

mountain *rose* herbs  
*Spring & Summer 2018*



*organic*  
From Our Farms To Your Home

# Our Pacific Northwest ORGANIC FARMS

While our herbs are grown worldwide, most of our North American botanicals take root in the soils of Cascadia. By supporting local growers, we minimize our impact on the planet and contribute to local economies.



*(Opposite page): Organic mustard blooms in the summer sun. (This page, left to right and top to bottom): One of our farmers inspects organic catnip growing in the field. Head farmer, Danielle, oversees our flourishing fields of organic lemon balm. Mount Adams' glaciers provide the water that helps our organic skullcap thrive. Fields of organic echinacea as far as the eye can see attract pollinators and are a sight to behold. Weeding crews ensure unwanted plants don't find their way into our bags of organic herbs. Signs clearly mark the edges of our organic farms to keep synthetic chemicals away.*



Near the snow-capped peaks and pristine glacial streams of Cascadia lies one of our farms. A gravel road winding up an arid canyon leads to the small plot of land where our certified organic milky oat tops are grown, harvested, and dried.

Tyler, a young father of two and Bay Area native, is the sole caretaker of these beloved herbs. Aside from the tractor he uses to plant, Tyler does everything by hand. He believes the highest quality comes from this very intimate contact with the plants.

While many of us may fantasize about this seemingly idyllic life, “real” farming is anything but. There are no chic urban chicken coops, Instagram-ready lavish meals, or time to spend sipping iced tea on the front porch.

“A lot of people romanticize about farming until they do it for a season,” Tyler said. “To me, it’s an adventure.”

During a brief stint growing organic veggies in his twenties, Tyler got hooked on farming. After taking the helm of this 10-acre plot in 2013, however, Tyler was dealt a whole host of “adventures”—from harsh winters, to a destructive wildfire, and a seemingly endless supply of weeds to pull.

What keeps him going? His palpable passion, undeniable curiosity, and desire to leave this planet better than he found it for his two young daughters.

“I’m a steward of the land,” he said.

“Farming is a pretty serious responsibility—to take a piece of land and grow the soil. I want to enrich the land in a way that leaves it more fertile for future generations. I’ve never known anything other than organic agriculture and never want to do anything else.”

Our network of organic farms is diverse. Some of our herbs are tended by small family farmers like Tyler, but our most popular offerings (like our organic North American nettle leaf) require large-scale agriculture and weeding crews that top 100 people.

We give thanks to Tyler and the many skilled hands—across the globe and close to home—that work to provide our beloved organic botanicals.

*(Opposite page): Organic herb farmer, Tyler, his wife Chaya, and their two girls take a break on the hillside behind their fields of milky oat tops. (This page, left to right): Tyler inspects the milky oat tops to see if they’re ready for harvest. Milky oat tops air-dry on racks at Tyler’s homestead.*



# Our Commitment TO ORGANICS

Since our beginnings in 1987, we've offered herbs that grow as the earth intended—with living soil, mixed crops, and the integration of beneficial species. Supporting organic farms in the Pacific Northwest and around the globe holds the promise of fertile lands, viable seeds, thriving wildlife, uncontaminated crops, and clean drinking water for generations to come.

As plant lovers, herbalists, body care formulators, and foodies, these issues are near and dear to us. Our entire line of plant-based products—from high-quality teas and essential oils, to dried herbs and herbal extracts—is certified organic whenever possible or wildharvested in landscapes free from synthetic fertilizers and pesticides. We rigorously test our products at our in-house Quality Control Laboratory to ensure that what you see in this catalogue and in our online shop is safe for you and your family.

Our goal is doing what's right: people, plants, and planet over profit.



# Company With A CONSCIENCE



## CERTIFIED ORGANIC

We are a certified organic processor through Oregon Tilth.



## NON-GMO

As a Non-GMO Project verified company, we are consistently working to add more products to this program.



## FAIR FOR LIFE FAIR TRADE

We are proud to be fair trade certified according to the Fair For Life standard.



## EARTH KASHER

We offer the nation's largest line of botanical products certified Kosher by Earth Kasher.



## FOREST GROWN

Through the PCO Forest Grown program, we offer botanicals that are sustainably collected from their native ecosystems.



## ZERO WASTE

We are the first company in Oregon to receive a Zero Waste Facility Certification from Green Business Certification Inc.



## NATIVE ENERGY

We have converted to 100% renewable energy, transferring our power usage to renewable resources.



## SALMON SAFE

As a Salmon Safe certified business, we maintain a pesticide-free facility and utilize a bioswale and rain garden.



## EARTHSHARE

As an EarthShare Oregon business, we match our employees' donations to environmental organizations.

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This Catalogue Is Best Viewed While Sipping Tea

## ORDERING MADE EASY



mountainroseherbs.com



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Eugene, OR 97405

# 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. Enjoy every wonderful drop!

## ORGANIC HERBAL TEA

### 5th Chakra | Organic | Caffeine-free

Slightly spicy yet comforting, this rooty blend is inspired by the fifth 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°, meadow-sweet 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, and 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

# ORGANIC HERBAL TEA

## 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°, lemon verbena°, lavender°, cornflowers°, and rose petals°.

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

## Fairytale | Organic | Caffeine-free

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 meadowsweet flowers°.

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

## Fidnemed Nighttime | Organic | Caffeine-free

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

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

## 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 licorice°.

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 vibrant color. The rich, fruity flavor has the perfect hint of mint. Hibiscus°, honeybush tea°, rosehips°, lemongrass°, spearmint°, orange peel°, and rose petals°.

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

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Herbal Coffee page 9  
Evening Repose Tea page 9

# ORGANIC HERBAL TEA

## **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. \$15.25    8 oz. \$24.25    1 lb. \$42.00

## **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

## **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 rooty, 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 meadowsweet flowers°.

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



# ORGANIC HERBAL TEA

## 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°, lavender°, blue vervain°, and meadowsweet flowers°.

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°, spearmint°, damiana°, and valerian°.

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, and 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

## 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

## RECIPE



### Herbal Tea

## SIMPLE SYRUP

Recipe by: Raychel, Marketing Manager

### Ingredients

1 cup spring water  
1 cup organic, fair-trade sugar  
6-8 Tbsp organic loose-leaf herbal tea  
(we like Lemon\*, Love\*, Mint\*, or Peace Tea\*)

### Directions

Boil the water in a medium saucepan on the stovetop. Once water has come to a boil, take saucepan off the heat and steep herbal tea in water for about 5 minutes, or until desired flavor. The flavor should be much more concentrated than a typical cup of sipping tea. Remove herbs and compost. Bring your tea/water infusion back to a boil on the stovetop. Add sugar and stir until dissolved. Set the saucepan aside and let cool for one hour before storing in one of our pantry jars\* or recycled glass storage jars\* (page 59) in the refrigerator for up to a month.

\*Offered by Mountain Rose Herbs

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Love Tea page 10  
Hibiscus High Tea page 9

# 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. \$5.50    8 oz. \$8.75    1 lb. \$15.00

**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 who 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

**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. Creating a perfect cup either hot or iced. Wonderful with a little milk.

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

**Vanilla Rooibos** | Organic | Fair trade | Caffeine-free

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

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

## RECIPE



### Make Your Own Organic ROOIBOS BLENDS

Recipes by: Hannah, Product Coordinator

Wonderful hot or cold, rooibos pairs well with many other herbs and spices and makes for a luscious latte. Hannah, one of our in-house tea gurus, provided these combos for additional blending inspiration at home.

#### Rosy Rooibos

1 Tbsp organic red rooibos\*  
1 tsp organic chamomile flowers\*  
1/2 tsp organic rosehips\*  
1/2 tsp organic rose petals\*

#### Green Dream

1 Tbsp organic green rooibos\*  
1 tsp organic peppermint leaf\*  
1 tsp organic lemon verbena\*

#### Directions for all blends

Combine herbs, cover, then steep for 5-10 minutes in 12-16 oz. hot water.

\*Offered by Mountain Rose Herbs



# 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. \$11.00    8 oz. \$17.25    1 lb. \$30.00**

## **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 delightful cup. Yerba maté°+, peppermint°, roasted cacao nibs°+, roasted carob°, vanilla°, and roasted cacao powder°+.

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

## **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. \$8.75    8 oz. \$14.00    1 lb. \$24.00**

## **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. \$8.75    8 oz. \$14.00    1 lb. \$24.00**

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One pound teas qualify for our bulk discount!  
See page 45 for details.

# 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**

## **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.

**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 | 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. \$14.50    8 oz. \$23.00    1 lb. \$40.00**

## **Vanilla Black** | Organic | Fair trade | Contains caffeine

This intoxicating blend combines crisp black tea with floral vanilla notes. Assam tea<sup>+</sup>, elder flowers<sup>°</sup>, and vanilla flavoring<sup>°</sup>.

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



# 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 toasted yet sweet 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. \$10.00    8 oz. \$16.00    1 lb. \$27.50**

## **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. \$36.00    8 oz. \$57.50    1 lb. \$100.00**

## **Kukicha** | Organic | Contains caffeine

Kukicha is harvested from the twigs and stems of the tea plant. After 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. \$11.75    8 oz. \$18.50    1 lb. \$32.00**

## **Tulsi Delight** | Organic | Contains caffeine

This delightful blend is filled with Ayurvedic inspiration, and 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:  
Gunpowder Tea page 15  
Dao Ren Tea page 15  
Assam Tea page 14*



From top to bottom:  
3.5 oz. Matcha Tea page 16  
Matcha Tea Set bowl 16  
Matcha Spoon page 16



## ORGANIC WHITE TEA

**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.

**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. \$11.75    8 oz. \$18.75    1 lb. \$32.50**

**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 slightly 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.

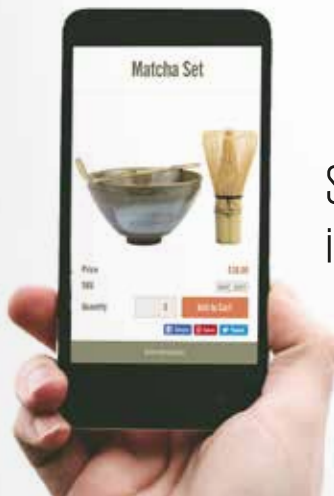
**3.5 oz. glass jar \$23.50 | 8 oz. \$46.75 | 1 lb. \$81.00**

**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 floral notes. 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. Includes: 2 Evening Star°, 2 Marigold Embrace°, 2 Dawn's Delight°, and 2 Rosebud Revealed°.



## RECIPE

### How to Brew **FLOWERING TEA**

Our organic flowering teas are intricately stitched together using organic green tea leaves interlaced with fragrant flowers. Their stunning bouquet is revealed during the brewing process. Here's how to create this spectacle at home:

1. Place one tea bud in a clear glass teapot with the infuser removed. No need to clip the strings encasing the tea.
2. Heat water until it's close to boiling.
3. Very slowly pour the hot water over the bud until it's completely submerged. If you pour the water too quickly, the bud will float, which will not produce the prettiest brew.
4. Watch the tea leaves slowly unravel.
5. Steep 3-4 minutes or until desired strength.
6. Sip and enjoy. The added visual aspect of brewing tea creates an excellent space for cultivating compassion and gratitude!

#### **Helpful Accessories**

You'll need a clear glass teapot to fully observe and be present with the process. Our Contemporary Glass Teapot on page 18 is an excellent option. It also comes with a glass infuser, so you can use it for loose-leaf tea too.

**This special tea makes for a wonderful gift, especially for Mother's Day!**





**Cast Iron Teapot  
Black**



**Cast Iron Teapot  
Gold Red**



**Cast Iron Teapot Set  
Gold Turquoise**



**Cast Iron Teapot Set  
Light Blue**



**Ceramic Teapot**



**Round  
Tea Carafe**



**Tea Press**



**Glass Teapot  
Classic**



**Glass Teapot  
Contemporary**

## 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. | \$83.00**

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.

### **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.

### **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**



**Celestial  
Tea Strainer**



**Mesh Tea Balls**



**Mesh Teaspoon  
with Handle**



**Mesh Infuser  
with Wooden Handle**



**Teabag  
Squeezer**



**Poly Lined  
Tea Bags**



**Teapot  
Warmer**



**Tea-To-Go  
Tea Glass Infuser**



**Mugs**

## 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 | \$4.50**

Stainless steel, 5" x 3/4".

### **Poly Lined Tea Bags**

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. | \$11.00**

Lead-free, and made in the USA.

### **Pesticides Suck! Travel Mug | 14 oz. | \$15.00**

Lead-free, and made in the USA.

### **Support Organic Agriculture Mug | 15 oz. | \$12.00**

Lead-free, and made in the USA.



# Q&A With Our ORGANIC HYDROSOL DISTILLERS

During the brief lull between distilling season and planting season, the lovely husband-and-wife team who craft our certified organic hydrosols took a moment to let us know more about these delightfully fragrant waters.

**Q** *Mountain Rose Herbs (MRH):* Can you tell us about your farm?

**A** *Hunter\*:* We live in a very, very rural part of the country. It's on one of the more scenic routes in the Pacific Northwest, right on the Columbia River, which we use to water or irrigate our fields. In the summertime, if the wind's blowing right and somebody's out cutting peppermint, tulsi, or geranium, you can actually smell it on the other end of the farm.

**Q** *MRH:* How did you get into this line of work?

**A** *Elizabeth\*:* I was just a city girl who came up to the Pacific Northwest for the summer to visit my parents. I absolutely fell in love with the rural lifestyle and got into gardening and canning. Instead of heading to college, I dropped all that and decided to stay. I got a job at Hunter's parents' nursery here, which is where he and I met. We fell in love.

**Q** *MRH:* Do you grow all of the materials used in our hydrosol production on your farm?

**A** *Elizabeth:* About 80% of the herbs used in our hydrosols are grown by us or local organic farmers who we know well. We have a pretty short growing season, so for the few things we can't grow in our climate (like oranges and rosemary), we buy from organic farmers in other climates.

