gasket	\$10.00 each

Spice Jars with Shaker

Straight sided, cylinder shape with a dual opening black cap. Holds 1-3 oz. of dry material.

\$1.50 each	\$15.50 for 12	\$26.50 for 24*
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Glass Spice Bottles with Cork Top

Made from 100% recycled glass. Holds 1-2 oz. of dry material.

\$1.75 each	\$18.00 for 12	\$30.75 for 24*
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Stacking Spice Jars

These self-stacking, interlocking spice jars are made of crystal clear acrylic and come with a shaker top with 5mm holes and a white screw cap. Holds up to 5 oz. of dry material.

\$2.80 each	\$28.75 for 12	\$49.00 for 24*
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Glass Cork Top Bottles

These charming glass bottles are manufactured in Spain using 100% recycled glass.

Size	per item	case 12	case 24
Small 4 oz.	\$1.75	\$18.00*	\$30.75*
Medium 10 oz.	\$2.15	\$22.00*	\$37.50*
Large 20 oz.	\$2.25	\$23.00*	\$39.25*

Wide Mouth Cork Top Jar | \$5.00 each

These charming glass jars are manufactured in Spain using 100% recycled glass and hold approximately 8-24 oz.

**Heavy items will increase shipping cost.*



From left to right: Lip Balm Tubes, Plastic Bottles, Tins and Misters, Powder Container, Plastic Jars

Glass Droppers

A staple for dispensing liquids. Clear glass pipette attached to a black rubber bulb with black screw cap closure. These droppers fit on our amber and cobalt glass bottles.

Size	per item	case 12	case 24
1/8 oz.	\$0.80	\$8.25	\$14.25*
1/4 oz.	\$0.65	\$6.75	\$11.50*
1/2 oz.	\$0.60	\$6.25	\$10.75*
1 oz.	\$0.50	\$5.25	\$9.00*
2 oz.	\$0.50	\$5.25	\$9.00*
4 oz. (amber only)	\$0.60	\$6.25	\$10.75*

NEW! Black Treatment Pumps

Ideal for dispensing oils and thick liquids. These pumps fit on our 1 oz. and 2 oz. amber or cobalt glass bottles.

\$0.40 each \$4.25 for 12 \$7.25 for 24*

Fingertip Misters

These mister spray pumps are available in your choice of black or white. Offered in two different neck sizes.

Large 24/410- fits 2, 4, 8, and 16 oz. plastic bottles and 4 oz. cobalt glass bottles.

Small 20/410- fits 1 oz. plastic bottles, 1 and 2 oz. amber or cobalt glass bottles.

\$0.65 each \$6.75 for 12 \$11.50 for 24

Lotion Pumps

This pump fits our 4 and 8 oz. plastic bottles, and 4 oz. cobalt glass bottles. 6" dip tube, locks closed, and 24/410 neck thread. Available in black or white.

\$0.85 each \$8.75 for 12 \$15.00 for 24

Lip Balm Tubes

Standard tube features a twisting base that pushes the balm up. Containers fit roughly 0.15 oz. of material. Choose from clear (made from recycled materials) or white.

\$0.30 each \$6.50 for 25 \$11.25 for 50

Plastic Bottles

Opaque HDPE bottles with flip cap or mister options.

with Flip Cap	per item	case 12	case 24
1 oz.	\$1.55	\$16.00	\$27.25*
2 oz.	\$0.75	\$7.75	\$13.25*
4 oz.	\$0.85	\$8.75	\$15.00*
8 oz.	\$0.90	\$9.25	\$15.75*
16 oz.	\$1.15	\$11.75	\$20.00*
NEW! with White Misters			
8 oz.	\$1.00	\$10.25	\$17.50*
16 oz.	\$1.25	\$12.75	\$21.75*

White Plastic Jars

White double-walled, lightweight jars with lids.

Size	per item	case 12	case 24
1/4 oz.	\$0.75	\$7.75	\$13.25*
1/2 oz.	\$1.00	\$10.25	\$17.50*
1 oz.	\$1.25	\$12.75	\$21.75*
2 oz.	\$1.50	\$15.50	\$26.50*
4 oz.	\$1.85	\$19.00	\$32.50*
8 oz.	\$2.25	\$23.00	\$39.25*

Metal Tins

Seamless metal containers. Round, flat shape with safe edge body, and plain push-on lid.

Size	per item	case 12	case 24
1/2 oz.	\$0.55	\$5.75	\$10.00*
1 oz.	\$0.60	\$6.25	\$10.75*
2 oz.	\$0.75	\$7.75	\$13.25*
4 oz.	\$0.90	\$9.25	\$15.75*

Powder Containers

Foil-lined, metal base, sturdy white cardboard "tube" shape with white plastic shaker dispensing lid.

Holds approximately 3 to 4 3/4 oz. of dry material.

\$1.75 each \$18.00 for 12 \$30.75 for 24*

Gift Ideas From Our RECIPE ARCHIVES

Back in 1991, Julie Bailey purchased a small mail order company while living in southern Humboldt, California. Before it became the Mountain Rose Herbs we know today, it was renowned herbalist Rosemary Gladstar's business, which provided class supplies to her herbal students. Very much like a seed, the company was transformed to full bloom with Julie's care. Over the years, she has tended many parts of the Mountain Rose Herbs "garden"—formulating products, handling finances, designing our catalogue, overseeing executive management, and so much more! Julie is our grounding pragmatist, keeping us rooted every step of the way.

Recently, we discovered an old notebook brimming with some of our recipes from the past and took a wonderful trip back to our beginnings with Julie—while sipping tea of course! Worked and reworked formulations on pages scribbled with notes were the start of Mountain Rose Herbs' first product line. Many of the notebook's recipes are still customer favorites, but as could be expected, we found some gems hiding in this nostalgic pile of papers. And we just can't help but share our favorites with you!



Queen of Hungary's Water

An original formulation no longer offered in the Mountain Rose Herbs line, this traditional recipe has a mysterious folkloric origin. One popular legend suggests it was an alchemist's creation for the Queen of Hungary to restore her youth. Some say it was the first recorded perfume. It is still beloved to this day, as its pleasing aroma continues to delight.

Ingredients

4 parts organic lemon balm*

3 parts organic calendula flowers*

3 parts organic chamomile flowers*

3 parts organic lavender flowers*

1 part organic orange peel*

1 part organic rosemary*

Liquid menstruum of high-proof vodka, organic apple cider vinegar, or organic red wine vinegar

Organic witch hazel extract*

Organic rose hydrosol*

Directions

Place dried herbs in a large glass jar. Cover with menstruum until it rests one to two inches above the herbs. If lid is metal, place parchment paper over the mouth of the jar before putting the lid on it. Legend suggests infusing at the new moon and straining at the full moon. If that is not possible, then let sit for 2-4 weeks in a warm, dry place. Agitate or shake jar daily. And be sure to add more menstruum to the jar as the herbs swell. They should always be covered by liquid. Strain mixture through cheesecloth or muslin and set aside. In another glass container, add equal parts strained menstruum, witch hazel extract, and rose hydrosol. Use as a splash or spray for skin and hair.

“You don’t have to be a chef to make amazing things in the kitchen or an herbalist to make botanical creations. With simple recipes and common herbs, we hope to provide everything you need to craft healthy, affordable, and organic creations your loved ones will cherish.”

-Julie Bailey, co-owner at Mountain Rose Herbs

Soothing Bath Salts

This fragrant recipe is great for a relaxing soak after a long day. Easy and inexpensive, it makes a lovely DIY gift or party favor too.

Ingredients

- 2 1/2 cups borax*
- 1/2 cup sea salt*
- 2 Tbsp bentonite clay*
- 15 drops organic lavender essential oil*
- 5 drops organic clary sage essential oil*

Directions

Mix first three ingredients together with a whisk. Add essential oils and whisk again. The scent will be a bit strong at first. Cover with a towel and let sit overnight in a warm place. Transfer to your covered jar of choice and enjoy 1-2 handfuls of these salts in your bath!



Magical Night Potpourri Pillow Mix

A pleasantly aromatic, magical treat, enjoy this softly floral potpourri blend for enchantment and charm.

INGREDIENTS

- 2 cups organic lemon verbena*
- 1 cup organic mugwort*
- 1 cup organic white sage, broken in pieces*
- 1 cup organic thyme leaf*
- 1 cup organic cornflowers*
- 1 cup organic lavender flowers*
- 1 cup organic chamomile flowers*
- 3 drops organic atlas cedarwood essential oil*
- 3 drops organic lavender essential oil*

DIRECTIONS

Combine herbs in a large container. Gently mix in essential oils with a large spoon. Transfer to muslin bags or containers of your choice. Enjoy the magical night!

* Ingredient sold by Mountain Rose Herbs



Natural BODY CARE

We offer a bountiful selection of the best premade herbal goods from like-minded companies including those that we handcraft ourselves in small batches daily in Eugene, Oregon. When you don't have the time or inclination to make your own, we hope you find what you need in our carefully curated body care collection.



Visit our website to sign-up for our email notices of monthly deals and more!

from MOUNTAIN ROSE HERBS

Lemon Face Wash | Organic ingredients | 8 oz. with pump \$10.50

This refreshing, light, and deep-cleaning wash will not dry out your skin. For normal to oily skin. Castille soap°, lavandin hydrosol°, calendula°, burdock°, and red clover° extracts, and a proprietary blend of essential oils that includes lemon°.

Rose Face Wash | Organic ingredients | 8 oz. with pump \$15.00

Perfect for mature or less supple skin, this wash leaves you feeling silky smooth and hydrated. For normal to dry and combination skin. Castille soap°, rose hydrosol°, vegetable glycerine°, calendula extract°, and a proprietary blend of essential oils that includes rose and chamomile.

Classic Rose Oil Facial Oil | 1 oz. with pump \$18.00

Easily absorbed, this luxurious oil is nourishing and moisturizing. Rosehip seed oil°, kukui nut oil, calendula° infused olive oil°, and a blend of pure essential oils that includes Australian sandalwood°, helichrysum°, carrot seed°, frankincense°, neroli°, and lavender°.

Wild Rose Facial Oil | 1 oz. with pump \$14.00

This remarkable oil is rejuvenating and moisturizing. Excellent for mature or dry skin. Rosehip seed oil°, calendula° infused olive oil°, jojoba oil°, vitamin E oil, and pure essential oils of lavender°, carrot seed°, and helichrysum°.

Wild Rose Facial Toner | 2 oz. with mister \$13.00

The perfect facial spritz for combination or mature skin. Use with one of our facial oils for an additional treat. Lavandin hydrosol°, calendula extract°, and pure essential oils of carrot seed°, lavender°, and helichrysum°.

Facial Scrub

This excellent deep cleanser is ideal for oily skin, greasy areas, or combination skin. Mix with water or herbal infusion to achieve desired consistency. French green clay, almonds°, oat bran°, and a proprietary blend of essential oils.

2 oz. \$8.00 8 oz. \$23.00

Facial Steam | Organic

An enjoyable way to deep clean pores and moisturize. Comfrey leaf°, chamomile°, rose°, and calendula flowers° with a hint of sweet orange essential oil°.

3 oz. \$6.50 1 lb. \$27.00

Cleansing Grains

These gentle facial grains can be used to clean, tone, and beautify skin. Suitable for all skin types and formulated for everyday use. Combine with water or herbal infusion to achieve desired consistency. Oat bran°, white cosmetic clay, almonds°, rose petal powder°, cornmeal°, and lavender 40-42 essential oil.

2 oz. \$7.00 8 oz. \$21.00

Restorative Skin Oil | 2 oz. with pump \$14.50

A moisturizing and emollient oil, especially good for the hands and elbows. Calendula° infused olive oil°, rosehip seed oil°, vitamin E oil, and a blend of pure essential oils that includes helichrysum°, carrot seed°, lavender°, and neroli°.

HERBAL FACIAL KIT

\$32.00

Pamper yourself with this complete facial rejuvenation treatment! This all natural kit is created with quality herbs, pure essential oils, fine cosmetic clays, and pure rosewater—a pleasurable way to relax and refresh your skin.

The ingredients are beautifully packaged in a decorative box created from recycled fibers, wild grass paper, and finished with a twig closure. Each kit comes with instructions and enough supplies for five complete facials.

Steps include: Herbal Facial Steam, Cleansing Grains, French Green Clay Mask, Wild Rose Facial Oil, Rosewater Toner (Rose Hydrosol).

All of the luxurious products in this kit are available separately.



From top to bottom:
Rose Face Cream (page 64),
Facial Steam,
French Green Clay (page 53),
Herbal Facial Kit



from MOUNTAIN ROSE HERBS

Cucumber Cream | Organic ingredients | 2 oz. \$15.50

Cooling and refreshing with a crisp scent. Olive oil°, sesame oil°, sunflower oil°, aloe vera gel, cucumber hydrosol°, coconut oil°, beeswax, vitamin E, and soy lecithin powder°.

Lavender Cream | Organic ingredients | 2 oz. \$14.50

A classic calming scent in a moisturizing cream. Olive oil°, sesame oil°, sunflower oil°, aloe vera gel, lavender hydrosol°, coconut oil°, beeswax, vitamin E, soy lecithin powder°, and lavender essential oil°.

Lemon Balm Cream | Organic ingredients | 2 oz. \$16.00

Ideal for sensitive skin with a light aroma. Olive oil° infused with lemon balm°, sunflower oil°, lemon balm hydrosol°, distilled water, beeswax, soy lecithin powder°, vitamin E, and lemon balm essential oil°.

Rose Cream | Organic ingredients | 2 oz. \$18.50

Our most popular cream filled with a rich rose scent. Olive oil°, sesame oil°, sunflower oil°, aloe vera gel, lavender hydrosol°, coconut oil°, beeswax, vitamin E, soy lecithin powder°, and Chinese rose attar.

Sandalwood Patchouli Cream | Organic ingredients | 2 oz. \$16.00

Rich and earthy. Olive oil°, sesame oil°, sunflower oil°, aloe vera gel, lavender hydrosol°, coconut oil°, beeswax, vitamin E, soy lecithin powder°, patchouli°, and Australian sandalwood° essential oils.

Unscented Cream | Organic ingredients | 2 oz. \$14.00

Our classic cream recipe with no added scents. Olive oil°, sesame oil°, sunflower oil°, aloe vera gel, distilled water, coconut oil°, beeswax, vitamin E, and soy lecithin powder°.

Relaxing Bath Herbs | Organic

This treasured recipe is full of aromatic flowers and emollient herbs to help you relax. Includes a reusable muslin bag. Chamomile flowers°, lavender flowers°, comfrey leaf°, rose petals°, hops°, passionflower°, and a blend of relaxing essential oils.

3 oz. \$7.50 1 lb. \$30.00

Baby's Bath Herbs | Organic

This herbal bath blend has a sweet floral aroma. Inspired by the little ones in our lives, this blend is ideal for those with sensitive skin. Includes a reusable muslin bag. Calendula flowers°, chamomile flowers°, oat tops°, lavender flowers°, and rose petals°.

3 oz. \$8.50 1 lb. \$36.00

from FAWN LILY BOTANICA

Foaming Facial Wash | 8.3 oz. with pump \$19.00 each

These foaming washes are crafted in the Pacific Northwest from pure ingredients, botanical extracts, and essential oils.

Tea Tree + Juniper | For oily skin

Vanilla + Elder Flower | For normal to dry or mature skin

Facial Serums | 1 oz. with pump \$22.00 each

Light and refreshing, these serums absorb well and make the perfect daily moisturizer for your skin.

Geranium Argan | For dry or mature skin

Tea Tree Juniper | For oily skin

Facial Toners | 2 oz. with mister \$15.50 each

These herbal toners are made with organic witch hazel extract that is infused with pure botanicals.

Lavender + Willow + Calendula | For all skin types

Sage + Mint + Yarrow | For normal to oily skin

Botanical Lip Balm | 0.15 oz. tube \$4.25 each

These botanical lip balms are a treat for the lips! Choose from: Mint + Cocoa, Hibiscus + Ginger + Rosehip, or Spiced Chai + Coconut.



from ALL GOOD (elemental herbs)

Deodorant | 2 oz. stick \$8.50 each

Lovingly handcrafted from organic and natural ingredients, All Good deodorants contain naturally occurring enzymes and essential oils to provide long lasting coverage, and they are free from aluminum (baking soda), parabens, propylene glycol, or phthalates. Choose from: Tea Tree & Basil, Cedarwood & Spruce, or Rose Geranium & Jasmine.

Lotion | 6 oz. \$15.50 each

These lotions nurture your skin for a natural, youthful, non-greasy feel. Vegan and biodegradable, they will leave your skin feeling soft and smooth. Choose from: Coconut or Lemongrass.

Organic Lip Balm | 0.15 oz. tube \$2.95

This luscious lip balm is smoothly textured with a subtle minty aroma, creating a perfect harmony for your daily lip care.