*(This page): A copper alembic still hard at work distilling our organic hydrosols. (Opposite page, top to bottom): It takes many copper alembic stills to create the varied organic hydrosols we offer. Hunter and Elizabeth show off their beautiful hydrosol operation. \*Names have been changed.*

**Q MRH:** Why do you cultivate organically?

**A Hunter:** For us, organic is really about soil health and longevity. Do you know your farmer? Are they leaving their fields and their soil in a better state for the next generation? For the children who will be living on that ground? Organic farming is more than just, “we’re not using sprays and chemical fertilizers.” It’s a legacy we’re passing on to our children. It’s really important to us that our kids want to be involved. By buying from us, you’re supporting family farms and the next generation of farmers.

**Q MRH:** What sets your hydrosols apart from others found on the market?

**A Hunter:** Other than the fact that they’re organic, three things really set us apart. For one, the plant material we use is fresh, not dried or wilted. We’re very careful about each species and when it’s harvested to ensure we get the proper components and capture the cellular water of the plant too. The byproduct of essential oil distillation is what you might typically find on the market sold as a “hydrosol.” As strictly a hydrosol distillery, we use only fresh plant material which makes for a better end product, since we’re after the “waters” of the plant. Secondly, we use only copper alembic stills from Portugal. Often times, hydrosols are distilled in stainless, which can leave a “still note” in the hydrosol. But copper lends a certain chemical reaction, which affects not only the fragrance but also adds a preservative effect. Thirdly, we are fanatical about our sanitization procedures. We do a steam purge of our stills to make sure every single part that touches the hydrosol is clean, and we sterilize everything with organic alcohol. In aromatherapy we know that small amounts of anything (from unclean instruments to your distilling method) will affect the outcome and show up in the finished hydrosol.

**A Elizabeth:** We know the quality of the botanicals we’re distilling. By carefully harvesting our plants and putting them directly into our own stills, it helps us better control our products. Trying to capture the essence of the plant in the water requires a very well-timed, coordinated dance.

**Q MRH:** What are your favorite ways to use hydrosols?

**A Hunter:** I love to use them as a facial toner and aftershave. I’ll even use hydrosols as a body spray when I get out of the shower. We also love them in our electric diffusers and home humidifiers. Since we heat with wood, we often have a pot of water on top of the woodstove that we add hydrosols to. We usually mix a gallon of spring water with a cup of hydrosol and let it go all day long!



# Organic ESSENTIAL OILS

Our collection of naturally fragrant offerings includes the largest line of certified organic essential oils available. Sourced from distillers we know and trust, these pure oils are a customer favorite. Most of our essential oils are distilled, and the citrus peel oils that we offer are cold-pressed. We also offer a selection of solvent extracted absolutes.

## ESSENTIAL OILS

<b>Allspice</b> A,B   <i>Pimenta officinalis</i> Fresh, warm, and spicy with a sweet top note.	1/2 oz. \$13.25	1 oz. \$23.00	4 oz. \$75.00
<b>Amyris</b>   <i>Amyris balsamifera</i> Slightly sweet top notes that are almost vanilla-like with woody base notes.	1/2 oz. \$5.25	1 oz. \$9.00	4 oz. \$29.50
<b>Angelica Root</b> A,D   <i>Angelica archangelica</i>   Organic Sharp, green, and herbaceous with peppery overtones.	1/8 oz. \$46.75	1/4 oz. \$81.00	1/2 oz. \$140.50
<b>Anise Seed</b> A,B   <i>Pimpinella anisum</i> Fresh, sweet, and spicy with a licorice-like scent.	1/2 oz. \$8.50	1 oz. \$14.50	4 oz. \$47.50
<b>Basil</b> A,B,C   <i>Ocimum basilicum</i>   Organic Herbaceous and spicy with a characteristic basil aroma.	1/2 oz. \$8.25	1 oz. \$14.00	4 oz. \$45.50
<b>Bay West Indies</b> A,F   <i>Pimenta racemosa</i> Balsamic and spicy with a scent that is sweet and almost medicinal.	1/2 oz. \$15.25	1 oz. \$26.50	4 oz. \$85.00
<b>Bay Laurel</b> A,B   <i>Laurus nobilis</i>   Organic Strong, spicy aroma that is medicinal and herbaceous.	1/2 oz. \$11.50	1 oz. \$20.00	4 oz. \$65.00
<b>Benzoin Absolute</b> A   <i>Styrax tonkinensis</i>   Organic Vanilla-like aroma that is soft, sweet, and warm.	1/2 oz. \$9.50	1 oz. \$16.50	4 oz. \$54.00
<b>Bergamot (bergaptene-free)</b>   <i>Citrus bergamia</i>   Organic Dry citrus that is bitter and slightly sour with subtle floral top notes.	1/2 oz. \$16.50	1 oz. \$28.50	4 oz. \$93.00
<b>Bergamot Mint</b> A,B   <i>Mentha citrata</i> Softly minty and green with a slight citrus aroma.	1/2 oz. \$6.50	1 oz. \$11.00	4 oz. \$36.00
<b>Black Pepper</b> A,B,E,F   <i>Piper nigrum</i>   Organic Sharp, dry, and spicy with a slightly woody undertone.	1/2 oz. \$15.75	1 oz. \$27.00	4 oz. \$88.00
<b>Black Spruce</b> B,G   <i>Picea mariana</i>   Organic Pine-like with balsamic top notes and a slightly sweet undertone.	1/2 oz. \$20.75	1 oz. \$36.00	4 oz. \$117.00
<b>Cajeput</b> A,B   <i>Melaleuca leucadendra</i>   Organic Strong camphoraceous scent that is slightly sweet.	1/2 oz. \$7.00	1 oz. \$12.00	4 oz. \$39.50
<b>Camphor, White</b> A,B,C,E   <i>Cinnamomum camphora</i> Sharp and camphoraceous.	1/2 oz. \$3.50	1 oz. \$6.00	4 oz. \$19.50
<b>Cardamom</b>   <i>Elettaria cardamomum</i>   Organic   Fair trade Warm, green, and spicy with characteristic cardamom notes.	1/2 oz. \$20.75	1 oz. \$36.00	4 oz. \$117.00
<b>Carrot Seed</b> A   <i>Daucus carota</i>   Organic Earthy scent that is dry, rich, and slightly sweet.	1/2 oz. \$30.50	1 oz. \$53.00	4 oz. \$172.00
<b>Catnip</b> A   <i>Nepeta cataria</i> Rich and herbaceous with a soft floral aroma.	1/2 oz. \$40.25	1 oz. \$70.00	4 oz. \$227.00
<b>Cedarwood, Atlas</b> A,B   <i>Cedrus atlantica</i>   Organic Woody, balsamic, and tenacious with rich dry undertones.	1/2 oz. \$5.25	1 oz. \$9.00	4 oz. \$29.50

## ESSENTIAL OILS

<b>Cedarwood, Virginia B</b>   <i>Juniperus virginiana</i> Woody and sweet with a characteristic cedar scent.	1/2 oz. \$3.50	1 oz. \$6.00	4 oz. \$20.00
<b>Celery Seed A</b>   <i>Apium graveolens</i> An earthy spice that is subtle, dry, and warm.	1/2 oz. \$7.50	1 oz. \$13.00	4 oz. \$42.50
<b>Chamomile, Blue B</b>   <i>Matricaria recutita</i>   Organic Sweet herbaceous floral that is heavy and warm.	1/8 oz. \$30.50	1/4 oz. \$52.75	1/2 oz. \$91.50
<b>Chamomile, Moroccan</b>   <i>Ormenis mixta</i> Slightly dry and balsamic with herbaceous floral middle notes.	1/2 oz. \$50.25	1 oz. \$87.00	4 oz. \$282.50
<b>Chamomile, Roman B</b>   <i>Anthemis nobilis</i>   Organic Fresh, rich, sweet, and fruity with an apple-like aroma.	1/8 oz. \$37.00	1/4 oz. \$64.00	1/2 oz. \$111.00
<b>Cinnamon Bark A,F,G</b>   <i>Cinnamomum zeylanicum</i>   Organic   Fair trade Warm, dry, and spicy.	1/2 oz. \$21.50	1 oz. \$37.00	4 oz. \$120.50
<b>Cinnamon Leaf A,B</b>   <i>Cinnamomum zeylanicum</i>   Organic Warm, dry, and spicy with a slightly sweet top note.	1/2 oz. \$5.00	1 oz. \$8.50	4 oz. \$28.00
<b>Cistus A</b>   <i>Cistus ladaniferus</i>   Organic Rich and herbaceous with a unique sweet scent.	1/8 oz. \$23.75	1/4 oz. \$41.25	1/2 oz. \$71.50
<b>Citronella A,B</b>   <i>Cymbopogon winterianus</i>   Organic Rich and sweet with a fresh herbaceous, lemony aroma.	1/2 oz. \$5.25	1 oz. \$9.00	4 oz. \$29.50
<b>Clary Sage A</b>   <i>Salvia sclarea</i>   Organic Dry, musky, bittersweet floral.	1/2 oz. \$28.25	1 oz. \$49.00	4 oz. \$159.00
<b>Clove Bud A,B,F</b>   <i>Syzygium aromaticum</i>   Organic   Fair trade Warm, spicy, and woody with a slightly fruity top note.	1/2 oz. \$7.50	1 oz. \$13.00	4 oz. \$42.50
<b>Combava Petitgrain A,B</b>   <i>Citrus hystrix</i>   Organic Soft thick citrus with dry woody back notes.	1/2 oz. \$10.25	1 oz. \$17.50	4 oz. \$57.00
<b>Copaiba Balsam A,B</b>   <i>Copaifera officinalis</i>   Organic Soft, sweet scent that is slightly woody.	1/2 oz. \$5.00	1 oz. \$8.50	4 oz. \$28.00
<b>Coriander Seed</b>   <i>Coriandrum sativum</i>   Organic Sweet, soft spice notes that have a slightly fruity top aroma.	1/2 oz. \$12.00	1 oz. \$20.50	4 oz. \$67.00
<b>Cornmint A,B</b>   <i>Mentha arvensis</i>   Organic Fresh, soft, bittersweet, and minty aroma.	1/2 oz. \$5.25	1 oz. \$9.00	4 oz. \$29.50
<b>Cypress A</b>   <i>Cupressus sempervirens</i>   Organic Fresh, evergreen aroma with balsamic undertones.	1/2 oz. \$15.75	1 oz. \$27.00	4 oz. \$88.00
<b>Davana A</b>   <i>Artemisia pallens</i>   Organic Unique, rich, sweet, and fruity scent.	1/2 oz. \$50.25	1 oz. \$87.00	4 oz. \$282.50
<b>Dill Seed</b>   <i>Anethum graveolens</i>   Organic Dry, soft, characteristic dill aroma.	1/2 oz. \$8.00	1 oz. \$13.50	4 oz. \$44.50
<b>Douglas Fir A,B</b>   <i>Pseudotsuga douglasii</i>   Organic Crisp, fresh, green, and uplifting.	1/2 oz. \$15.00	1 oz. \$26.00	4 oz. \$85.00
<b>Elemi</b>   <i>Canarium luzonicum</i> Fresh, lemony, and slightly spicy.	1/2 oz. \$9.25	1 oz. \$16.00	4 oz. \$52.50
<b>Eucalyptus A,B,E</b>   <i>Eucalyptus globulus</i>   Organic Strong penetrating scent that is woody and camphoraceous.	1/2 oz. \$4.25	1 oz. \$7.00	4 oz. \$23.00
<b>Eucalyptus, Lemon A,E</b>   <i>Eucalyptus citriodora</i>   Organic Fresh and medicinal with a heavy lemon aroma.	1/2 oz. \$4.75	1 oz. \$8.00	4 oz. \$26.50
<b>Fennel, Sweet A,B,C,G</b>   <i>Foeniculum vulgare</i>   Organic Sweet and earthy with an anise-like note.	1/2 oz. \$11.50	1 oz. \$20.00	4 oz. \$65.00
<b>Fir Needle B</b>   <i>Abies balsamea</i>   Organic Soft-balsamic evergreen scent.	1/2 oz. \$7.50	1 oz. \$13.00	4 oz. \$42.50
<b>Frankincense</b>   <i>Boswellia carteri</i>   Organic Fresh and woody with a citrus top note.	1/2 oz. \$37.50	1 oz. \$65.00	4 oz. \$211.00
<b>Galbanum</b>   <i>Ferula galbaniflua</i>   Organic An acquired scent that is strong and earthy with woody spice notes.	1/2 oz. \$21.50	1 oz. \$37.00	4 oz. \$120.50
<b>Geranium A,B</b>   <i>Pelargonium graveolens</i>   Organic Heavy with a strong sweet, floral aroma.	1/2 oz. \$19.75	1 oz. \$34.00	4 oz. \$110.50
<b>Ginger B,D</b>   <i>Zingiber officinale</i>   Organic   Fair trade Spicy, warm, and woody with a deep earthy undertone.	1/2 oz. \$13.25	1 oz. \$23.00	4 oz. \$75.00