Zinc Sunstick | 0.6 oz. tube \$7.75 each

This convenient and chemical-free SPF 30 sunstick is ideal for your face. Active ingredient: zinc oxide 20%.

Choose from: Coconut or Unscented.

from OREGON SOAP COMPANY

Bar Soaps | 3.75 oz. bar \$5.50 each

Luscious, aromatic, and long-lasting, for every ten bars of soap sold, Oregon Soap Company has committed to planting one tree in an effort to honor and protect our natural environment. Choose from: Honey Oatmeal, French Green Clay & Geranium, or Tea Tree & Calendula.

Foaming Soaps | 8.3 oz. with pump \$6.00 each

These moisture-rich hand soaps are made with organic vegetable oils and scented with pure essential oils. At over 325 pumps per bottle, these soaps are super economical. Choose from: Clary Sage & Fir, Citrus Sunshine, or Lavender.

from WILD CARROT HERBALS

Bath Salts | 10 oz. \$9.50 each

These bath salt blends are inspired by the major watersheds that surround us in the Pacific Northwest. Each provides a unique aroma to help you relax while enjoying the benefits of a soothing bath. Made with sea salt, epsom salt, and pure essential oils. Choose from: Deep Forest, Azure Mountain, or High Desert.

Body Butters

These luscious body butters are crafted to nourish and smooth your skin. Packaged in reusable glass jars with two-piece lids.

Citrus Sunrise | With chamomile-infused oil | 8 oz. \$16.75

Ginger | With ginger-infused oil | 8 oz. \$18.50

from PRIMAL PIT

Primal Pit Paste | 2 oz. stick \$10.95 each

These effective natural deodorants are handcrafted from organic and natural ingredients. Made without parabens or antiperspirants, these deodorants are just that ... deodorant! Choose from Lavender or Thyme & Lemongrass.

Visit our online shop for a complete list of ingredients.

from OHANA ORGANICS

NEW! Awapuhi Scrub Butter | Organic | 4 oz. \$11.75

Treat your skin to an organic lift! This Awapuhi Scrub Butter is a Hawaiian twist on the classic salt/sugar scrub to gently exfoliate and moisturize.

NEW! Tattoo Butter | Organic | 2 oz. \$9.99

Handcrafted in small batches, this organic, vegan butter has a smooth, creamy consistency. Use immediately after your tattoo session and for the important weeks afterwards to enrich your beautiful new body art.



from MOON VALLEY ORGANICS

Cleansing Bar Soap | Organic | 4 oz. bar \$5.50 each

These cleansing soaps are formulated to nourish and soften. Developed with intention, each certified organic body bar is made with organic herbs that are sustainably grown on Moon Valley's own farm in Washington state. Choose from: Lavender Calendula, Mint & Sea Minerals, or Oatmeal Sage.

Lotion Bar | 1.9 oz. \$11.75 each

These Moon Melt Lotion Bars are decadent in every sense of the word. Made with calendula and comfrey infused oil, creating the perfect emollient for your skin. Packaged in a reusable tin. Choose from: Coconut Lemon or Lavender.

from WILD ROSE HERBS

NEW! Beard Wash | 2 oz. \$11.50

This concentrated botanical formula is made with organic oils and a handmade rosemary extract. A few drops produce the perfect lather to wash beards of all shapes and sizes. This original scent is woody, herbaceous, and slightly sweet.

NEW! Beard Conditioner | 1 oz. \$11.50

This oil based conditioner is made with pure essential oils in a grapeseed oil base, and it has a woody, slightly sweet scent. Moisturizing and lightweight, this leave-in conditioner is perfect for everyday use.

NEW! Beard Cream | 0.85 oz. \$10.50

Long-lasting and deep-conditioning, this organic coconut oil and Pacific Northwest beeswax based balm provides for light styling and a smooth look.



Why Do You Choose Organic Body Care?

We recently asked our Instagram followers this question and were delighted to receive nearly 1,000 responses. We can't agree more with their lovely comments!

@kflanch: *I always choose organic, since I want only natural products for my family and me.*

@breadmakeslifebetter: *I use organic products to protect myself and the beautiful environment around me! If you take care of the Earth the Earth takes care of you!*

@hollycherring: *The Earth provides everything we need for food and body care essentials, so there is no need to mess it up by adding a bunch of chemicals! I don't want those in or on my body.*

@solaromatics: *I choose organic skin care because I don't want any synthetic products on my face. I also love making organic skin products myself, so I understand the importance of natural ingredients.*



BABIES & CHILDREN

Aloe Baby Wash | 8.3 oz. with foaming pump \$6.00

From Oregon Soap Company. This mild and pure wash is formulated for babies and sensitive skin.

Baby Massage Oil | 4 oz. with spray pump \$9.99

From Wild Carrot Herbals. This golden oil has a light fragrance and is perfect for massaging extra moisture into baby's skin. Helps keep sensitive skin soft without irritation.

Botanical Baby Powder | 5 oz. with shaker \$11.00

From Wild Carrot Herbals. This soothing botanical baby powder is talc- and corn starch-free, with a calming and refreshing aroma.

Baby Shampoo | 5.3 oz. with foaming pump \$9.95

From Earth Mama Angel Baby. Delicate baby hair requires a gentle shampoo. Note: not a no-tear formula.

Cradle Cap Salve | 1/2 oz. jar \$6.50

From Wild Carrot Herbals. This little jar contains wild pansy (violet leaf) for its saponins and mucilaginous properties.

Baby's Balm

From Mountain Rose Herbs. A soothing and gentle balm for dry and sensitive skin. Olive oil° infused with calendula flowers°, chickweed°, plantain°, St. John's wort, goldenseal root°, and myrrh gum in a beeswax base.

1 oz. \$7.00 2 oz. \$12.50

Baby's Bath Herbs | Organic

From Mountain Rose Herbs. This herbal bath blend has a sweet floral aroma that is calming for both infant and adult. These loose bath herbs come with a reusable muslin bag. Calendula flowers°, chamomile flowers°, oat tops°, lavender flowers°, and rose petals°.

3 oz. \$8.50 1 lb. \$36.00

Borage Butter Eczema Cream | 2 oz. \$13.50

From Wild Carrot Herbals. This gentle cream was formulated for sensitive skin.

Children's Chest Rub | 1/2 oz. \$5.50

From Wild Carrot Herbals. For babies six months and older, this gentle chest rub is formulated to promote easier breathing.

Calendula Nipple Whip | 1/2 oz. \$5.50

From Wild Carrot Herbals. This whipped butter is a must-have for nursing mamas. Made with pure botanicals that moisturize and soften minor skin irritations.

HAIR CARE

Henna | Organic

NEW certified organic color formulas! *From Mountain Rose Herbs.* A botanical hair dye used to add color, create highlights, or cover gray. Complete instructions included. Visit our website for more details and complete ingredient lists.

Choose from: Black, Blonde, Brown, Chestnut, Wine Red, or Henna.

1 lb. \$21.00 5 lb. \$84.00

Invigorating Hair Oil | Organic | 2 oz. with pump \$11.00

From Mountain Rose Herbs. After years of searching for a conditioner that would make our hair healthy and luxurious, we decided to formulate our own. We may be biased, but we think it's the best around. Jojoba oil° and a blend of pure essential oils that includes basil°, lavender°, and rosemary°.

Rosemary Herbal Oil | Organic

From Mountain Rose Herbs. An effective and old-fashioned herbal hair oil. This versatile oil has many uses and makes a wonderful addition to a hot oil hair treatment. Olive oil° infused with rosemary°, and vitamin E oil.

2 oz. \$8.50 4 oz. \$14.25



AROMA OILS

Aphrodite Aroma Oil | 1/2 oz. \$26.00

Sensuous and spicy with a hint of floral undertones. Palmarosa°, sandalwood°, rose, and patchouli° essential oils in jojoba° and sunflower° oil.

Heart Aroma Oil | 1/2 oz. \$18.50

Warming, balancing, and full of gentle inspiring joy. A wonderful antidote for bad days and the blues. Lavender°, ylang ylang°, rose, Roman chamomile°, and sweet marjoram° essential oils in jojoba° and sunflower° oil.

Sandalwood Aroma Oil | 1/2 oz. \$24.00

This exquisite oil highlights the soft woody aroma of sandalwood with resinous, balsamic undertones that are subtle and empowering. Australian sandalwood°, amyris, atlas cedarwood°, and myrrh essential oils in jojoba° and sunflower° oil.

Sleep Ease Oil | 1/2 oz. \$16.00

A soothing, mellow, slightly sweet aroma with a pleasant earthy base. Try a few drops on a cloth in your pillow or enjoy an aromatic “sniff” during the day! Sweet marjoram°, hops, valerian, Moroccan and Roman chamomile, and lavender° essential oils in jojoba° and sunflower° oil.

Spirit Aroma Oil | 1/2 oz. \$16.00

Created for ritual and meditation with a cool, clear, uplifting aroma and smooth, earthy base. Sandalwood, ° lavender°, cypress°, cedarwood°, fir needle,° sweet marjoram°, and sage° essential oils in jojoba° and sunflower° oil.

Amber Aroma Oil | 1/2 oz. \$16.00

Evocative and sensual, this unique oil makes a wonderful perfume! Amber resin oil, vanilla extract, sunflower° oil, frankincense extract, and a proprietary blend of essential oils.

Patchouli Amber Oil | 1/2 oz. \$15.00

Delightfully intriguing. An alluring, earthy blend of botanicals. Sunflower oil°, and a blend of pure essential oils including patchouli.

MASSAGE OILS

Autumn Moon Massage Oil | Organic | 4 oz. with flip cap \$14.50

This comforting massage oil is grounding and floral, with a warming autumnal scent. Use for a relaxing massage or as a fine body oil. Almond oil° and olive oil° infused with calendula°, chamomile°, lavender°, and roses°, vitamin E oil, and a blend of essential oils: cinnamon°, lavender°, vetiver°, geranium°, and ylang ylang°.

Goddess Dreams Massage Oil | Organic | 4 oz. with flip cap \$14.50

Celebrate the goddess within. This sensual massage oil is sweet, floral, and truly divine. Pamper yourself or share a massage with your sweetie. Jojoba oil°, almond oil°, and olive oil° infused with calendula°, lavender°, roses°, damiana°, and rosemary°, vitamin E oil, and a blend of essential oils: clary sage°, lavender°, palmarosa°, and neroli°.

Rose Moon Massage Oil | Organic | 4 oz. with flip cap \$19.50

Wrap yourself in roses with this ambrosial massage oil. This handcrafted, indulgent oil provides an aromatic experience to promote closeness. Almond oil° and olive oil° infused with calendula°, chamomile°, lavender°, and roses°, vitamin E oil, and a blend of essential oils: geranium°, palmarosa°, Bulgarian rose°, and mandarin°.

Warming Ginger Massage Oil | Organic | 4 oz. with flip cap \$14.50

This permeating massage oil is warming on the skin. Apply to the occasional tired muscles to help relax after a day of strenuous work or play. Olive oil°, sweet almond oil°, jojoba oil°, calendula° infused olive oil°, vitamin E oil, and a blend of essential oils: ginger°, Roman chamomile°, sage°, and black pepper°.



HERBAL OILS

Arnica Herbal Oil | Organic

This oil has traditionally been applied to the skin to soothe occasional tired muscles. Cosmetic use. Not to be used on broken or abraded skin. Arnica flower^o infused olive oil^o and vitamin E oil.

2 oz. \$20.25 4 oz. \$34.75

Calendula Herbal Oil | Organic

Calendula oil is one of the most popular and effective topical oils. Gentle and soothing, it is ideal for sensitive skin. Cosmetic use. Calendula flower^o infused olive oil^o and vitamin E oil.

2 oz. \$8.50 4 oz. \$14.25

Comfrey Herbal Oil | Organic

Comfrey oil has long been a valued skin care ingredient for occasional skin issues. Cosmetic use. Not to be used on open wounds. Comfrey leaf^o and root^o infused olive oil^o and vitamin E oil.

2 oz. \$8.25 4 oz. \$14.00

Mullein Herbal Oil | Organic

Our mullein oil is a popular ingredient in ear care and makes a great topical oil. Cosmetic use. Mullein flower^o infused olive oil^o and vitamin E oil.

2 oz. \$8.75 4 oz. \$14.50

Plantain Herbal Oil | Organic

Our plantain oil is a softening emollient that your skin will love and appreciate. Cosmetic use. Plantain leaf^o infused olive oil^o and vitamin E oil.

2 oz. \$8.25 4 oz. \$14.00

Poke Herbal Oil | Organic

This infused oil is traditionally used by women. Cosmetic use. Do not apply to broken or abraded skin. Not recommended for use while pregnant. Poke root^o infused olive oil^o and vitamin E oil.

2 oz. \$7.50 4 oz. \$13.25

Rosemary Herbal Oil | Organic

Rosemary oil is traditionally used as a key ingredient in massage oils and hair care. Cosmetic use. Rosemary leaf^o infused olive oil^o and vitamin E oil.

2 oz. \$8.50 4 oz. \$14.25

St. John's Wort Herbal Oil

St. John's wort is a superb ally for general skin care. Cosmetic use. St. John's wort flowers infused olive oil^o and vitamin E oil.

2 oz. \$10.75 4 oz. \$18.75

Arnica St. John's Herbal Oil

This concentrated herbal oil can be applied directly to the skin or diluted to create a relaxing massage oil. Cosmetic use. Do not apply to broken or abraded skin. Olive oil^o infused with arnica flowers^o, St. John's wort, and calendula flowers^o, lavender essential oil^o, and vitamin E oil.

2 oz. \$14.00 4 oz. \$23.50

Ear Oil | Organic | 1 oz. with dropper \$12.50

This solar-infused blend of pure botanicals combines the power of fresh garlic and mullein flowers. Cosmetic use. Mullein flower^o and fresh garlic^o infused olive oil^o and vitamin E oil.

Gentle Oil | Organic | 4 oz. with flip cap \$14.25

A natural emollient, lubricating oil to encourage closeness and awaken arousal. Not for use with latex condoms. Cosmetic use. Almond^o and jojoba^o oils infused with calendula flowers^o, plantain leaf^o, and marshmallow root^o, and vitamin E oil.

We also make herbal salves by hand daily.

See page 80 for our full selection.

Herbal WELLBEING

We offer many options for supplementing your daily diet with the goodness of herbs. From natural, vegetarian herbal capsules filled with pure botanical powders, to extracts lovingly tinctured in glass jars using time-honored recipes and tended daily. We offer nearly everything you might need to maintain your wellness—and even keep your pets healthy too.



An herbs, health, and harmony company since 1987.



SINGLE HERBAL EXTRACTS

We craft all of our extracts by hand in Eugene, Oregon for divine and unsurpassed quality. All of our alcohol extracts are packaged in amber glass bottles. 1 oz., 2 oz., and 4 oz. sizes come with glass droppers. See our website for 8 oz. and 16 oz. bulk sizes with screw cap lids.

Alfalfa leaf <i>Medicago sativa</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Angelica root 6 <i>Angelica archangelica</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Artichoke leaf <i>Cynara scolymus</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Ashwagandha root <i>Withania somnifera</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Astragalus root 6 <i>Astragalus mongholicus</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Barberry root bark 6 <i>Berberis vulgaris</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Bilberry fruit and leaf <i>Vaccinium myrtillus</i> Organic	1 oz. \$10.75	2 oz. \$19.50	4 oz. \$36.75
Black Cohosh root 6 <i>Cimicifuga racemosa</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Black Walnut fresh green hull 10 <i>Juglans nigra</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Blessed Thistle herb 8 <i>Cnicus benedictus</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
NEW! Blue Cohosh root 6 <i>Caulophyllum thalictroides</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Blue Vervain flowering tops 6 <i>Verbena hastata</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Boneset herb <i>Eupatorium perfoliatum</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Brahmi herb <i>Bacopa monnieri</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Burdock root <i>Arctium lappa</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Calendula flower 8 <i>Calendula officinalis</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
California Poppy herb 6 <i>Eschscholzia californica</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
NEW! Cascara Sagrada bark 10 <i>Frangula purshian</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Cat's Claw bark 6 <i>Uncaria tomentosa</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Catnip herb <i>Nepeta cataria</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
NEW! Catuaba bark <i>Trichilia catigua</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Cayenne pepper 3,4 <i>Capsicum annuum</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Chaga mushroom <i>Inonotus obliquus</i> Wildharvested	1 oz. \$10.75	2 oz. \$19.50	4 oz. \$36.75
Chamomile flowers 8,10 <i>Matricaria recutita</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Chaparral tops 6,10 <i>Larrea tridentata</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Chickweed whole plant <i>Stellaria media</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Cilantro herb <i>Coriandrum sativum</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Cinnamon bark 6 <i>Cinnamomum burmannii</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Cleavers whole plant <i>Galium aparine</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25