## ESSENTIAL OILS

<b>Ginger, Fresh</b>   <i>Zingiber officinale</i>   Organic Fresh, warm, and woody with a sweet bright top note.	1/2 oz. \$21.50	1 oz. \$37.00	4 oz. \$120.50
<b>Grand Fir B</b>   <i>Abies grandis</i>   Organic Fresh, green, and coniferous with a slightly sweet citrusy top note.	1/2 oz. \$44.50	1 oz. \$77.00	4 oz. \$250.00
<b>Grapefruit, White B,D</b>   <i>Citrus paradisi</i>   Organic Fresh and tangy citrus that smells like cutting into a juicy grapefruit.	1/2 oz. \$10.75	1 oz. \$18.50	4 oz. \$60.50
<b>Helichrysum</b>   <i>Helichrysum italicum</i>   Organic Sweet and earthy green-floral.	1/8 oz. \$41.50	1/4 oz. \$72.00	1/2 oz. \$125.00
<b>Ho Wood</b>   <i>Cinnamomum camphora</i> Bright, warm, and slightly woody.	1/2 oz. \$5.25	1 oz. \$9.00	4 oz. \$29.50
<b>Hops Flower B,G</b>   <i>Humulus lupulus</i> Dry, rich, and floral.	1/8 oz. \$23.25	1/4 oz. \$40.25	1/2 oz. \$69.75
<b>Hyssop A,C</b>   <i>Hyssopus officinalis</i>   Organic Sweet herbaceous scent that is slightly camphoraceous.	1/2 oz. \$13.25	1 oz. \$23.00	4 oz. \$75.00
<b>Jasmine Absolute A</b>   <i>Jasminum grandiflorum</i> Warm, rich, deep-floral.	1/8 oz. \$82.50	1/4 oz. \$143.25	1/2 oz. \$249.00
<b>Juniper Berry B,F</b>   <i>Juniperus communis</i>   Organic Fresh, green, and fruity with a balsamic undertone.	1/2 oz. \$13.25	1 oz. \$23.00	4 oz. \$75.00
<b>Lavender</b>   <i>Lavandula angustifolia</i>   Organic Herbaceous-floral with sweet top notes.	1/2 oz. \$12.75	1 oz. \$22.00	4 oz. \$72.00
<b>Lavender, Spike A,B</b>   <i>Lavandula latifolia</i>   Organic Fresh, spicy-floral that is slightly camphoraceous.	1/2 oz. \$10.75	1 oz. \$18.50	4 oz. \$60.50
<b>Lavender 40-42 blend</b>   <i>Lavandula spp.</i> Fresh, slightly spicy, herbaceous-floral.	1/2 oz. \$5.50	1 oz. \$9.50	4 oz. \$31.50
<b>Lemon B,D</b>   <i>Citrus limon</i>   Organic Slightly sugary citrus that has strong sour notes characteristic of a fresh lemon.	1/2 oz. \$7.00	1 oz. \$12.00	4 oz. \$39.50
<b>Lemon Balm (Melissa) B</b>   <i>Melissa officinalis</i>   Organic Light and fresh, green-citrus that has herbaceous undertones.	1/8 oz. \$97.75	1/4 oz. \$169.75	1/2 oz. \$295.00
<b>Lemon Catnip B</b>   <i>Nepeta cataria var citriodora</i>   Organic Strong, lemony floral with a rounded herbaceous catnip-like back note.	1/8 oz. \$22.00	1/4 oz. \$38.25	1/2 oz. \$66.25
<b>Lemongrass B</b>   <i>Cymbopogon flexuosus</i>   Organic Heavy, green, herbaceous, lemon-like aroma.	1/2 oz. \$4.75	1 oz. \$8.00	4 oz. \$26.50
<b>Lime Peel D</b>   <i>Citrus aurantifolia</i>   Organic Tart, sour citrus that has a fresh and bright top note.	1/2 oz. \$10.00	1 oz. \$17.00	4 oz. \$55.50
<b>Litsea Cubeba B</b>   <i>Litsea cubeba</i>   Organic Heavy, sweet citrus with herbaceous undertones.	1/2 oz. \$5.25	1 oz. \$9.00	4 oz. \$29.50
<b>Lovage Leaf A</b>   <i>Levisticum officinale</i>   Organic Warm, fresh, sweet and spicy green aroma.	1/2 oz. \$39.50	1 oz. \$68.50	4 oz. \$222.50
<b>Mandarin</b>   <i>Citrus reticulata</i>   Organic Light, fruity citrus that is slightly sweet.	1/2 oz. \$13.75	1 oz. \$23.50	4 oz. \$76.50
<b>Manuka</b>   <i>Leptospermum scoparium</i> Rich, sweet, and herbaceous.	1/2 oz. \$35.00	1 oz. \$60.50	4 oz. \$196.50
<b>Marjoram, Spanish A,B</b>   <i>Thymus mastichina</i>   Organic Bright and camphoraceous with a very dry base note and slightly sweet middle note.	1/2 oz. \$12.25	1 oz. \$21.00	4 oz. \$68.50
<b>Marjoram, Sweet A</b>   <i>Origanum majorana</i>   Organic Sweet herbaceous scent with slight camphoraceous notes.	1/2 oz. \$14.50	1 oz. \$25.00	4 oz. \$81.00
<b>Myrrh A</b>   <i>Commiphora myrrha</i>   Organic Dry, creamy, resinous aroma.	1/2 oz. \$45.50	1 oz. \$79.00	4 oz. \$256.50
<b>Myrtle</b>   <i>Myrtus communis</i>   Organic Sweet and camphoraceous.	1/2 oz. \$21.00	1 oz. \$36.50	4 oz. \$118.50
<b>Neroli</b>   <i>Citrus aurantium</i>   Organic Light, sweet-floral fragrance.	1/8 oz. \$71.50	1/4 oz. \$124.25	1/2 oz. \$215.75
<b>Niaouli</b>   <i>Melaleuca viridiflora</i>   Organic Sweet, fresh, and camphoraceous.	1/2 oz. \$5.50	1 oz. \$9.50	4 oz. \$31.50
<b>Nutmeg P</b>   <i>Myristica fragrans</i>   Organic Spicy and warm with characteristic nutmeg notes.	1/2 oz. \$12.25	1 oz. \$21.00	4 oz. \$68.50

## ESSENTIAL OILS

<b>Oak Moss Absolute</b> A,B,C   <i>Evernia prunastri</i> Dry, earthy, and bark-like.	1/2 oz. \$28.00	1 oz. \$48.50	4 oz. \$157.50
<b>Oakwood Absolute</b> A   <i>Quercus robur</i> Rich smoky wood, reminiscent of whiskey with oaky vanilla undertones.	1/2 oz. \$81.25	1 oz. \$141.00	4 oz. \$457.50
<b>NEW! Opopanax</b> B   <i>Commiphora guidottii</i>   Organic Bright resinous scent that is dry with long lasting sweet-balsamic undertones.	1/2 oz. \$7.50	1 oz. \$13.00	4 oz. \$42.50
<b>Orange, Bitter</b> B,D   <i>Citrus aurantium</i>   Organic Dry citrus that has bitter top notes complimented by a faintly sweet base.	1/2 oz. \$7.50	1 oz. \$13.00	4 oz. \$42.50
<b>Orange, Sweet</b>   <i>Citrus sinensis</i>   Organic Sweet and bright sugary citrus.	1/2 oz. \$4.50	1 oz. \$7.50	4 oz. \$24.50
<b>Oregano</b> A,B   <i>Origanum vulgare</i>   Organic Warm, spicy-herbaceous scent.	1/2 oz. \$11.00	1 oz. \$19.00	4 oz. \$62.00
<b>Palmarosa</b>   <i>Cymbopogon martinii</i>   Organic Sweet, floral, and rosy with a geranium-like aroma.	1/2 oz. \$6.75	1 oz. \$11.50	4 oz. \$37.50
<b>Palo Santo</b>   <i>Bursera graveolens</i> Tenacious, sweet woody citrus with a sharp resinous back note.	1/2 oz. \$27.75	1 oz. \$48.00	4 oz. \$156.00
<b>Parsley Seed</b> A,B   <i>Petroselinum sativum</i> Soft, warm scent that is woody and herbaceous.	1/2 oz. \$11.00	1 oz. \$19.00	4 oz. \$62.00
<b>Patchouli</b>   <i>Pogostemon cablin</i>   Organic Earthy, smoky, spicy, and musky.	1/2 oz. \$11.25	1 oz. \$19.50	4 oz. \$63.50
<b>Peppermint</b> A,B,C,E   <i>Mentha piperita</i>   Organic   Fair trade Fresh, very minty, hot, and herbaceous with a vegetative back note.	1/2 oz. \$8.75	1 oz. \$15.00	4 oz. \$49.00
<b>Peru Balsam</b>   <i>Myroxylon balsamum</i> Rich and balsamic with a sweet vanilla-like undertone.	1/2 oz. \$10.75	1 oz. \$18.50	4 oz. \$60.50
<b>Petitgrain</b>   <i>Citrus aurantium</i>   Organic Fresh-floral, citrus scent and a woody-herbaceous undertone.	1/2 oz. \$10.50	1 oz. \$18.00	4 oz. \$58.50
<b>Pink Pepper</b>   <i>Schinus molle</i>   Organic Sweet and spicy yet fruity with a dry balsamic peppery back note.	1/2 oz. \$14.50	1 oz. \$25.00	4 oz. \$81.00
<b>Poplar Bud Absolute</b> A   <i>Populus nigra</i> Rich with balsamic undertones and heavy vanilla honey top notes.	1/2 oz. \$58.25	1 oz. \$101.00	4 oz. \$328.00
<b>Ravensara</b> A,B   <i>Agathophyllum aromatica</i>   Organic Slightly spicy, camphory, woody, and herbaceous.	1/2 oz. \$9.25	1 oz. \$16.00	4 oz. \$52.50

## RECIPE



### Empress Energy PERFUME OIL

Recipe by: Miriam, Products & Purchasing Specialist

#### Ingredients

13 drops jasmine absolute\*  
9 drops organic neroli essential oil\*  
5 drops rose absolute\*  
Organic jojoba oil\* (less than 1/8 oz. needed)

#### Directions

Slowly drop the absolutes and essential oil into an 1/8 oz. glass bottle with screw cap\*. Roll bottle between palms for about 5-10 seconds to blend the scents. Then carefully fill the remainder of bottle to its neck with the organic jojoba oil. Cap the bottle and roll again gently between palms for 30-90 seconds. Let the blend rest for a day before use. Apply a drop or two of this summery, sacred oil to your body or face. Traditionally, perfume oils have a higher dilution of essential oils than our recommended 1-2%. This blend contains 36% essential oil, so use sparingly as you would any other perfume.

\*Offered by Mountain Rose Herbs



## ESSENTIAL OILS

<b>Rose Absolute</b> <sup>A</sup>   <i>Rosa damascena</i> Sweet and floral rosy scent that resembles the distilled oil with a fuller body.	1/8 oz. \$59.00	1/4 oz. \$102.50	1/2 oz. \$178.25
<b>Rose, Bulgarian</b>   <i>Rosa damascena</i>   Organic Sweet and floral with deep round notes and a rich body.	1/8 oz. \$181.25	1/4 oz. \$315.00	1/2 oz. \$547.50
<b>Rose, Chinese</b>   <i>Rosa rugosa</i> Soft and rich with powdery top notes and a honey-like sweetness.	1/8 oz. \$68.75	1/4 oz. \$119.25	1/2 oz. \$207.00
<b>Rosemary</b> <sup>A,C,E,G</sup>   <i>Rosmarinus officinalis</i>   Organic Strong, fresh, and camphoraceous with a woody-balsamic undertone.	1/2 oz. \$7.50	1 oz. \$13.00	4 oz. \$42.50
<b>Sage, Common</b> <sup>A,B,C</sup>   <i>Salvia officinalis</i>   Organic Fresh and herbaceous with warm-spicy notes.	1/2 oz. \$12.50	1 oz. \$21.50	4 oz. \$70.00
<b>Savory, Winter</b> <sup>A,B</sup>   <i>Satureja montana</i>   Organic Sharp and herbaceous with a spicy scent.	1/2 oz. \$12.00	1 oz. \$20.50	4 oz. \$67.00
<b>Sandalwood, Australian</b>   <i>Santalum spicatum</i>   Organic Soft, woody, extremely tenacious, and balsamic.	1/8 oz. \$29.75	1/4 oz. \$51.50	1/2 oz. \$89.25
<b>Scotch Pine</b> <sup>B</sup>   <i>Pinus sylvestris</i>   Organic Strong, dry-balsamic aroma with a turpentine-like note.	1/2 oz. \$8.25	1 oz. \$14.00	4 oz. \$45.50
<b>Spearmint</b> <sup>F</sup>   <i>Mentha spicata</i>   Organic   Fair trade Warming, fresh, minty scent.	1/2 oz. \$6.50	1 oz. \$11.00	4 oz. \$36.00
<b>St. John's Wort</b> <sup>A</sup>   <i>Hypericum perforatum</i> Soft herbal aroma.	1/8 oz. \$23.50	1/4 oz. \$40.75	1/2 oz. \$70.75
<b>Tagetes</b> <sup>A,B,D</sup>   <i>Tagetes minuta</i> Unique bitter-green and herbaceous scent.	1/2 oz. \$12.75	1 oz. \$22.00	4 oz. \$72.00
<b>Tangerine</b> <sup>B</sup>   <i>Citrus tangerina</i>   Organic Sweet bright citrus that is orange-like but not as sugary.	1/2 oz. \$12.25	1 oz. \$21.00	4 oz. \$62.00
<b>Tarragon</b> <sup>A</sup>   <i>Artemisia dracunculus</i> Sweet and anise-like with a spicy green aroma.	1/2 oz. \$12.00	1 oz. \$21.00	4 oz. \$68.50
<b>Tea Tree</b> <sup>A,B</sup>   <i>Melaleuca alternifolia</i>   Organic   Fair trade Warming and fresh with a slight-camphoraceous scent.	1/2 oz. \$7.50	1 oz. \$13.00	4 oz. \$42.50
<b>Thyme</b> <sup>A,B</sup>   <i>Thymus vulgaris</i>   Organic Warm, spicy-herbaceous, and powerful.	1/2 oz. \$21.50	1 oz. \$37.00	4 oz. \$120.50
<b>Turmeric</b> <sup>A,B</sup>   <i>Curcuma longa</i>   Organic Fresh, spicy, and woody.	1/2 oz. \$13.25	1 oz. \$23.00	4 oz. \$75.00
<b>Valerian</b> <sup>B</sup>   <i>Valeriana sp.</i> Warm and woody with a musky-earth base note.	1/2 oz. \$46.75	1 oz. \$81.00	4 oz. \$263.00
<b>Vanilla Absolute</b>   <i>Vanilla planifolia</i>   Organic Rich, sweet, and balsamic.	1/8 oz. \$71.50	1/4 oz. \$124.00	1/2 oz. \$215.25
<b>Vetiver</b>   <i>Vetiveria zizanioides</i>   Organic Rich, earthy scent that is slightly sweet and woody.	1/2 oz. \$35.50	1 oz. \$61.50	4 oz. \$199.50
<b>Vitex</b> <sup>A,G</sup>   <i>Vitex agnus-castus</i>   Organic Tenacious yet dry with a soft, bittersweet-floral middle that is characteristic of dried vitex berries.	1/2 oz. \$46.50	1 oz. \$80.50	4 oz. \$261.00
<b>Yarrow, Blue</b> <sup>A</sup>   <i>Achillea millefolium</i>   Organic Dry, smooth, herbal-floral.	1/8 oz. \$35.25	1/4 oz. \$61.50	1/2 oz. \$107.00
<b>Ylang Ylang, Complete</b> <sup>A</sup>   <i>Cananga odorata</i>   Organic Rich, sweet-floral.	1/2 oz. \$14.50	1 oz. \$25.00	4 oz. \$81.00

## 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. 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 homeopaths
- F** | Avoid with liver or kidney problems
- G** | See website for specific warning



## 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 oils: root chakra blend, navel chakra blend, solar plexus chakra blend, heart chakra blend, throat chakra blend, third eye chakra blend, crown chakra blend, and 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.