SINGLE HERBAL EXTRACTS

Cornsilk <i>Zea mays</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
NEW! Couch Grass root <i>Elymus repens</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Cramp bark <i>Viburnum opulus</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Damiana leaf <i>Turnera diffusa</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Dandelion root <i>Taraxacum officinale</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
NEW! Devil's Claw root <i>Harpagophytum spp.</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Devil's Club root bark <i>Oplopanax horridum</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Dong Quai root ^{6,10} <i>Angelica sinensis</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Echinacea root ¹⁰ <i>Echinacea purpurea</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Elder berry ¹⁰ <i>Sambucus nigra</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Elecampane root ^{8,10} <i>Inula helenium</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Eleuthero root <i>Eleutherococcus spp.</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Epimedium leaf <i>Epimedium grandiflorum</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
NEW! Eyebright herb <i>Euphrasia officinalis</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Fennel seed <i>Foeniculum vulgare</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Fenugreek seed ⁶ <i>Trigonella foenum-graecum</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Feverfew flowering plant ^{6,8} <i>Tanacetum parthenium</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Garlic bulb ¹⁰ <i>Allium sativum</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Gentian root ¹⁰ <i>Gentiana lutea</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Ginger root <i>Zingiber officinale</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Ginkgo leaf ¹⁰ <i>Ginkgo biloba</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Ginseng root ¹⁰ <i>Panax quinquefolius</i> Organic	1 oz. \$10.75	2 oz. \$19.50	4 oz. \$36.75
Ginseng whole plant, Forest Grown American ¹⁰ Organic	1 oz. \$25.00	2 oz. \$45.00	n/a
NEW! Goldenrod herb ⁸ <i>Solidago canadensis</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Goldenseal root ⁶ <i>Hydrastis canadensis</i> Organic	1 oz. \$10.75	2 oz. \$19.50	4 oz. \$36.75
Gotu Kola herb <i>Centella asiatica</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Hawthorn berry ¹⁰ <i>Crataegus spp.</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Holy Basil herb (Rama) <i>Ocimum sp.</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Hops flower <i>Humulus lupulus</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Horehound herb ⁶ <i>Marrubium vulgare</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Horseradish root ^{3,4} <i>Armoracia rusticana</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Horsetail shoots ¹⁰ <i>Equisetum spp.</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Hydrangea root <i>Hydrangea arborescens</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Hyssop herb ⁶ <i>Hyssopus officinalis</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Juniper berry ^{6,10} <i>Juniperus communis</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Kava Kava root ¹⁰ <i>Piper methysticum</i> Organic	1 oz. \$10.75	2 oz. \$19.50	4 oz. \$36.75
Lady's Mantle herb <i>Alchemilla vulgaris</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Lemon Balm herb <i>Melissa officinalis</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Licorice root ^{6,10} <i>Glycyrrhiza glabra</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Linden leaf and flower <i>Tilia cordata</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Lobelia plant in seed stage ^{6,10} <i>Lobelia inflata</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Maca root <i>Lepidium meyenii</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Maitake mushroom <i>Grifola frondosa</i> Organic	1 oz. \$10.75	2 oz. \$19.50	4 oz. \$36.75
NEW! Maqui Berry <i>Aristotelia chilensis</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Marshmallow root ^{7,10} <i>Althaea officinalis</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Meadowsweet flower tops ¹⁰ <i>Filipendula ulmaria</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Milk Thistle seed ⁸ <i>Silybum marianum</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Motherwort herb ⁶ <i>Leonurus cardiaca</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
NEW! Muira Puama bark <i>Croton echioides</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25

SINGLE HERBAL EXTRACTS

Mullein leaf ¹⁰ <i>Verbascum thapsus</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Myrrh gum resin ^{6,10} <i>Commiphora myrrha</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Nettle leaf <i>Urtica dioica</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Oats milky tops <i>Avena sativa</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Olive leaf <i>Olea europea</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Oregano leaf <i>Origanum vulgare</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Oregon Grape root ⁶ <i>Mahonia nervosa</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Osha root ⁶ <i>Ligusticum porteri</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Passionflower herb <i>Passiflora edulis</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Pau d'Arco inner bark <i>Tabebuia impetiginosa</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
NEW! Pipsissewa herb <i>Chimaphila umbellata</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Plantain herb <i>Plantago spp.</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Pleurisy root ⁶ <i>Asclepias tuberosa</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Prickly Ash bark ⁶ <i>Zanthoxylum clava-herculis</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Propolis resin Wildharvested	1 oz. \$10.75	2 oz. \$19.50	4 oz. \$36.75
Red Clover blossoms <i>Trifolium pratense</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Red Raspberry leaf <i>Rubus idaeus</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Red Root <i>Ceanothus americanus</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Reishi mushroom <i>Ganoderma lucidum</i> Organic	1 oz. \$10.75	2 oz. \$19.50	4 oz. \$36.75
Rhodiola root <i>Rhodiola rosea</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Rosemary leaf <i>Rosmarinus officinalis</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Sage herb ¹⁰ <i>Salvia officinalis</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Sarsaparilla root <i>Smilax ornata</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Saw Palmetto berry <i>Serenoa repens</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Schisandra berry ¹⁰ <i>Schisandra chinensis</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Shatavari root <i>Asparagus racemosus</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Shepherd's Purse herb ⁶ <i>Capsella bursa-pastoris</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Skullcap herb <i>Scutellaria lateriflora</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Slippery Elm inner bark ^{7,10} <i>Ulmus rubra</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Spilanthes flowering plant <i>Spilanthes acmella</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
St. Johns Wort aerial tops ¹⁰ <i>Hypericum perforatum</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Teasel root <i>Dipsacus fullonum</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Turmeric root <i>Curcuma longa</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Umckaloabo root <i>Pelargonium sidoides</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Usnea lichen <i>Usnea spp.</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Uva Ursi leaf <i>Arctostaphylos uva ursi</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Valerian root ¹⁰ <i>Valeriana officinalis</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Vitex berries (Chaste Tree) <i>Vitex agnus-castus</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
White Oak bark <i>Quercus alba</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
White Willow bark ¹⁰ <i>Salix alba</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Wild Cherry bark <i>Prunus serotina</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Wild Lettuce herb <i>Lactuca spp.</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Wild Yam root <i>Dioscorea villosa</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Wormwood herb ¹⁰ <i>Artemisia absinthium</i> Organic	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Yarrow flowering plant ^{6,8,10} <i>Achillea millefolium</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Yellow Dock root <i>Rumex crispus</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
NEW! Yerba Mansa root <i>Anemopsis californica</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Yerba Santa leaf ^{6,10} <i>Eriodictyon californicum</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25
Yucca root ¹⁰ <i>Yucca glauca</i> Wildharvested	1 oz. \$9.75	2 oz. \$17.75	4 oz. \$33.25

COMBINATION EXTRACT BLENDS

Adapt Care**

Ashwagandha°, rhodiola°, schisandra°, eleuthero°, holy basil°, oat tops°.

1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Balance Care**

Pau d' arco, spilanthes°, usnea, black walnut hull, and marshmallow root°.

1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Berry Care**

Maqui berry°, bilberry fruit°, elder berry°, and hawthorn berry.

1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Breathe Well Care**

Osha, ginger°, mullein leaf, elecampane°, marshmallow root°, horehound°, pleurisy°, and licorice°.

1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Calm Care**

Ashwagandha°, St. John's wort, hawthorn berry, oat tops°, and skullcap°.

1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Circulation Care**

Garlic°, cinnamon°, eleuthero°, ginkgo°, prickly ash, cayenne°, and rosemary°.

1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Cleanse Care**

Chickweed, red clover blossoms°, chaparral°, nettle leaf, Oregon grape, and cayenne°.

1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Crone Care**

Black cohosh°, motherwort°, vitex°, and wild yam.

1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

NEW! Echinacea Goldenseal** | Organic

Echinacea purpurea root° and goldenseal root°.

1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

NEW! Echinacea Goldenseal Plus** | Organic

Echinacea purpurea root°, goldenseal root°, ginger°, and cayenne°.

1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

NEW! Echinacea Oregon Grape**

Echinacea purpurea root° and Oregon grape.

1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

NEW! Echinacea Oregon Grape Plus**

Echinacea purpurea root°, Oregon grape, ginger°, and cayenne°.

1 oz. \$10.75 2 oz. \$19.75 4 oz. \$36.75

Echinacea Ultra** | Organic

Echinacea purpurea root°, leaf, flower, and seed.