# 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.

## **Terra Cotta Diffusers | \$3.50 each**

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

## **Waterless Diffuser | \$69.99**

This beautiful diffuser 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)

## **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, Essential 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**



**AromaMist  
Ultrasonic Diffuser**



**Aromatherapy  
Fan Diffuser**



**Ceramic  
Diffuser**



**Electric  
Diffuser**



**Natura  
Ultrasonic Diffuser**



**Terra Cotta  
Diffusers**



**Waterless  
Diffuser**

# Organic HYDROSOLS

Easy to use! These aromatic waters have similar properties to essential oils but are not as concentrated and even more versatile. Delicately scented, these high-quality floral waters make wonderful perfumes, linen and aromatherapy sprays, facial toners, and ingredients for DIY body care.

## **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 luxurious 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's aroma is not as potent as the essential oil.

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



# ORGANIC HYDROSOLS

## **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. \$10.25    8 oz. \$23.75    16 oz. \$41.00    64 oz. \$147.75**

## **Lavandin** | *Lavandula x intermedia* | Organic

This soft floral is refreshing and mentally relaxing. 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**

## **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 refreshing!

**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 scent, 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**





**NEW! Sage** | *Salvia officinalis* | Organic

Distilled from culinary sage, this hydrosol has a strong aroma that is bright, green, and fresh with characteristic herbaceous notes that are similar to the fresh herb. Energetically, sage is uplifting yet grounding.

**3 oz. \$8.75    8 oz. \$19.75    16 oz. \$34.00    64 oz. \$122.50**

**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 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. Tulsi is 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**

## RECIPE



### Fierce Love Energetic CLEARING SPRAY

Recipe by: Miriam, Products & Purchasing Specialist

This combination of hydrosols smells sweet and spicy and can be used as needed. Spritz in the air or on the body.

#### Ingredients

2 1/2 oz. organic white rose hydrosol\*  
1 oz. organic frankincense hydrosol\*  
1/2 oz. organic St. John's wort hydrosol\*

#### Directions

Measure hydrosols and pour into a 4 oz. cobalt glass bottle with mister top\* using a small stainless steel funnel\*. Roll capped bottle between hands to blend scents. Let rest for one day before use. This can be sprayed on yourself or in your space as needed to clear incompatible energy or to call in the energy of Universal Love.

\*Offered by Mountain Rose Herbs

# 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°, palmarosa essential oil°, Australian sandalwood essential oil°, Chinese rose essential oil, and patchouli essential oil°.

## **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°, sweet orange essential oil°, Atlas cedarwood essential oil°, Australian sandalwood essential oil°, and cinnamon leaf essential oil°.

## **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°, sweet marjoram essential oil°, Moroccan chamomile essential oil, geranium essential oil°, ylang ylang essential oil°, and vetiver essential oil°.

## **Moon Moods Spray | 2 oz. \$9.25**

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



## RECIPE



## Purifying INCENSE BLEND

Recipe by: Jennifer, Executive Director of Operations

### Ingredients

- 1/2 oz. organic rosemary leaf\*
- 1/2 oz. organic mugwort\*
- 1/2 oz. organic wormwood\*

### Directions

Place sand in a fireproof bowl, and ensure the sand is level. Place the charcoal round\* (flat side down) on top of sand. Place bowl outdoors or in a well-ventilated space, and light the base of the charcoal round. Once it starts smoking, sprinkle herbs on top. Enjoy this aroma to purify the energy in your space.

*\*Offered by Mountain Rose Herbs*



# AROMA OILS

## **Aphrodite Aroma Oil | 1/2 oz. \$26.00**

Sensuous and spicy with of floral undertones. Palmarosa°, Australian sandalwood°, Chinese 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°, 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. Australian sandalwood°, lavender°, cypress°, Atlas 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.

# 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 x 1” thick.

**1 large** | 9” long x 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 x 1 1/2” thick.

## **Palo Santo Smudge Sticks | 6 sticks \$9.00**

This fragrant wood is aromatic in its raw form or when lit. Our sticks come from a 50-acre farm that manages 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 ceremonies.

**4 pack small** | 4” long x 1 1/2” thick.

**1 large** | 8-9” long x 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.

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



# Bulk HERBS & SPICES

Herbs are our passion, and we care deeply about offering only the best organic or consciously 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   USA	\$2.00	\$4.50	\$7.50	\$13.00
Acai berry powder   <i>Euterpe oleracea</i>   Organic   Brazil	\$8.50	\$19.00	\$31.50	\$54.50
Acerola powder (freeze dried)   <i>Malpighia emarginata</i>   Organic   Brazil	\$6.50	\$14.75	\$24.50	\$42.50
Agrimony herb   <i>Agrimonia eupatoria</i>   Organic   Bulgaria	\$3.00	\$6.50	\$10.75	\$18.50
Ajwain seed   <i>Trachyspermum ammi</i>   Organic   India	\$1.75	\$3.00	\$5.00	\$8.50
Alfalfa leaf   <i>Medicago sativa</i>   Organic   USA	\$2.00	\$4.25	\$6.75	\$11.50
Alfalfa leaf powder   <i>Medicago sativa</i>   Organic   USA	\$2.00	\$4.50	\$7.25	\$12.50
Alkanet root 4,5,6   <i>Alkanna tinctoria</i>   Wildharvested   Pakistan	\$2.75	\$5.75	\$9.50	\$16.50
Alkanet root powder 4,5,6   <i>Alkanna tinctoria</i>   Wildharvested   Pakistan	\$2.75	\$6.25	\$10.25	\$17.50
Allspice whole   <i>Pimenta dioica</i>   Organic   Honduras	\$2.00	\$4.25	\$7.00	\$12.00
Allspice powder   <i>Pimenta dioica</i>   Organic   Honduras	\$2.00	\$4.50	\$7.50	\$13.00
Aloe Vera leaf 7   <i>Aloe vera</i>   Organic   India	\$3.50	\$7.50	\$12.25	\$21.00
Aloe Vera leaf powder 7   <i>Aloe vera</i>   Organic   India	\$3.50	\$7.75	\$12.75	\$22.00
Aloe, Cape powder 7   <i>Aloe ferox</i>   Cultivated   South Africa	\$3.25	\$7.25	\$12.00	\$20.50
Amla whole   <i>Phyllanthus emblica</i>   Organic   India	\$1.75	\$3.00	\$5.00	\$8.50
Amla powder   <i>Phyllanthus emblica</i>   Organic   India	\$2.00	\$3.50	\$5.50	\$9.50
Amla dehydrated   <i>Phyllanthus emblica</i>   Organic   India	\$2.00	\$3.50	\$5.50	\$9.50
Ancho pepper powder   <i>Capsicum annuum</i>   Organic   Chile	\$2.25	\$5.00	\$8.00	\$13.50
Angelica root 6   <i>Angelica archangelica</i>   Organic   USA	\$4.50	\$10.00	\$16.50	\$28.50
Angelica root powder 6   <i>Angelica archangelica</i>   Organic   USA	\$4.50	\$10.25	\$17.00	\$29.50
Anise seed   <i>Pimpinella anisum</i>   Organic   Egypt	\$2.00	\$3.50	\$5.50	\$9.50
Anise seed powder   <i>Pimpinella anisum</i>   Organic   Egypt	\$2.00	\$3.75	\$6.25	\$10.50
Anise Star pods whole   <i>Illicium verum</i>   Organic   China	\$3.00	\$6.50	\$10.75	\$18.50
Anise Star pod powder   <i>Illicium verum</i>   Organic   China	\$3.00	\$6.75	\$11.25	\$19.50
Annatto seed whole   <i>Bixa orellana</i>   Organic   India	\$1.75	\$3.25	\$5.25	\$9.00
Annatto seed powder   <i>Bixa orellana</i>   Organic   India	\$2.00	\$3.50	\$5.75	\$10.00
Arjuna Bark Powder 6   <i>Terminalia arjuna</i>   Organic   Fair trade   India	\$2.50	\$5.25	\$8.75	\$15.00
Arnica flower whole 4,5,8   <i>Arnica montana</i>   Organic   Bulgaria	\$9.75	\$29.50	\$49.00	\$85.00
Artichoke leaf   <i>Cynara scolymus</i>   Organic   Germany	\$2.00	\$3.75	\$6.25	\$10.50
Ashwagandha root 6   <i>Withania somnifera</i>   Organic   India	\$2.25	\$5.00	\$8.25	\$14.00
Ashwagandha root powder 6   <i>Withania somnifera</i>   Organic   India	\$2.50	\$5.25	\$8.75	\$15.00
Astragalus root   <i>Astragalus membranaceus</i>   Organic   China	\$2.50	\$5.50	\$9.00	\$15.50
Astragalus root powder   <i>Astragalus membranaceus</i>   Organic   China	\$2.75	\$5.75	\$9.50	\$16.50
Astragalus root slices   <i>Astragalus membranaceus</i>   Organic   China	\$2.75	\$6.25	\$10.25	\$17.50
Barberry root 6   <i>Berberis vulgaris</i>   Organic   Croatia	\$2.00	\$4.50	\$7.25	\$12.50
Barberry root powder 6   <i>Berberis vulgaris</i>   Organic   Croatia	\$2.25	\$5.00	\$8.00	\$13.50
Barley grass powder   <i>Hordeum vulgare</i>   Organic   Non-GMO   USA	\$2.75	\$6.25	\$10.25	\$17.50
Basil leaf   <i>Ocimum basilicum</i>   Organic   Spain	\$2.50	\$5.25	\$8.50	\$14.50
Bay leaf whole   <i>Laurus nobilis</i>   Organic   Turkey	\$4.00	\$8.75	\$14.25	\$24.50
Bayberry root bark   <i>Morella cerifera</i>   Wildharvested   USA	\$5.00	\$11.25	\$18.50	\$32.00
Bayberry root bark powder   <i>Morella cerifera</i>   Wildharvested   USA	\$5.25	\$11.50	\$19.00	\$33.00
Bee pollen granules   Organic   Canada & Spain	\$5.25	\$12.00	\$20.00	\$34.50
Beet root powder   <i>Beta vulgaris</i>   Organic   Non-GMO   Egypt	\$2.50	\$5.25	\$8.50	\$14.50
Benzoin gum powder 5   <i>Styrax benzoin</i>   Wildharvested   Indonesia	\$2.00	\$4.25	\$6.75	\$11.50
Bilberry fruit whole   <i>Vaccinium myrtillus</i>   Organic   Albania	\$6.50	\$14.50	\$24.00	\$41.50
Bilberry leaf   <i>Vaccinium myrtillus</i>   Organic   Albania	\$2.00	\$3.75	\$6.25	\$10.50
Birch bark   <i>Betula lenta</i>   Wildharvested   USA	\$2.00	\$4.25	\$6.75	\$11.50
Birch bark powder   <i>Betula lenta</i>   Wildharvested   USA	\$2.00	\$4.50	\$7.25	\$12.50
Birch leaf   <i>Betula pendula</i>   Organic   Bulgaria	\$2.00	\$3.75	\$6.25	\$10.50
Bitter Melon   <i>Momordica charantia</i>   Organic   India	\$2.50	\$5.25	\$8.50	\$14.50
Black Cohosh root 6   <i>Actaea racemosa</i>   Organic   USA	\$3.50	\$7.50	\$12.50	\$21.50
Black Cohosh root powder 6   <i>Actaea racemosa</i>   Organic   USA	\$3.50	\$8.00	\$13.00	\$22.50
Black Haw bark 10   <i>Viburnum prunifolium</i>   Wildharvested   USA	\$3.00	\$6.50	\$10.75	\$18.50
Black Haw bark powder 10   <i>Viburnum prunifolium</i>   Wildharvested   USA	\$3.00	\$6.75	\$11.25	\$19.50
Black seed whole 6   <i>Nigella sativa</i>   Organic   India	\$1.75	\$3.25	\$5.25	\$9.00
Black Walnut hull powder 10   <i>Juglans nigra</i>   Organic   USA	\$3.00	\$6.50	\$10.50	\$18.00
Black Walnut leaf 10   <i>Juglans nigra</i>   Wildharvested   USA	\$2.50	\$5.25	\$8.50	\$14.50
Blackberry leaf   <i>Rubus fruticosus</i>   Organic   Romania	\$2.00	\$3.50	\$5.50	\$9.50
Blackberry root   <i>Rubus armeniacus</i>   Wildharvested   USA	\$3.00	\$6.75	\$11.00	\$19.00

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
<b>Blessed Thistle herb</b> 8   <i>Cnicus benedictus</i>   Organic   Croatia	\$2.00	\$4.50	\$7.25	\$12.50
<b>Bloodroot</b> 4,6,10   <i>Sanguinaria canadensis</i>   Wildharvested   USA	\$9.25	\$22.75	\$37.75	\$65.50
<b>Bloodroot powder</b> 4,6,10   <i>Sanguinaria canadensis</i>   Wildharvested   USA	\$9.25	\$23.00	\$38.25	\$66.50
<b>Blue Cohosh root</b> 6   <i>Caulophyllum thalictroides</i>   Wildharvested   USA	\$2.75	\$6.00	\$10.00	\$17.00
<b>Blue Cohosh root powder</b> 6   <i>Caulophyllum thalictroides</i>   Organic   USA	\$3.00	\$6.75	\$11.25	\$19.50
<b>Blue Flag root</b> 6   <i>Iris versicolor</i>   Organic   USA	\$4.50	\$9.75	\$16.25	\$28.00
<b>Blue Vervain</b> 6   <i>Verbena hastata</i>   Organic   USA	\$3.25	\$7.25	\$12.00	\$20.50
<b>Boldo leaf</b> 10   <i>Peumus boldus</i>   Organic   Chile	\$1.75	\$3.25	\$5.25	\$9.00
<b>Boldo leaf powder</b> 10   <i>Peumus boldus</i>   Organic   Chile	\$2.00	\$3.50	\$5.75	\$10.00
<b>Boneset herb</b>   <i>Eupatorium perfoliatum</i>   Organic   USA	\$2.75	\$5.75	\$9.50	\$16.50
<b>Borage herb</b> 4,5,6   <i>Borago officinalis</i>   Organic   Croatia	\$3.25	\$7.25	\$12.00	\$20.50
<b>Brahmi</b>   <i>Bacopa monnieri</i>   Organic   Fair trade   India	\$2.00	\$3.50	\$5.75	\$10.00
<b>Brahmi powder</b>   <i>Bacopa monnieri</i>   Organic   Fair trade   India	\$2.00	\$4.00	\$6.50	\$11.00
<b>Buchu leaf whole</b> 6,10   <i>Agathosma betulina</i>   Organic   South Africa	\$4.75	\$10.75	\$17.75	\$30.50
<b>Buckthorn bark</b> 2,6   <i>Frangula alnus</i>   Organic   Hungary	\$2.00	\$3.50	\$5.75	\$10.00
<b>Buckthorn bark powder</b> 2,6   <i>Frangula alnus</i>   Organic   Hungary	\$2.00	\$4.00	\$6.50	\$11.00
<b>Bugleweed</b> 10   <i>Lycopus americanus</i>   Organic   USA	\$3.75	\$8.25	\$13.75	\$23.50
<b>Bupleurum root</b>   <i>Bupleurum chinense</i>   Organic   China	\$4.50	\$10.00	\$16.50	\$28.50
<b>Bupleurum root powder</b>   <i>Bupleurum chinense</i>   Organic   China	\$4.50	\$10.25	\$17.00	\$29.50
<b>Burdock root</b>   <i>Arctium lappa</i>   Organic   USA	\$2.50	\$5.50	\$9.00	\$15.50
<b>Burdock root powder</b>   <i>Arctium lappa</i>   Organic   USA	\$2.75	\$5.75	\$9.50	\$16.50
<b>Butcher's Broom root</b>   <i>Ruscus aculeatus</i>   Organic   Croatia	\$2.00	\$4.00	\$6.50	\$11.00
<b>Butcher's Broom root powder</b>   <i>Ruscus aculeatus</i>   Organic   Croatia	\$2.00	\$4.25	\$7.00	\$12.00
<b>Cacao beans whole raw</b> 10   <i>Theobroma cacao</i>   Organic   Peru	\$2.00	\$3.75	\$6.25	\$10.50
<b>Cacao nibs roasted</b> 10   <i>Theobroma cacao</i>   Organic   Fair trade   Peru	\$2.50	\$5.25	\$8.50	\$14.50
<b>Cacao powder roasted</b> 10   <i>Theobroma cacao</i>   Organic   Fair trade   Peru	\$2.00	\$4.50	\$7.25	\$12.50
<b>Cacao shells roasted</b> 10   <i>Theobroma cacao</i>   Organic   Bolivia	\$2.00	\$3.50	\$5.50	\$9.50
<b>Calamus root</b> 5,10   <i>Acorus calamus</i>   Organic   Poland	\$2.00	\$4.25	\$6.75	\$11.50
<b>Calamus root powder</b> 5,10   <i>Acorus calamus</i>   Organic   Poland	\$2.00	\$4.50	\$7.25	\$12.50
<b>Calendula flower whole, North American</b> 8   <i>Calendula officinalis</i>   Organic   USA	\$7.00	\$15.50	\$25.50	\$44.00
<b>Calendula flower whole</b> 8   <i>Calendula officinalis</i>   Organic   Egypt	\$3.50	\$7.50	\$12.50	\$21.50
<b>Calendula flower powder</b> 8   <i>Calendula officinalis</i>   Organic   Egypt	\$3.50	\$8.00	\$13.00	\$22.50
<b>California Poppy</b> 6   <i>Eschscholzia californica</i>   Organic   Croatia	\$4.75	\$10.75	\$17.75	\$30.50
<b>Camu Camu powder</b>   <i>Myrciaria dubia</i>   Organic   Peru	\$5.25	\$12.00	\$20.00	\$34.50
<b>Caraway seed whole</b>   <i>Carum carvi</i>   Organic   Egypt	\$1.75	\$2.75	\$4.50	\$7.50
<b>Cardamom seed hulled</b>   <i>Elettaria cardamomum</i>   Organic   Guatemala	\$5.00	\$11.00	\$18.25	\$31.50
<b>Cardamom seed powder</b>   <i>Elettaria cardamomum</i>   Organic   Guatemala	\$5.00	\$11.25	\$18.75	\$32.50
<b>Cardamom pod whole</b>   <i>Elettaria cardamomum</i>   Organic   Guatemala	\$5.25	\$11.75	\$19.50	\$33.50
<b>Carob raw</b>   <i>Ceratonia siliqua</i>   Organic   Morocco	\$1.75	\$3.00	\$5.00	\$8.50
<b>Carob powder raw</b>   <i>Ceratonia siliqua</i>   Organic   Morocco	\$2.00	\$3.50	\$5.50	\$9.50
<b>Carob roasted</b>   <i>Ceratonia siliqua</i>   Organic   Portugal	\$2.00	\$3.75	\$6.25	\$10.50
<b>Cascara Sagrada bark</b> 10   <i>Frangula purshiana</i>   Wildharvested   USA	\$2.25	\$5.00	\$8.00	\$13.50
<b>Cascara Sagrada bark powder</b> 10   <i>Frangula purshiana</i>   Organic   USA	\$2.50	\$5.25	\$8.50	\$14.50
<b>Cat's Claw bark</b> 6   <i>Uncaria tomentosa</i>   Wildharvested   Peru	\$2.00	\$3.75	\$6.25	\$10.50
<b>Cat's Claw bark powder</b> 6   <i>Uncaria tomentosa</i>   Wildharvested   Peru	\$2.00	\$4.25	\$6.75	\$11.50
<b>Catnip leaf &amp; flower</b>   <i>Nepeta cataria</i>   Organic   USA	\$3.00	\$6.75	\$11.25	\$19.50
<b>Cayenne powder</b> 3,4   <i>Capsicum annuum</i>   Organic   Fair trade   India	\$2.00	\$3.50	\$5.75	\$10.00
<b>Cedar berry whole</b> 6,10   <i>Juniperus monosperma</i>   Wildharvested   USA	\$4.50	\$10.25	\$16.75	\$29.00
<b>Cedar leaf tips</b> 6,10   <i>Thuja plicata</i>   Wildharvested   USA	\$2.50	\$5.50	\$9.00	\$15.50
<b>Celandine herb</b> 10   <i>Chelidonium majus</i>   Organic   Croatia	\$2.25	\$5.00	\$8.00	\$13.50
<b>Celery seed whole</b> 10   <i>Apium graveolens</i>   Organic   India	\$1.75	\$3.00	\$5.00	\$8.50
<b>Celery seed powder</b> 10   <i>Apium graveolens</i>   Organic   India	\$2.00	\$3.50	\$5.50	\$9.50
<b>Centaury herb</b>   <i>Centaurium erythraea</i>   Organic   Bulgaria	\$2.00	\$3.50	\$5.50	\$9.50
<b>Chaga mushroom</b>   <i>Inonotus obliquus</i>   Wildharvested   Canada	\$6.00	\$13.25	\$22.00	\$38.00
<b>Chaga mushroom powder</b>   <i>Inonotus obliquus</i>   Wildharvested   Canada	\$6.00	\$13.50	\$22.50	\$39.00
<b>Chamomile flower whole</b> 8,10   <i>Matricaria recutita</i>   Organic   Hungary	\$3.75	\$8.25	\$13.75	\$23.50
<b>Chamomile flower powder</b> 8,10   <i>Matricaria recutita</i>   Organic   Egypt	\$4.00	\$8.75	\$14.25	\$24.50
<b>Chaparral leaf</b> 6,10   <i>Larrea tridentata</i>   Wildharvested   Mexico	\$2.00	\$3.50	\$5.75	\$10.00
<b>Chia seed</b>   <i>Salvia hispanica</i>   Organic   Mexico	\$1.75	\$3.00	\$5.00	\$8.50

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
<b>Chickweed herb</b>   <i>Stellaria media</i>   Organic   Croatia	\$2.00	\$4.50	\$7.25	\$12.50
<b>Chickweed powder</b>   <i>Stellaria media</i>   Organic   Croatia	\$2.25	\$5.00	\$8.00	\$13.50
<b>Chicory root roasted</b>   <i>Cichorium intybus</i>   Organic   India	\$2.00	\$4.50	\$7.25	\$12.50
<b>Chicory root powder roasted</b>   <i>Cichorium intybus</i>   Organic   India	\$2.25	\$5.00	\$8.00	\$13.50
<b>Chili flakes</b> 3,4   <i>Capsicum annuum</i>   Organic   Fair trade   India	\$2.00	\$3.50	\$5.75	\$10.00
<b>Chili flakes, smoked</b> 3,4   <i>Capsicum annuum</i>   Organic   India	\$2.00	\$3.50	\$5.75	\$10.00
<b>Chili whole</b> 3,4   <i>Capsicum annuum</i>   Organic   Fair trade   India	\$2.00	\$3.75	\$6.25	\$10.50
<b>Chili Bird's Eye whole</b> 3,4   <i>Capsicum frutescens</i>   Organic   Fair trade   India	\$3.50	\$7.50	\$12.50	\$21.50
<b>Chili Bird's Eye powder</b> 3,4   <i>Capsicum frutescens</i>   Organic   Fair trade   India	\$3.50	\$8.00	\$13.00	\$22.50
<b>Chili Red roasted powder</b> 3,4   <i>Capsicum annuum</i>   Organic   USA	\$2.00	\$4.25	\$6.75	\$11.50
<b>Chipotle powder</b> 3,4   <i>Capsicum annuum</i>   Organic   Mexico	\$3.50	\$8.00	\$13.00	\$22.50
<b>Chive rings (freeze dried)</b>   <i>Allium schoenoprasum</i>   Organic   Austria	\$5.25	\$11.75	\$19.50	\$33.50
<b>Chlorella powder, Indian (cracked wall)</b> 10   <i>Chlorella vulgaris</i>   Organic   India	\$5.00	\$11.25	\$18.75	\$32.50
<b>Chlorella powder, Japanese (cracked wall)</b> 10   <i>C. vulgaris</i>   Cultivated   Japan	\$5.00	\$11.25	\$18.75	\$32.50
<b>Chrysanthemum flower whole</b> 10   <i>Chrysanthemum sp.</i>   Organic   China	\$4.50	\$10.00	\$16.50	\$28.50
<b>Cilantro leaf</b>   <i>Coriandrum sativum</i>   Organic   Israel	\$3.00	\$6.75	\$11.25	\$19.50
<b>Cinnamon (cassia) chips</b> 6   <i>C. burmanni</i>   Organic   Fair trade   Indonesia	\$2.00	\$3.50	\$5.50	\$9.50
<b>Cinnamon (cassia) powder</b> 6   <i>C. burmanni</i>   Organic   Fair trade   Indonesia	\$2.00	\$3.50	\$5.50	\$9.50
<b>Cinnamon (cassia) sticks</b> 6   <i>Cinnamomum burmanni</i>   Organic   Indonesia	\$2.00	\$4.50	\$7.50	\$13.00
<b>Cinnamon (sweet) chips</b>   <i>Cinnamomum verum</i>   Organic   Fair trade   Sri Lanka	\$3.25	\$7.25	\$12.00	\$20.50
<b>Cinnamon (sweet) powder</b>   <i>Cinnamomum verum</i>   Organic   Fair trade   Sri Lanka	\$3.50	\$7.50	\$12.50	\$21.50
<b>Cinnamon (sweet) sticks</b>   <i>Cinnamomum verum</i>   Organic   Fair trade   Sri Lanka	\$4.00	\$8.75	\$14.50	\$25.00
<b>Cleavers herb</b>   <i>Galium aparine</i>   Organic   Hungary	\$2.00	\$4.00	\$6.50	\$11.00
<b>Cloves whole</b> 1,10   <i>Syzygium aromaticum</i>   Organic   Fair trade   India	\$3.75	\$8.25	\$13.75	\$23.50
<b>Clove powder</b> 1,10   <i>Syzygium aromaticum</i>   Organic   Fair trade   India	\$4.00	\$8.75	\$14.25	\$24.50
<b>Codonopsis root</b>   <i>Codonopsis pilosula</i>   Organic   China	\$6.50	\$14.50	\$24.00	\$41.50
<b>Coltsfoot leaf</b> 4,5,6   <i>Tussilago farfara</i>   Organic   Bulgaria	\$2.00	\$4.25	\$7.00	\$12.00
<b>Comfrey leaf</b> 10   <i>Symphytum officinale</i>   Organic   USA	\$2.00	\$4.00	\$6.50	\$11.00
<b>Comfrey root</b> 10   <i>Symphytum officinale</i>   Organic   Hungary	\$2.00	\$4.25	\$6.75	\$11.50
<b>Comfrey root powder</b> 10   <i>Symphytum officinale</i>   Organic   Hungary	\$2.00	\$4.50	\$7.25	\$12.50
<b>Copal resin pieces</b> 5   <i>Shorea javanica</i>   Wildharvested   Indonesia	\$2.00	\$4.00	\$6.50	\$11.00
<b>Cordyceps mushroom powder</b>   <i>Cordyceps sinensis</i>   Organic   USA	\$5.75	\$12.75	\$21.00	\$36.50
<b>Coriander seed whole</b>   <i>Coriandrum sativum</i>   Organic   Egypt	\$1.75	\$3.00	\$4.75	\$8.00
<b>Coriander seed powder</b>   <i>Coriandrum sativum</i>   Organic   Egypt	\$1.75	\$3.25	\$5.25	\$9.00
<b>Cornflowers whole</b>   <i>Centaurea cyanus</i>   Organic   Albania	\$8.25	\$18.50	\$30.50	\$53.00
<b>Cramp bark</b>   <i>Viburnum opulus</i>   Organic   Croatia	\$4.75	\$10.75	\$17.75	\$30.50
<b>Cramp bark powder</b>   <i>Viburnum opulus</i>   Organic   Croatia	\$5.00	\$11.00	\$18.25	\$31.50
<b>Cranberry powder</b>   <i>Vaccinium macrocarpon</i>   Organic   USA	\$8.25	\$18.50	\$30.50	\$53.00
<b>Cranesbill root</b>   <i>Geranium maculatum</i>   Wildharvested   USA	\$3.50	\$7.50	\$12.50	\$21.50
<b>Cumin seed whole</b>   <i>Cuminum cyminum</i>   Organic   Egypt	\$2.00	\$4.00	\$6.50	\$11.00
<b>Cumin seed powder</b>   <i>Cuminum cyminum</i>   Organic   India	\$2.00	\$4.50	\$7.25	\$12.50
<b>Curry leaf</b>   <i>Murraya koenigii</i>   Organic   Fair trade   India	\$1.75	\$3.00	\$5.00	\$8.50
<b>Damiana leaf</b>   <i>Turnera diffusa</i>   Organic   Mexico	\$2.50	\$5.25	\$8.50	\$14.50
<b>Damiana leaf powder</b>   <i>Turnera diffusa</i>   Organic   Mexico	\$2.50	\$5.50	\$9.00	\$15.50
<b>Dandelion leaf</b>   <i>Taraxacum officinale</i>   Organic   USA	\$2.75	\$6.00	\$10.00	\$17.00
<b>Dandelion root</b>   <i>Taraxacum officinale</i>   Organic   USA	\$3.50	\$7.50	\$12.25	\$21.00
<b>Dandelion root powder</b>   <i>Taraxacum officinale</i>   Organic   USA	\$3.50	\$8.00	\$13.25	\$23.00
<b>Dandelion root roasted</b>   <i>Taraxacum officinale</i>   Organic   China	\$3.00	\$6.50	\$10.75	\$18.50
<b>Dandelion root roasted powder</b>   <i>Taraxacum officinale</i>   Organic   China	\$3.00	\$6.75	\$11.25	\$19.50
<b>Devil's Claw root</b>   <i>Harpagophytum spp.</i>   Organic   Namibia	\$2.00	\$4.50	\$7.25	\$12.50
<b>Devil's Claw root powder</b>   <i>Harpagophytum spp.</i>   Organic   Namibia	\$2.25	\$5.00	\$8.00	\$13.50
<b>Dill seed whole</b>   <i>Anethum graveolens</i>   Organic   Egypt	\$1.75	\$2.75	\$4.50	\$7.50
<b>Dill weed</b>   <i>Anethum graveolens</i>   Organic   Israel	\$3.25	\$7.25	\$12.00	\$20.50
<b>Dog Grass (Couch Grass) root</b>   <i>Elymus repens</i>   Organic   Albania	\$2.00	\$3.75	\$6.25	\$10.50
<b>Dong Quai root</b> 6,10   <i>Angelica sinensis</i>   Organic   China	\$4.50	\$10.00	\$16.50	\$28.50
<b>Dong Quai root powder</b> 6,10   <i>Angelica sinensis</i>   Organic   China	\$4.50	\$10.25	\$17.00	\$29.50
<b>Dragons Blood resin</b> 5   <i>Daemonorops draco</i>   Wildharvested   Indonesia	\$9.25	\$22.50	\$37.50	\$65.00
<b>Echinacea angustifolia root</b> 10   Organic   USA	\$4.75	\$10.75	\$17.75	\$30.50
<b>Echinacea angustifolia root powder</b> 10   Organic   USA	\$5.00	\$11.00	\$18.25	\$31.50