1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

NEW! Elder Ultra** | Organic

Elder berry° and flower°.

1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

NEW! Goldenseal Myrrh Plus**

Goldenseal root°, myrrh gum resin, chaparral, ginger°, and cayenne fruit°.

1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Hawthorn Care**

Hawthorn berry, motherwort°, oat tops°, and cayenne°.

1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Immune Care**

Eleuthero°, astragalus°, ashwagandha°, reishi°, spilanthes°, and myrrh.

1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Joint Care**

Devil's claw°, ginger°, turmeric°, and yucca.

1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75





Liver Care**

Milk thistle°, schisandra°, turmeric°, yellow dock°, dandelion°, and Oregon grape.
1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Love Care**

Damiana°, kava kava°, cinnamon°, rosehips°, kola nut, and vanilla°.
1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Lung Care** | Organic

Elecampane°, horehound°, marshmallow root°, pleurisy, mullein leaf°, ginger°, and licorice°.
1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Male Care**

Ginseng°, catuaba, epimedium°, damiana°, and saw palmetto°.
1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Memory Care** | Organic

Ginkgo°, gotu kola°, and rosemary°.
1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Mineral Care**

Alfalfa°, dandelion root°, nettle leaf, red raspberry leaf°, and yellow dock.
1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Mood Care** | Organic

Kava kava°, gotu kola°, passionflower°, ginger°, and wild lettuce°.
1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Muscle Care** | Organic

Valerian° and skullcap°.
1 oz. \$10.75 2 oz. \$19.75 4 oz. \$36.75

Mushroom Care**

Reishi°, chaga, and maitake°.
1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

NEW! Oral Care**

Propolis resin, goldenseal root°, myrrh gum resin, and spilanthes herb°.
1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Skin Care**

Burdock°, Oregon grape, milk thistle°, dandelion root°, red clover blossoms°, yellow dock, and *Echinacea purpurea* root°.
1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Sleep Care** | Organic

Valerian°, wild lettuce, blue vervain°, and hops°.
1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

NEW! Spring Nettle Care**

Nettle leaf, yerba santa, bilberry fruit°, marshmallow root°, and eyebright°.
1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Tension Care**

Linden°, oats tops°, passionflower°, skullcap°, and St. John's wort.
1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Tummy Care** | Organic

Catnip°, chamomile°, and fennel°.
1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

NEW! Turmeric Ginger** | Organic

Turmeric° and ginger°.
1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Urinary Care**

Cornsilk°, couchgrass°, marshmallow root°, uva ursi, and yarrow.
1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

Wise Woman Care**

Vitex°, wild yam, and red raspberry leaf°.
1 oz. \$10.75 2 oz. \$19.50 4 oz. \$36.75

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.*

From Farm TO BOTTLE

When the fresh turmeric arrived at our new extract-processing facility, we were elated. Its vibrant, orange roots had an intoxicatingly sweet and spicy scent, distinctive to this beloved plant. These beautiful rhizomes had been in the ground less than a week prior, making them some of the plumpest we'd seen.

While we've been working with dried herbs for decades, the delivery of fresh roots was a novelty. It wasn't until early 2017, when we acquired the assets of Terra Firma Botanicals, that we had a reason to work with fresh turmeric. River Kennedy, our neighbor in Eugene, Oregon and Terra Firma's founder, was an expert formulator and one of our longtime suppliers. When it became clear that her time on this planet was coming to an end, River asked if we could keep her company's time-tested recipes alive and her team employed. We, of course, said "yes"! River's daughter, Shay, still oversees the production of these herbal extracts, elixirs, and syrups, now offered under the Mountain Rose Herbs brand.



In early summer we visited Dean on Hawaii's Big Island, where he grows the certified organic turmeric and ginger used in our single and combination extracts. Nestled between a lychee orchard and unfarmed jungle, the turmeric sprouts were nearly a foot tall. But by fall's harvest, the plants will have shot up six feet. When Dean pulls each plant by hand this fall (he does nearly everything by hand to ensure the highest quality), the roots will be the size of a basketball, their gnarled root "fingers" entwined. He will then hand wash each rhizome before shipping to us, where we test and process the turmeric within days of harvest.

A seasoned turmeric grower (he's been farming the plant for 37 years), Dean switched to organic cultivation in 1995. "I got tired of eating pesticides," he said.

While over 60% of our herbal extracts are certified organic thanks to growers like Dean, we're committed to formulating a 100% organic extract line over the coming years. From field to bottle, we are honored to carry on the tradition River started, offering fresh high-quality organic or sustainably harvested tinctured botanicals.

Dean switched to organic cultivation in 1995. "I got tired of eating pesticides."



HERBAL CAPSULES

Our herbal capsules are made with vegetarian pullulan capsules and filled with pure botanical powders. There are 100 capsules in each bottle. Milligrams vary and usually range from 450 to 550 mg per capsule. Visit our website for details.

Ashwagandha 6 <i>Withania somnifera</i> Organic	\$10.50	Kava Kava 10 <i>Piper methysticum</i>	\$12.25
Astragalus <i>Astragalus membranaceus</i> Organic	\$10.50	Kelp 9,10 <i>Ascophyllum nodosum</i> Organic	\$10.00
Bee Pollen Organic	\$13.00	Licorice 6,10 <i>Glycyrrhiza glabra</i> Organic	\$10.00
Black Cohosh 6 <i>Actaea racemosa</i> Organic	\$11.50	Maca <i>Lepidium meyenii</i> Organic	\$13.00
Burdock <i>Arctium lappa</i> Organic	\$11.00	Marshmallow root 7,10 <i>A. officinalis</i> Organic	\$11.25
California Poppy 6 <i>E. californica</i> Organic	\$12.50	Milk Thistle 8 <i>Silybum marianum</i> Organic	\$11.00
Cat's Claw 6 <i>Uncaria tomentosa</i>	\$10.00	Nettle leaf <i>Urtica dioica</i> Organic	\$11.00
Cayenne 3,4 <i>Capsicum annuum</i> Organic	\$10.00	Olive leaf <i>Olea europaea</i> Organic	\$10.00
Chlorella 10 <i>Chlorella vulgaris</i>	\$11.25	Passionflower <i>Passiflora incarnata</i> Organic	\$10.50
Cranberry <i>Vaccinium macrocarpon</i> Organic	\$12.75	Pau d'Arco <i>Tabebuia impetiginosa</i>	\$10.25
Dandelion root <i>Taraxacum officinale</i> Organic	\$11.50	Rhodiola <i>Rhodiola rosea</i> Organic	\$13.50
Devil's Claw <i>H. procumbens</i> Organic	\$10.50	Saw Palmetto <i>Serenoa repens</i> Organic	\$13.50
Dong Quai 6,10 <i>Angelica sinensis</i> Organic	\$12.50	Schisandra 10 <i>Schisandra chinensis</i> Organic	\$11.50
Echinacea purpurea root 10 Organic	\$12.00	Senna leaf 10 <i>Senna alexandrina</i> Organic	\$10.00
Eleuthero <i>Eleutherococcus senticosus</i> Organic	\$10.00	Shatavari <i>Asparagus racemosus</i> Organic	\$10.25
Fenugreek 6 <i>T. foenum-graecum</i> Organic	\$10.00	Skullcap <i>Scutellaria lateriflora</i> Organic	\$12.00
Ginger <i>Zingiber officinale</i> Organic	\$10.00	Slippery Elm 7,10 <i>Ulmus rubra</i> Organic	\$11.25
Ginkgo 10 <i>Ginkgo biloba</i> Organic	\$10.25	Spirulina 10 <i>Arthrospira platensis</i> Organic	\$12.00
Ginseng 10 <i>Panax quinquefolius</i> Organic	\$20.00	St. John's Wort 10 <i>H. perforatum</i> Organic	\$10.00
Goldenseal root 6 <i>H. canadensis</i> Organic	\$21.50	Triphala Amlaki, Haritaki, and Bibhitaki Organic	\$10.00
Gotu Kola <i>Centella asiatica</i> Organic	\$10.00	Turmeric <i>Curcuma longa</i> Organic	\$10.50
Gymnema <i>Gymnema sylvestre</i> Organic	\$10.00	Valerian 10 <i>Valeriana officinalis</i> Organic	\$12.00
Hawthorn berry 10 <i>Crataegus laevigata</i> Organic	\$10.00	Vitex 10 <i>Vitex agnus-castus</i> Organic	\$10.00
Holy Basil (Krishna) <i>O. tenuiflorum</i> Organic	\$10.00	White Willow 10 <i>Salix alba</i> Organic	\$10.00
Horsetail 10 <i>Equisetum arvense</i> Organic	\$10.00	Wild Yam <i>Dioscorea villosa</i>	\$10.50

See page 47 for key to precautions.