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
<i>Echinacea purpurea</i> herb 10   Organic   USA	\$2.00	\$4.50	\$7.25	\$12.50
<i>Echinacea purpurea</i> herb powder 10   Organic   USA	\$2.25	\$5.00	\$8.00	\$13.50
<i>Echinacea purpurea</i> root 10   Organic   USA	\$4.00	\$9.00	\$14.75	\$25.50
<i>Echinacea purpurea</i> root powder 10   Organic   USA	\$4.25	\$9.25	\$15.25	\$26.50
Elder berries 10   <i>Sambucus nigra</i>   Organic   Bulgaria	\$2.50	\$5.25	\$8.75	\$15.00
Elder berry powder 10   <i>Sambucus nigra</i>   Organic   Bulgaria	\$2.75	\$5.75	\$9.50	\$16.50
Elder flower 10   <i>Sambucus nigra</i>   Organic   Bulgaria	\$3.00	\$6.75	\$11.00	\$19.00
Elecampane root 8,10   <i>Inula helenium</i>   Organic   Bulgaria	\$2.50	\$5.25	\$8.50	\$14.50
Elecampane root powder 8,10   <i>Inula helenium</i>   Organic   USA	\$2.50	\$5.50	\$9.00	\$15.50
Eleuthero root   <i>Eleutherococcus senticosus</i>   Organic   China	\$1.75	\$3.25	\$5.25	\$9.00
Eleuthero root powder   <i>Eleutherococcus senticosus</i>   Organic   China	\$2.00	\$3.50	\$5.75	\$10.00
Epazote 1   <i>Dysphania ambrosioides</i>   Organic   USA	\$3.50	\$8.00	\$13.00	\$22.50
Epimedium leaf   <i>Epimedium grandiflorum</i>   Organic   China	\$2.50	\$5.25	\$8.50	\$14.50
Epimedium leaf powder   <i>Epimedium grandiflorum</i>   Organic   China	\$2.50	\$5.50	\$9.00	\$15.50
Eucalyptus leaf   <i>Eucalyptus globulus</i>   Organic   India	\$1.75	\$3.00	\$5.00	\$8.50
Eucalyptus leaf powder   <i>Eucalyptus globulus</i>   Organic   India	\$2.00	\$3.50	\$5.50	\$9.50
Eyebright   <i>Euphrasia officinalis</i>   Organic   Poland	\$2.75	\$5.75	\$9.50	\$16.50
Fennel seed whole   <i>Foeniculum vulgare</i>   Organic   Egypt	\$1.75	\$2.75	\$4.50	\$7.50
Fennel seed powder   <i>Foeniculum vulgare</i>   Organic   Egypt	\$1.75	\$3.00	\$5.00	\$8.50
Fenugreek seed whole 6   <i>Trigonella foenum-graecum</i>   Organic   India	\$1.75	\$3.00	\$5.00	\$8.50
Fenugreek seed powder 6   <i>Trigonella foenum-graecum</i>   Organic   India	\$2.00	\$3.50	\$5.50	\$9.50
Feverfew herb 6,8   <i>Tanacetum parthenium</i>   Organic   USA	\$3.25	\$7.00	\$11.50	\$20.00
Figwort herb   <i>Scrophularia nodosa</i>   Organic   USA	\$2.50	\$5.50	\$9.00	\$15.50
Flax seed whole 7,10   <i>Linum usitatissimum</i>   Organic   Non-GMO   USA	\$1.75	\$2.50	\$3.75	\$6.50
Flax meal 7,10   <i>Linum usitatissimum</i>   Organic   Non-GMO   Canada	\$1.75	\$2.75	\$4.50	\$7.50
Fo-Ti root 10   <i>Polygonum multiflorum</i>   Organic   China	\$2.25	\$5.00	\$8.00	\$13.50
Fo-Ti root powder 10   <i>Polygonum multiflorum</i>   Organic   China	\$2.50	\$5.25	\$8.50	\$14.50
Forsythia fruit 6   <i>Forsythia suspensa</i>   Organic   China	\$4.50	\$9.75	\$16.00	\$27.50
Frankincense resin pieces 5,6   <i>Boswellia sacra</i>   Organic   Somalia	\$3.75	\$8.25	\$13.75	\$23.50
Frankincense powder 5,6   <i>Boswellia carteri</i>   Organic   Somalia	\$4.50	\$10.00	\$16.50	\$28.50
Fringe Tree bark   <i>Chionanthus virginicus</i>   Wildharvested   USA	\$6.25	\$14.25	\$23.75	\$41.00
Galangal root   <i>Alpinia officinarum</i>   Organic   China	\$2.00	\$3.75	\$6.25	\$10.50
Galangal root powder   <i>Alpinia officinarum</i>   Organic   China	\$2.00	\$4.25	\$6.75	\$11.50
Garcinia fruit whole   <i>Garcinia indica</i>   Organic   Fair trade   India	\$2.00	\$3.50	\$5.50	\$9.50
Garcinia fruit powder   <i>Garcinia indica</i>   Organic   Fair trade   India	\$2.00	\$3.75	\$6.25	\$10.50
Garlic granules 10   <i>Allium sativum</i>   Organic   USA	\$2.25	\$5.00	\$8.25	\$14.00
Garlic minced 10   <i>Allium sativum</i>   Organic   USA & Mexico	\$2.25	\$5.00	\$8.25	\$14.00
Garlic powder 10   <i>Allium sativum</i>   Organic   USA	\$2.25	\$5.00	\$8.25	\$14.00
Gentian root 10   <i>Gentiana lutea</i>   Organic   France	\$3.50	\$7.50	\$12.50	\$21.50
Gentian root powder 10   <i>Gentiana lutea</i>   Organic   France	\$3.50	\$8.00	\$13.00	\$22.50
Ginger root   <i>Zingiber officinale</i>   Organic   Peru	\$2.00	\$4.50	\$7.25	\$12.50
Ginger root powder   <i>Zingiber officinale</i>   Organic   Peru	\$2.25	\$5.00	\$8.00	\$13.50
Ginkgo leaf 10   <i>Ginkgo biloba</i>   Organic   China	\$2.00	\$4.50	\$7.50	\$13.00
Ginkgo leaf powder 10   <i>Ginkgo biloba</i>   Organic   China	\$2.25	\$5.00	\$8.00	\$13.50
Ginkgo leaf, Fall Gold 10   <i>Ginkgo biloba</i>   Organic   USA	\$2.00	\$4.50	\$7.50	\$13.00
Ginseng root whole 10   <i>Panax quinquefolius</i>   Organic   Canada	\$22.00	\$69.75	\$116.25	\$202.00
Ginseng root powder 10   <i>Panax quinquefolius</i>   Cultivated   USA	\$22.00	\$70.25	\$116.75	\$203.00
Ginseng, Red root whole 10   <i>Panax ginseng</i>   Organic   China	\$13.50	\$42.50	\$70.75	\$123.00
Goats Rue herb   <i>Galega officinalis</i>   Organic   Hungary	\$2.00	\$4.00	\$6.50	\$11.00
Goldenrod herb 8   <i>Solidago gigantea</i>   Organic   Hungary	\$2.00	\$3.50	\$5.50	\$9.50
Goldenseal leaf 6   <i>Hydrastis canadensis</i>   Organic   USA	\$3.50	\$8.00	\$13.00	\$22.50
Goldenseal leaf powder 6   <i>Hydrastis canadensis</i>   Organic   USA	\$3.75	\$8.25	\$13.75	\$23.50
Goldenseal root 6   <i>Hydrastis canadensis</i>   Organic   USA	\$13.25	\$42.25	\$70.25	\$122.00
Goldenseal root powder 6   <i>Hydrastis canadensis</i>   Organic   USA	\$13.50	\$42.50	\$70.75	\$123.00
Gotu Kola herb   <i>Centella asiatica</i>   Organic   Sri Lanka	\$3.75	\$8.25	\$13.75	\$23.50
Gotu Kola herb powder   <i>Centella asiatica</i>   Organic   Sri Lanka	\$4.00	\$8.75	\$14.25	\$24.50
Grains of Paradise   <i>Aframomum melegueta</i>   Organic   Ivory Coast	\$2.75	\$5.75	\$9.50	\$16.50
Grapefruit peel   <i>Citrus x paradisi</i>   Organic   USA	\$2.50	\$5.25	\$8.50	\$14.50
Grapefruit peel powder   <i>Citrus x paradisi</i>   Organic   USA	\$2.50	\$5.50	\$9.00	\$15.50