Want to make herbal capsules at home?

Capsule Machine | \$18.50 each

This encapsulating machine helps join and eject filled capsules, making it fast and easy to make your own herbal capsules at home. Includes a tamper. Dishwasher safe. Choose from: '0' or '00' sizes.

Empty Capsules | Choose from two sizes

Economical and convenient, fill these capsules with your own formulas or single powdered herbs. Made with carbohydrate gum from naturally occurring vegetable cellulose (plant fiber), these non-GMO empty capsules contain no animal derived ingredients, starch, preservatives, or wheat. Fast dissolving.

Available in two sizes:

'0' Holds 150 to 300 mg.

200 ct: \$6.00 500 ct: \$12.75 1000 ct: \$21.75

'00' Holds 250 to 500 mg.

200 ct: \$7.00 500 ct: \$14.75 1000 ct: \$25.00



BITTERS, ELIXIRS & MORE

from Mountain Rose Herbs

Aphrodite's Syrup | 4 oz. \$14.50

A sensual blend full of traditional herbs. This syrup is simply sweet and delicious. Distilled water, honey, alcohol°, vanilla extract°, cinnamon°, damiana°, rosehips°, kola nut, and kava kava°.

Elder Berry Syrup | 4 oz. \$14.50

A delicious syrup to use year-round! Honey, elder berries°, alcohol°, and distilled water.

NEW! Elder Ultra Syrup | 4 oz. \$14.50

Our Elder Ultra Syrup is a synergistic blend of our classic Elder Berry Syrup with with echinacea and astragalus for added botanical goodness. Honey, alcohol°, distilled water, elder berries°, *Echinacea purpurea* root°, and astragalus°.

Ginger Syrup | 4 oz. \$14.50

A spicy, warming syrup that is comforting during the cold winter months. Honey, ginger°, alcohol°, and distilled water.

NEW! Osha Ultra Syrup | 4 oz. \$14.50

A strong ally for the respiratory system. Honey, distilled water, alcohol°, eucalyptus°, fennel seed°, osha, marshmallow root°, horehound°, and mullein leaf°.

Adapt Chocolate Elixir | 4 oz. \$14.50

This delicious elixir has been formulated to induce harmony and balance amidst life's everyday stressors. Honey, alcohol°, distilled water, cacao powder°+, eleuthero°, reishi°, chaga, and schisandra°.

Fuego Chocolate Elixir | 4 oz. \$14.50

Awaken your senses with this spicy yet smooth circulatory elixir. Honey, distilled water, alcohol°, cacao powder°+, vanilla extract°, coffee beans°+, holy basil°, cardamom hulled°, cinnamon°, and cayenne°.

Passion Chocolate Elixir | 4 oz. \$14.50

This sensual elixir has been formulated to stimulate vitality and is infused with nourishing botanicals. Share a little with your partner over ice cream or fresh berries. Honey, alcohol°, distilled water, cacao powder°+, maca°, muira puama, ginseng root°, catuaba, and damiana°.

River's Rhapsody Chocolate Elixir | 4 oz. \$14.50

This delicious elixir is sure to bring a smile to your face! Created with pure botanicals to promote relaxation and euphoria, while easing you through stressful moments. Honey, distilled water, alcohol°, cacao powder°+, kava kava°, maqui°, and orange flavoring°.

ELDERBERRY BREAKFAST BOWL

Ingredients

1/4 cup organic old-fashioned oats
1/2 cup water
1 Tbsp organic chia seeds*
1 tsp organic Pumpkin Pie Spice*
1-2 organic cardamom pods*
1 pinch ground Himalayan salt*
1 Tbsp Elder Berry Syrup*
1/2 cup organic milk of your choice
1 tsp organic coconut flakes*

Directions

Place first six ingredients in a small saucepan and let soak overnight either in the fridge or simply on the stovetop. The next morning, remove the cardamom pods and then add the remaining ingredients. Stir to create a porridge-like consistency. Heat the mixture over low heat for five minutes, stirring occasionally.

*Ingredients sold by Mountain Rose Herbs



from Urban Moonshine

Want to make your own?
Visit our blog for scrumptious
syrup and bitters recipes.
blog.mountainroseherbs.com



Herbal Bitters | Organic | 2 oz. with dropper \$15.75 each

Bitters have been used throughout history to stimulate the digestive system. Please see our website for suggested uses and ingredients for each flavor. Contains alcohol. Choose from: Original, Calm Tummy, Orange, Healthy Liver, or Cider Vinegar (alcohol-free \$14.75).

Clear Chest Syrup | 4.2 oz. \$17.00

An herbal expectorant formula blended for fast-acting support. Contains honey and alcohol.

Energy Tonic | Organic | 2 oz. \$15.75 | 4.2 oz. \$29.50

This tasty tonic combines some of the most widely used adaptogenic herbs to support everyday wellness. Contains alcohol.

Joy Tonic | Organic | 2 oz. \$15.75 | 4.2 oz. \$29.50

A carefully formulated blend of aromatic herbs and flowers to support you through life's transitions with grace and ease. Contains alcohol.

Simmer Down Tonic | Organic | 2 oz. \$15.75 | 4.2 oz. \$29.50

This synergistic blend has an astringent flavor and is perfect for the times in life when we want to promote a mellow mood. Contains alcohol.

Hit the Hay | 2 oz. \$16.50 | 4.2 oz. \$31.00

This harmonious, fast-acting blend can occasionally be used as part of your nightly routine, but it is best taken in times of need. Contains alcohol.

Throat Spray | 1 oz. \$12.00

This unique formula is made with licorice root, spilanthes, and usnea, providing support with each spray. Contains honey and alcohol.

from St. Claire's

Ginger Pastilles | \$3.50

These spicy-sweet drops are just plain tasty! Each tin contains around 54 pastilles.

Throat Soother Pastilles | \$4.25

These convenient pastilles are formulated with herbs traditionally used to soothe occasional throat irritations. Each tin contains around 48 pastilles.

Tummy Soother Pastilles | \$4.25

Formulated to soothe and comfort. Each tin contains around 48 pastilles.

from Herbal Revolution

Fire Tonic No. 9 | 8 oz. \$15.00

This spicy tonic is based on a traditional cider vinegar recipe that holds deep roots in the herbal community. Every rendition of this recipe is a little different, just as every bottle of handcrafted Fire Tonic No. 9 will have a unique flavor.

Mineral Tonic No. 11 | 8 oz. \$16.00

This tasty mineral tonic is made with apple cider vinegar distilled from organic heirloom apples grown on one of Maine's oldest orchards. Flavored with fresh ginger and beets, this blend adds warmth and overall support.

Visit our website for a complete list of ingredients.

HERBAL SALVES

All of our herbal salves are handmade in small batches using solar-infused herbal oils and the finest botanical ingredients. They are packaged in push-top tins.

Arnica St. John's | 1 oz. \$7.50 | 2 oz. \$13.50

A must-have for athletes and anyone who works or plays outdoors. Not for open wounds. Olive oil° infused with calendula°, St. John's wort, and arnica° in a beeswax base with vitamin E and lavender essential oil°.

Baby's Balm | 1 oz. \$7.00 | 2 oz. \$12.50

This salve is emollient and gentle, perfect for moisturizing dry skin and encouraging a soft appearance. Olive oil° infused with calendula°, St. John's wort, chickweed°, plantain°, goldenseal root°, and myrrh in a beeswax base.

Comfrey St. John's Wort | 1 oz. \$7.00 | 2 oz. \$12.50

This popular salve can be used for all skin types. Not for open wounds or abrasions. Olive oil° infused with comfrey leaf°, St. John's wort, and calendula° in a beeswax base.

Dream Balm | 1 oz. \$8.25 | 2 oz. \$15.00

Our Dream Balm is a sweet-smelling salve that can be applied to your temples or forehead before going to bed. Almond° and olive° oils infused with lavender°, mugwort°, chamomile°, hops°, rosemary°, roses°, and borage° with essential oils in a beeswax base.

Goldenseal Myrrh | 1 oz. \$7.00 | 2 oz. \$12.50

This emollient salve is a gardener's best friend, especially if you prefer to not wear gloves. . Olive oil° infused with myrrh, goldenseal root°, calendula°, and St. John's wort in a beeswax base.