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
Gravel root 4,5,6   <i>Eupatorium purpureum</i>   Wildharvested   USA	\$3.50	\$8.00	\$13.25	\$23.00
Gravel root powder 4,5,6   <i>Eupatorium purpureum</i>   Wildharvested   USA	\$3.75	\$8.50	\$14.00	\$24.00
Guarana seed whole 10   <i>Paullinia cupana</i>   Organic   Brazil	\$3.75	\$8.25	\$13.75	\$23.50
Guarana seed powder 10   <i>Paullinia cupana</i>   Organic   Brazil	\$4.00	\$8.75	\$14.25	\$24.50
Guggul gum 6   <i>Commiphora mukul</i>   Organic   India	\$7.50	\$17.00	\$28.00	\$48.50
Gymnema leaf   <i>Gymnema sylvestre</i>   Organic   Fair trade   India	\$1.75	\$3.00	\$5.00	\$8.50
Gymnema leaf powder   <i>Gymnema sylvestre</i>   Organic   Fair trade   India	\$2.00	\$3.50	\$5.50	\$9.50
Habanero powder 10   <i>Capsicum chinense</i>   Organic   USA	\$5.25	\$12.00	\$20.00	\$34.50
Hawthorn berries whole 10   <i>Crataegus sp.</i>   Organic   Bulgaria	\$2.00	\$4.00	\$6.50	\$11.00
Hawthorn berry powder 10   <i>Crataegus monogyna</i>   Organic   Bulgaria	\$2.00	\$4.25	\$7.00	\$12.00
Hawthorn leaf and flower   <i>Crataegus monogyna</i>   Organic   Bulgaria	\$2.00	\$4.25	\$6.75	\$11.50
Heather flowers   <i>Calluna vulgaris</i>   Organic   Croatia	\$2.50	\$5.25	\$8.50	\$14.50
Helichrysum flower whole   <i>Helichrysum arenarium</i>   Organic   Croatia	\$3.75	\$8.25	\$13.75	\$23.50
Hemp seed hulled   <i>Cannabis sativa</i>   Organic   Non-GMO   Canada	\$3.50	\$7.50	\$12.50	\$21.50
Hibiscus flower 10   <i>Hibiscus sabdariffa</i>   Organic   Burkina Faso	\$2.00	\$4.25	\$7.00	\$12.00
Hibiscus flower powder 10   <i>Hibiscus sabdariffa</i>   Organic   Burkina Faso	\$2.00	\$4.50	\$7.50	\$13.00
Hibiscus flower whole 10   <i>Hibiscus sabdariffa</i>   Organic   Burkina Faso	\$2.00	\$4.25	\$6.75	\$11.50
Holy Basil leaf (Krishna)   <i>Ocimum tenuiflorum</i>   Organic   Fair trade   India	\$2.00	\$3.75	\$6.25	\$10.50
Holy Basil leaf (Rama)   <i>Ocimum tenuiflorum</i>   Organic   India	\$2.25	\$5.50	\$8.00	\$13.50
Holy Basil leaf (Vana)   <i>Ocimum sp.</i>   Organic   Fair trade   India	\$2.00	\$3.75	\$6.25	\$10.50
Honeysuckle flower   <i>Lonicera japonica</i>   Organic   China	\$5.00	\$11.00	\$18.25	\$31.50
Hops flower whole   <i>Humulus lupulus</i>   Organic   USA	\$6.50	\$14.75	\$24.25	\$42.00
Horehound herb 6   <i>Marrubium vulgare</i>   Organic   Croatia	\$2.50	\$5.50	\$9.00	\$15.50
Horse Chestnut 10   <i>Aesculus hippocastanum</i>   Organic   Hungary	\$2.00	\$3.50	\$5.75	\$10.00
Horseradish root powder 3,4   <i>Armoracia rusticana</i>   Organic   China	\$3.00	\$6.50	\$10.50	\$18.00
Horsetail herb (Shavegrass) 10   <i>Equisetum arvense</i>   Organic   Bulgaria	\$2.00	\$4.00	\$6.50	\$11.00
Horsetail herb powder 10   <i>Equisetum arvense</i>   Organic   Albania	\$2.00	\$4.25	\$7.00	\$12.00
Hydrangea root   <i>Hydrangea arborescens</i>   Wildharvested   USA	\$2.50	\$5.25	\$8.50	\$14.50
Hydrangea root powder   <i>Hydrangea arborescens</i>   Wildharvested   USA	\$2.50	\$5.50	\$9.00	\$15.50
Hyssop herb 6   <i>Hyssopus officinalis</i>   Organic   USA	\$3.00	\$6.50	\$10.50	\$18.00
Jamaican Dogwood bark 6   <i>Piscidia piscipula</i>   Wildharvested   Jamaica	\$2.00	\$3.75	\$6.25	\$10.50
Jamaican Dogwood bark powder 6   <i>Piscidia piscipula</i>   Wildharvested   Jamaica	\$2.00	\$4.25	\$6.75	\$11.50
Jasmine flower whole   <i>Jasminum sp.</i>   Organic   China	\$5.00	\$11.00	\$18.25	\$31.50
Job's Tears   <i>Coix lacryma-jobi</i>   Organic   China	\$2.00	\$4.25	\$6.75	\$11.50
Juniper berry 6,10   <i>Juniperus communis</i>   Organic   Bosnia	\$2.00	\$3.75	\$6.25	\$10.50
Kava Kava root 10   <i>Piper methysticum</i>   Cultivated   Vanuatu	\$7.00	\$15.75	\$26.25	\$45.50
Kava Kava root powder 10   <i>Piper methysticum</i>   Cultivated   Vanuatu	\$7.25	\$16.25	\$26.75	\$46.50
Kola nut 10   <i>Cola nitida</i>   Wildharvested   Brazil	\$1.75	\$3.00	\$5.00	\$8.50
Kola nut powder 10   <i>Cola nitida</i>   Wildharvested   Brazil	\$2.00	\$3.50	\$5.50	\$9.50
Kudzu root   <i>Pueraria montana var. lobata</i>   Organic   China	\$1.75	\$3.25	\$5.25	\$9.00
Kudzu root powder   <i>Pueraria montana var. lobata</i>   Organic   China	\$2.00	\$3.50	\$5.75	\$10.00

## FOREST GROWN GINSENG

We are proud to offer the first PCO verified Forest Grown American ginseng in partnership with the nonprofit organization United Plant Savers. Cultivated in its native ecosystem, the leaves and roots are collected from private forests under stewardship from farmers dedicated to preserving this important plant for future generations.

Choose from:

**American Ginseng Whole Root** | 10 grams | **\$44.50**

**American Ginseng Whole Leaf** | 4 grams | **\$16.75**

**Combo Pack** | 4 grams root and 2 grams leaf | **\$30.00**



HERBS & SPICES				1 oz.	4 oz.	8 oz.	1 lb.
Lady's Mantle herb   <i>Alchemilla vulgaris</i>   Organic   Poland				\$2.50	\$5.25	\$8.75	\$15.00
Lavandin (Lavender) flowers   <i>Lavandula x intermedia</i>   Organic   France				\$3.50	\$8.00	\$13.00	\$22.50
Lavandin (Lavender) powder   <i>Lavandula x intermedia</i>   Organic   Spain				\$3.75	\$8.25	\$13.75	\$23.50
Lavender, English flowers   <i>Lavandula angustifolia</i>   Organic   France				\$4.50	\$9.75	\$16.00	\$27.50
Lemon Balm herb   <i>Melissa officinalis</i>   Organic   USA				\$3.00	\$6.75	\$11.00	\$19.00
Lemon peel   <i>Citrus x limon</i>   Organic   USA				\$2.75	\$5.75	\$9.50	\$16.50
Lemon peel powder   <i>Citrus x limon</i>   Organic   USA				\$2.75	\$5.75	\$9.50	\$16.50
Lemon Thyme   <i>Thymus x citriodorus</i>   Organic   Portugal				\$3.50	\$7.50	\$12.25	\$21.00
Lemon Verbena herb   <i>Aloysia citriodora</i>   Organic   Portugal				\$3.00	\$6.50	\$10.75	\$18.50
Lemon Verbena powder   <i>Aloysia citriodora</i>   Organic   Portugal				\$3.00	\$6.75	\$11.25	\$19.50
Lemongrass   <i>Cymbopogon citratus</i>   Organic   Guatemala				\$2.50	\$5.25	\$8.50	\$14.50
Lemongrass powder   <i>Cymbopogon citratus</i>   Organic   Guatemala				\$2.50	\$5.50	\$9.00	\$15.50
Licorice root 6,10   <i>Glycyrrhiza glabra</i>   Organic   Uzbekistan				\$2.50	\$5.25	\$8.50	\$14.50
Licorice root powder 6,10   <i>Glycyrrhiza glabra</i>   Organic   Pakistan				\$2.50	\$5.50	\$9.00	\$15.50
Licorice root slices, Chinese 6,10   <i>Glycyrrhiza uralensis</i>   Organic   China				\$2.00	\$4.00	\$6.50	\$11.00
Lime peel powder   <i>Citrus x aurantifolia</i>   Organic   Sri Lanka				\$2.75	\$5.75	\$9.50	\$16.50
Linden leaf and flower   <i>Tilia cordata</i>   Organic   Hungary				\$3.50	\$7.50	\$12.50	\$21.50
Linden leaf and flower powder   <i>Tilia sp.</i>   Organic   Bulgaria				\$3.50	\$8.00	\$13.00	\$22.50
Lobelia herb 6,10   <i>Lobelia inflata</i>   Organic   USA				\$5.25	\$12.00	\$19.75	\$34.00
Lovage root 6   <i>Levisticum officinale</i>   Organic   Bulgaria				\$3.00	\$6.75	\$11.00	\$19.00
Lungwort leaf 4,5,6   <i>Pulmonaria officinalis</i>   Organic   Poland				\$3.50	\$8.00	\$13.00	\$22.50
Lycii (Goji) berries   <i>Lycium barbarum</i>   Organic   China				\$3.75	\$8.25	\$13.75	\$23.50
Maca powder   <i>Lepidium meyenii</i>   Organic   Peru				\$2.75	\$6.25	\$10.25	\$17.50
Mace ground   <i>Myristica fragrans</i>   Organic   India				\$6.75	\$15.25	\$25.25	\$43.50
Mace whole   <i>Myristica fragrans</i>   Organic   Fair trade   India				\$6.50	\$14.75	\$24.50	\$42.50
Madder root 5   <i>Rubia tinctoria</i>   Wildharvested   Pakistan				\$2.00	\$3.50	\$5.75	\$10.00
Maitake mushroom   <i>Grifola frondosa</i>   Organic   USA				\$9.25	\$21.25	\$35.25	\$61.00
Maqui berries whole   <i>Aristotelia chilensis</i>   Organic   Chile				\$4.75	\$10.50	\$17.25	\$30.00
Maqui berry powder   <i>Aristotelia chilensis</i>   Organic   Chile				\$5.00	\$11.00	\$18.00	\$31.00
Marjoram   <i>Origanum majorana</i>   Organic   Egypt				\$2.00	\$4.00	\$6.50	\$11.00
Marshmallow leaf 7,10   <i>Althaea officinalis</i>   Organic   Hungary				\$2.75	\$6.25	\$10.25	\$17.50
Marshmallow root 7,10   <i>Althaea officinalis</i>   Organic   USA				\$3.00	\$6.50	\$10.75	\$18.50
Marshmallow root powder 7,10   <i>Althaea officinalis</i>   Organic   USA				\$3.00	\$6.75	\$11.25	\$19.50
Mayapple root 5   <i>Podophyllum peltatum</i>   Wildharvested   USA				\$3.50	\$8.00	\$13.00	\$22.50
Meadowsweet herb 10   <i>Filipendula ulmaria</i>   Organic   USA				\$3.50	\$7.50	\$12.50	\$21.50
Meadowsweet herb powder 10   <i>Filipendula ulmaria</i>   Organic   Poland				\$3.50	\$8.00	\$13.00	\$22.50
Meadowsweet flower 10   <i>Filipendula ulmaria</i>   Organic   Hungary				\$4.50	\$9.75	\$16.00	\$27.50
Mesquite powder   <i>Prosopis pallida</i>   Organic   Peru				\$2.25	\$5.00	\$8.25	\$14.00
Milk Thistle seed whole 8   <i>Silybum marianum</i>   Organic   Austria				\$2.00	\$4.50	\$7.50	\$13.00
Milk Thistle seed powder 8   <i>Silybum marianum</i>   Organic   USA				\$2.25	\$5.00	\$8.25	\$14.00
Mistletoe 6,10   <i>Viscum album</i>   Organic   Croatia				\$2.00	\$4.25	\$6.75	\$11.50
Moringa leaf   <i>Moringa oleifera</i>   Organic   Sri Lanka				\$3.00	\$6.50	\$10.75	\$18.50
Moringa leaf powder   <i>Moringa oleifera</i>   Organic   India				\$3.00	\$6.75	\$11.25	\$19.50
Motherwort herb 6   <i>Leonurus cardiaca</i>   Organic   USA				\$2.75	\$5.75	\$9.25	\$16.00
Mugwort leaf 6   <i>Artemisia vulgaris</i>   Organic   Poland				\$2.75	\$5.75	\$9.25	\$16.00
Muir Puama bark   <i>Croton echioides</i>   Wildharvested   Brazil				\$2.00	\$3.50	\$5.50	\$9.50
Muir Puama bark powder   <i>Croton echioides</i>   Wildharvested   Brazil				\$2.00	\$3.75	\$6.25	\$10.50
Mullein flowers   <i>Verbascum sinuatum</i>   Organic   Croatia				\$6.00	\$13.50	\$22.25	\$38.50
Mullein leaf 10   <i>Verbascum thaspus</i>   Organic   Chile				\$2.25	\$5.00	\$8.25	\$14.00
Mustard seed whole brown   <i>Brassica juncea</i>   Organic   India				\$1.75	\$2.75	\$4.50	\$7.50
Mustard seed whole yellow   <i>Brassica alba</i>   Organic   Canada				\$1.75	\$2.75	\$4.50	\$7.50
Mustard seed ground yellow   <i>Brassica alba</i>   Organic   Canada				\$1.75	\$3.00	\$5.00	\$8.50
Myrrh gum resin 6,10   <i>Commiphora myrrha</i>   Wildharvested   Somalia				\$4.50	\$10.00	\$16.50	\$28.50
Myrrh gum powder 6,10   <i>Commiphora myrrha</i>   Wildharvested   Somalia				\$4.75	\$10.75	\$17.75	\$30.50
Myrtle leaf   <i>Myrtus communis</i>   Organic   Turkey				\$2.00	\$3.50	\$5.75	\$10.00
Neem leaf 10   <i>Azadirachta indica</i>   Organic   India				\$1.75	\$3.00	\$5.00	\$8.50
Neem leaf powder 10   <i>Azadirachta indica</i>   Organic   India				\$1.75	\$3.25	\$5.25	\$9.00
Nettle leaf, North American   <i>Urtica dioica</i>   Organic   USA				\$3.00	\$6.50	\$10.75	\$18.50
Nettle leaf   <i>Urtica dioica</i>   Organic   Hungary				\$2.25	\$5.00	\$8.25	\$14.00