Powerful Skin | 1 oz. \$7.00 | 2 oz. \$12.50

One of our favorite salves packed with the botanical goodness of tea tree essential oil. Olive oil° infused with black walnut leaf°, chaparral°, sage°, and mugwort° in a beeswax base with tea tree essential oil°.

Sitting Pretty Balm | 1 oz. \$7.00 | 2 oz. \$12.50

Smoothing and astringent. Olive oil° infused with yarrow°, St. John's wort, butcher's broom°, slippery elm°, and witch hazel leaf° in a beeswax base with vitamin E oil.

HERBAL SPRAYS & RUBS

Herbal Liniment | 2 oz. with mister \$9.50

From Mountain Rose Herbs. This effective spray can be applied directly to isolated areas and massaged in. Isopropyl alcohol infused with *Echinacea purpurea* root°, calendula°, comfrey root°, menthol crystals°+, and cayenne°+.

Anti-Itchy Spray | 1 oz. with mister \$8.75

From Ojas Naturals. An indispensable and effective ally for occasional skin irritants. This extract and vinegar-based formula works immediately on contact.

Bug Spray | 4 oz. with mister \$11.95

From Paper Street Soap Co. This spray has a mild yet pleasant aroma and uses a combination of organic essential oils and organic witch hazel extract to help keep those pesky biting insects at bay.

Herbal Chest Rub | 2 oz. \$13.50

From Wild Carrot Herbals. This rub is crafted with herbal-infused olive oil and essential oils. This stronger, yet calming version of *Wild Carrot's Children's Chest Rub* (page 67) is easily applied to the chest for long-lasting comfort.



HERBAL PET CARE

Dog Shampoo | 8 oz. \$11.00

From *Sitka's Organics*. This low-foaming, plant-based formula is the perfect wash for your canine family member. Gently cleansing and chemical-free.

Fidoderm Spray | 4 oz. with mister \$10.00

From *Animal Essentials*. This effective spray acts fast and soothes occasional skin irritations. Not for use on cats.

Flea & Tick Treatment | Choose from cat or dog | 7 oz. \$13.00

From *Nava Pets*. This natural powdered treatment is a helpful way to keep your pets free of ticks and fleas.

Catnip Toy, Carrot | \$8.75

From *Purrrfectplay*. Made with organic cotton canvas and Colorgrown fleece, this 6" carrot-shaped toy contains over 1/2 cup of organic catnip.

Catnip Buds with Muslin Bag | \$10.00

This stuff-your-own set comes with 1/2 oz. organic catnip and a 3" x 4" refillable muslin bag to keep your favorite feline happy.

Catnip Toys 2 pack | \$8.00

Each 2" x 3" bag is stamped with playful cat and mouse images and filled with organic catnip.

Anti-Itchy | Choose from cat or dog | 1 oz. with mister \$8.75

From *Ojas Naturals*. Anti-itchy spray is a safe and effective alternative to chemical-based sprays. Recommended for cats over six months and six lbs., and dogs over 10 lbs.

Herbal Ear Rinse | 4 oz. with applicator tip \$12.50

From *Animal Essentials*. This herbal rinse is an effective alternative to chemical ear cleansers.

Herbal Healing Salve for Dogs | 2 oz. \$10.25

From *Sitka's Organics*. This herbal salve is essential in times of need whether your dog runs around at home or in the woods.

Herbal Liniment | 2 oz. \$11.00

From *Sitka's Organics*. This astringent blend has an alcohol and water base infused with herbal goodness.

EXTRACTS *from ANIMAL ESSENTIALS*

Detox Blend | 1 oz. with dropper \$13.75

Burdock, dandelion, milk thistle, alfalfa, red clover, licorice, glycerine, distilled water, and 6% grain alcohol.

Echinacea Goldenseal Blend | 1 oz. with dropper \$13.75

Echinacea, goldenseal, alfalfa, garlic, spirulina, glycerine, and distilled water.

Joint Support | 1 oz. with dropper \$13.75

Alfalfa, burdock, licorice, yucca, glycerine, and distilled water.

Senior Support | 1 oz. with dropper \$13.75

Alfalfa, dandelion, milk thistle, ginkgo, hawthorn, oats, garlic, marshmallow, glycerine, distilled water, and 3% grain alcohol.

Tinkle Tonic | 1 oz. with dropper \$13.75

Couchgrass, echinacea herb and root, dandelion leaf and root, marshmallow root, horsetail, glycerine, and distilled water.

Tranquility Blend | 1 oz. with dropper \$13.75

Valerian root, skullcap, oats, passionflower, glycerine, and distilled water.

Visit our website for a complete list of ingredients.



CITRUS HOLIDAY RECIPES

Featured Blogger

Mountain Rose Herbs partners with bloggers across the country who love our herbal goodies. While Christina regularly shares her affection for our offerings with her readers, we thought we'd return the favor. Enjoy!



Christina Anthis is the hippy behind the blog *thehippyhomemaker.com*. Christina writes about green and eco-friendly living, aromatherapy, herbalism, holistic health, and natural beauty. Why do organics matter to her? "Making healthier choices has become the driving force behind the easy decision to support companies like Mountain Rose Herbs that are working to make their products free from pesticides and GMOs," she said. "Ultimately, going organic is the best way to achieve both, since a product can't be certified organic if it's genetically modified or cultivated with chemicals!"

My favorite organic recipe gift ideas

This time of year, I'm always looking for things to make that I enjoy at home but that also make great gifts. While anyone can buy chemical-laden products at the store, my friends and family tell me they eagerly await opening up something chemical-free and handmade by me. Here are some of my favorite organic body care recipes using comforting holiday aromas such as cloves, orange, and cocoa butter:

Citrus & Spice Essential Oil Blend

Ingredients

- 30 drops organic sweet orange essential oil*
- 10 drops organic cinnamon leaf essential oil*
- 10 drops organic fresh ginger essential oil*

Directions

Add essential oils to an empty glass bottle and gently swirl to combine. Store in a cool, dark place when not in use. Add 8-10 drops of this blend to your diffuser to transform any space. Or add 6-12 drops (1-2% dilution) to 1 oz. of carrier oil for a wonderful holiday-scented moisturizer.

My favorite recycled gift wrap

What good are homemade organic body care gifts without equally eco-friendly wrapping? I like to turn paper grocery bags into gift wrap that my kiddo and I can color, paint, and stamp all over. We like to tailor the decorations on each wrap to the person that we are giving them to. It's a fun tradition for me and my son, and the family members receiving our gifts always look forward to the art we have created just for them!

Chocolate Covered Orange Lip Butter

Ingredients

3 Tbsp organic unrefined coconut oil*
1 Tbsp organic non-GMO cocoa butter*
1 1/2 Tbsp beeswax pastilles*
1 tsp organic roasted cacao powder*
30 drops organic sweet orange essential oil*

Directions

In a double boiler, gently melt the coconut oil, cocoa butter, beeswax, and cacao powder. Once melted, remove from heat and stir in essential oil. Pour into lip balm tubes or tins and allow to cool before putting caps or lids onto containers. Label and enjoy!



Oranges & Clove Sugar Scrub

Ingredients

1 cup organic cane sugar
Zest of 1 organic orange (or dried organic orange peel powder*)
1 tsp organic clove powder*
1/4 cup organic unrefined coconut oil*
2 Tbsp organic non-GMO unscented castille soap*
20 drops organic sweet orange essential oil*

Directions

In a medium bowl, combine sugar, orange zest or powder, and clove powder and set aside. Over low heat, gently melt the coconut oil. Remove from heat and stir in castille soap and essential oil. Pour coconut oil mixture over the sugar mixture and stir until completely combined. Store in a glass jar in a cool, dark location. To use, scoop out enough sugar scrub to exfoliate the intended area. Rinse with warm water and repeat everywhere that needs a good scrub. Avoid getting water in the jar to prevent mold and bacterial growth. And if using in the tub, remember oil-based scrubs can make the tub slippery!

* Ingredients sold by Mountain Rose Herbs

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Pictured on front: our organic North American calendula flowers.

Pictured here: California poppy dances in the breeze at one of our certified organic farms in Washington state.

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RESOURCES SAVED

-  **871** trees
2 American football fields
-  **840,542** gallons of water
1 Olympic swimming pool
-  **85,993** lbs. of waste
3 garbage trucks
-  **282,534** lbs. CO₂
emissions of **43** cars per year
-  **724** MMBTU
energy used by **7** households per year
-  **364** lbs. NO_x
emissions of **one** truck during **511** days