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
<b>Nettle leaf powder</b>   <i>Urtica dioica</i>   Organic   Germany	\$2.50	\$5.25	\$8.75	\$15.00
<b>Nettle root</b>   <i>Urtica dioica</i>   Organic   USA	\$3.50	\$8.00	\$13.00	\$22.50
<b>Nettle root powder</b>   <i>Urtica dioica</i>   Organic   USA	\$3.75	\$8.25	\$13.75	\$23.50
<b>Noni powder</b> <sup>9,10</sup>   <i>Morinda citrifolia</i>   Organic   India	\$1.75	\$3.00	\$5.00	\$8.50
<b>Nutmeg whole</b>   <i>Myristica fragrans</i>   Organic   Fair trade   India	\$4.50	\$10.25	\$17.00	\$29.50
<b>Nutmeg powder</b>   <i>Myristica fragrans</i>   Organic   Fair trade   Sri Lanka	\$5.00	\$11.00	\$18.25	\$31.50
<b>Oat tops whole</b>   <i>Avena sativa</i>   Organic   USA	\$4.50	\$9.75	\$16.00	\$27.50
<b>Oatstraw herb</b>   <i>Avena sativa</i>   Organic   USA	\$2.25	\$5.00	\$8.00	\$13.50
<b>Oatstraw powder</b>   <i>Avena sativa</i>   Organic   USA	\$2.50	\$5.25	\$8.50	\$14.50
<b>Olive leaf</b>   <i>Olea europaea</i>   Organic   Spain	\$2.25	\$5.25	\$8.50	\$14.50
<b>Olive leaf powder</b>   <i>Olea europaea</i>   Organic   Spain	\$2.50	\$5.50	\$9.00	\$15.50
<b>Onion granules</b>   <i>Allium cepa</i>   Organic   Egypt	\$2.00	\$4.25	\$6.75	\$11.50
<b>Onion minced</b>   <i>Allium cepa</i>   Organic   Egypt	\$2.00	\$4.25	\$6.75	\$11.50
<b>Onion powder</b>   <i>Allium cepa</i>   Organic   Egypt	\$2.00	\$4.25	\$6.75	\$11.50
<b>Opopanax resin</b> <sup>5</sup>   <i>Commiphora guidottii</i>   Organic   Somalia	\$2.00	\$5.00	\$8.00	\$13.50
<b>Orange peel</b>   <i>Citrus sinensis</i>   Organic   Ghana	\$2.50	\$5.25	\$8.50	\$14.50
<b>Orange peel powder</b>   <i>Citrus sinensis</i>   Organic   Ghana	\$2.50	\$5.50	\$9.00	\$15.50
<b>Orange, Bitter peel</b> <sup>10</sup>   <i>Citrus x aurantium</i>   Organic   Paraguay	\$2.00	\$3.50	\$5.50	\$9.50
<b>Oregano leaf</b>   <i>Origanum vulgare</i>   Organic   Italy	\$2.50	\$5.25	\$8.50	\$14.50
<b>Oregano leaf powder</b>   <i>Origanum sp.</i>   Organic   Italy	\$2.50	\$5.50	\$9.00	\$15.50
<b>Oregano, Mexican leaf</b>   <i>Lippia graveolens</i>   Organic   Mexico	\$2.00	\$4.25	\$6.75	\$11.50
<b>Oregon Grape root</b> <sup>6</sup>   <i>Berberis nervosa</i>   Organic   USA	\$3.00	\$6.75	\$11.25	\$19.50
<b>Oregon Grape root powder</b> <sup>6</sup>   <i>Berberis nervosa</i>   Organic   USA	\$3.25	\$7.25	\$12.00	\$20.50
<b>Orris root</b>   <i>Iris germanica</i>   Organic   Morocco	\$3.50	\$7.75	\$12.75	\$22.00
<b>Orris root powder</b>   <i>Iris germanica</i>   Organic   Morocco	\$3.50	\$8.00	\$13.25	\$23.00
<b>Papaya leaf</b> <sup>6</sup>   <i>Carica papaya</i>   Organic   Non-GMO   Sri Lanka	\$2.00	\$4.25	\$7.00	\$12.00
<b>Paprika powder</b>   <i>Capsicum annuum</i>   Organic   Israel	\$2.00	\$4.50	\$7.50	\$13.00
<b>Paprika powder smoked</b>   <i>Capsicum annuum</i>   Organic   Israel	\$2.25	\$5.00	\$8.25	\$14.00
<b>Parsley leaf</b>   <i>Petroselinum crispum</i>   Organic   Tunisia	\$2.50	\$5.50	\$9.00	\$15.50
<b>Parsley root</b> <sup>10</sup>   <i>Petroselinum crispum</i>   Organic   USA	\$2.75	\$6.25	\$10.25	\$17.50
<b>Partridgeberry herb</b>   <i>Mitchella repens</i>   Wildharvested   USA	\$6.25	\$14.00	\$23.00	\$40.00
<b>Passionflower herb</b>   <i>Passiflora incarnata</i>   Organic   Italy	\$2.75	\$6.25	\$10.25	\$17.50
<b>Passionflower herb powder</b>   <i>Passiflora incarnata</i>   Organic   Italy	\$3.00	\$6.50	\$10.75	\$18.50
<b>Patchouli leaf</b> <sup>5</sup>   <i>Pogostemon cablin</i>   Organic   India	\$2.75	\$5.75	\$9.25	\$16.00
<b>Patchouli leaf powder</b> <sup>5</sup>   <i>Pogostemon cablin</i>   Organic   India	\$2.75	\$6.00	\$10.00	\$17.00
<b>Pau d'Arco bark</b>   <i>Tabebuia impetiginosa</i>   Wildharvested   Brazil	\$2.00	\$3.50	\$5.50	\$9.50
<b>Pau d'Arco bark powder</b>   <i>Tabebuia impetiginosa</i>   Wildharvested   Brazil	\$2.00	\$3.75	\$6.25	\$10.50
<b>Pennyroyal herb</b> <sup>10</sup>   <i>Mentha pulegium</i>   Organic   Croatia	\$2.00	\$4.00	\$6.50	\$11.00
<b>Pepper, Black whole</b> <sup>1</sup>   <i>Piper nigrum</i>   Organic   Fair trade   India	\$3.00	\$6.50	\$10.75	\$18.50
<b>Pepper, Black cracked</b> <sup>1</sup>   <i>Piper nigrum</i>   Organic   Fair trade   Sri Lanka	\$3.00	\$6.75	\$11.25	\$19.50
<b>Pepper, Black ground</b> <sup>1</sup>   <i>Piper nigrum</i>   Organic   Fair trade   Sri Lanka	\$3.00	\$6.75	\$11.25	\$19.50
<b>Pepper, Black smoked whole</b> <sup>1</sup>   <i>Piper nigrum</i>   Organic   Fair trade   India	\$3.25	\$7.25	\$12.00	\$20.50
<b>Pepper, Green whole</b> <sup>1</sup>   <i>Piper nigrum</i>   Organic   Fair trade   India	\$6.25	\$13.75	\$22.75	\$39.50

## Our USA-Grown ORGANIC HOPS



Our hop farm nestled in Oregon's Willamette Valley is refreshingly low-tech. Nearly every part of the process, from planting, to harvesting, to drying is done by hand with the help of family, friends, and neighbors. Once picked, our hops are air-dried on simple metal and wood racks in a clean attic space, and supplemental heat is provided by an outside propane heater while fans keep moisture at bay.

A "hop" (page 39) is a green cone around the female flower of the hop plant. A close relative of cannabis, hops are renowned for their ability to promote healthy relaxation and sleep.\* We love drinking some hops-filled tea before bed, like our Fidnemed Nighttime herbal tea (page 9), or we can reap their benefits by gently tucking the flowers into a handmade dream pillow. Hops can also be enjoyed by using its essential oil (page 24) or in an extract (page 71).

\*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.

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
Pepper, Long whole <sup>1</sup>   <i>Piper longum</i>   Organic   Fair trade   India	\$3.50	\$8.00	\$13.00	\$22.50
Pepper, Pink whole <sup>1</sup>   <i>Schinus terebinthifolius</i>   Organic   Brazil	\$9.50	\$24.25	\$40.25	\$70.00
Pepper, Rainbow whole <sup>1</sup>   4 pepper blend   Organic   Blended in the USA	\$7.00	\$15.50	\$25.75	\$44.50
Pepper, White whole <sup>1</sup>   <i>Piper nigrum</i>   Organic   Fair trade   Sri Lanka	\$3.50	\$7.50	\$12.50	\$21.50
Pepper, White ground <sup>1</sup>   <i>Piper nigrum</i>   Organic   Fair trade   Sri Lanka	\$3.50	\$8.00	\$13.00	\$22.50
Peppermint leaf   <i>Mentha piperita</i>   Organic   USA	\$2.25	\$5.00	\$8.00	\$13.50
Periwinkle herb   <i>Vinca major</i>   Organic   Croatia	\$2.00	\$3.75	\$6.25	\$10.50
Pipsissewa leaf   <i>Chimaphila umbellata</i>   Wildharvested   USA	\$3.00	\$6.50	\$10.50	\$18.00
Pipsissewa leaf powder   <i>Chimaphila umbellata</i>   Wildharvested   USA	\$3.00	\$6.75	\$11.00	\$19.00
Plantain leaf   <i>Plantago lanceolata</i>   Organic   Croatia	\$4.50	\$10.25	\$16.75	\$29.00
Plantain leaf powder   <i>Plantago major</i>   Organic   USA	\$4.75	\$10.50	\$17.25	\$30.00
Pleurisy root <sup>6</sup>   <i>Asclepias tuberosa</i>   Organic   USA	\$5.00	\$11.25	\$18.75	\$32.50
Poke root <sup>10</sup>   <i>Phytolacca americana</i>   Organic   USA	\$3.00	\$6.75	\$11.25	\$19.50
Poke root powder <sup>10</sup>   <i>Phytolacca americana</i>   Organic   USA	\$3.25	\$7.25	\$12.00	\$20.50
Pollen, Dill   Organic   USA	\$20.00	n/a	n/a	n/a
Pollen, Fennel   Organic   USA	\$18.00	n/a	n/a	n/a
Poppy seed   <i>Papaver somniferum</i>   Organic   Turkey	\$2.00	\$3.75	\$6.25	\$10.50
Prickly Ash bark <sup>6</sup>   <i>Zanthoxylum clava-herculis</i>   Wildharvested   USA	\$3.25	\$7.25	\$12.00	\$20.50
Prickly Ash bark powder <sup>6</sup>   <i>Zanthoxylum clava-herculis</i>   Wildharvested   USA	\$3.50	\$7.50	\$12.50	\$21.50
Privet fruit whole   <i>Ligustrum lucidum</i>   Organic   China	\$1.75	\$3.00	\$5.00	\$8.50
Psyllium husk <sup>7,10</sup>   <i>Plantago ovata</i>   Organic   India	\$2.00	\$3.75	\$6.25	\$10.50
Psyllium husk powder <sup>7,10</sup>   <i>Plantago ovata</i>   Organic   India	\$2.00	\$4.25	\$6.75	\$11.50
Psyllium seed whole (no husk) <sup>7,10</sup>   <i>Plantago ovata</i>   Organic   India	\$1.75	\$2.50	\$3.75	\$6.50
Psyllium seed powder (no husk) <sup>7,10</sup>   <i>Plantago ovata</i>   Organic   India	\$1.75	\$2.75	\$4.50	\$7.50
Raspberry leaf   <i>Rubus idaeus</i>   Organic   Albania	\$2.00	\$4.25	\$6.75	\$11.50
Red Clover blossoms   <i>Trifolium pratense</i>   Organic   Bulgaria	\$4.50	\$10.00	\$16.50	\$28.50
Red Clover herb   <i>Trifolium pratense</i>   Organic   USA	\$2.50	\$5.25	\$8.50	\$14.50
Red Root   <i>Ceanothus americanus</i>   Wildharvested   USA	\$3.00	\$6.50	\$10.75	\$18.50
Red Root powder   <i>Ceanothus americanus</i>   Wildharvested   USA	\$3.00	\$6.75	\$11.25	\$19.50
Red Sage (Dan Shen) root <sup>6,10</sup>   <i>Salvia miltiorrhiza</i>   Organic   China	\$2.50	\$5.50	\$9.00	\$15.50
Rehmannia root, sliced   <i>Rehmannia glutinosa</i>   Organic   China	\$2.00	\$4.00	\$6.50	\$11.00
Reishi mushroom whole   <i>Ganoderma lucidum</i>   Organic   China	n/a	\$7.50	\$12.50	\$21.50
Reishi mushroom slices   <i>Ganoderma lucidum</i>   Organic   China	\$3.50	\$8.00	\$13.00	\$22.50
Rhodiola root, Chinese   <i>Rhodiola rosea</i>   Organic   China	\$4.75	\$10.75	\$17.75	\$30.50
Rhodiola root powder, Chinese   <i>Rhodiola rosea</i>   Organic   China	\$5.00	\$11.00	\$18.25	\$31.50
Rhodiola root, North American   <i>Rhodiola rosea</i>   Cultivated   Canada	\$6.25	\$13.75	\$22.75	\$39.50
Rhodiola root powder, North American   <i>Rhodiola rosea</i>   Cultivated   Canada	\$6.25	\$14.25	\$23.50	\$40.50
Rosehips   <i>Rosa spp.</i>   Organic   Chile	\$2.00	\$4.00	\$6.50	\$11.00
Rosehip powder   <i>Rosa spp.</i>   Organic   Chile	\$2.00	\$4.25	\$7.00	\$12.00
Rosemary leaf   <i>Rosmarinus officinalis</i>   Organic   Morocco	\$2.00	\$3.75	\$6.25	\$10.50
Rosemary leaf powder   <i>Rosmarinus officinalis</i>   Organic   Italy	\$2.00	\$4.25	\$6.75	\$11.50
Roses, buds whole   <i>Rosa canina</i>   Organic   Morocco	\$6.25	\$14.25	\$23.50	\$40.50
Roses pink   <i>Rosa damascena</i>   Organic   Morocco	\$6.00	\$13.50	\$22.25	\$38.50
Roses pink powder   <i>Rosa damascena</i>   Organic   Morocco	\$6.25	\$13.75	\$22.75	\$39.50
Roses red   <i>Rosa centifolia</i>   Organic   India	\$4.00	\$8.75	\$14.50	\$25.00
Rue herb <sup>6,10</sup>   <i>Ruta graveolens</i>   Organic   USA	\$3.50	\$7.75	\$12.75	\$22.00
Safflower threads <sup>6,10</sup>   <i>Carthamus tinctorius</i>   Organic   China	\$4.75	\$10.75	\$17.75	\$30.50
Saffron whole stigma   <i>Crocus sativus</i>   Organic   Spain	0.375 gram	\$8.00	1 gram	\$16.00
Sage leaf (culinary) <sup>10</sup>   <i>Salvia officinalis</i>   Organic   Italy	\$2.75	\$5.75	\$9.50	\$16.50
Sarsaparilla root, Jamaican   <i>Smilax regelii</i>   Wildharvested   Jamaica	\$3.00	\$6.75	\$11.25	\$19.50
Sarsaparilla root powder, Jamaican   <i>Smilax regelii</i>   Wildharvested   Jamaica	\$3.25	\$7.25	\$12.00	\$20.50
Sassafras bark <sup>6,10</sup>   <i>Sassafras albidum</i>   Wildharvested   USA	\$4.50	\$10.25	\$17.00	\$29.50
Sassafras bark powder <sup>6,10</sup>   <i>Sassafras albidum</i>   Wildharvested   USA	\$4.75	\$10.75	\$17.75	\$30.50
Sassafras leaf <sup>6,10</sup>   <i>Sassafras albidum</i>   Organic   USA	\$2.25	\$5.00	\$8.00	\$13.50
Savory Summer leaf   <i>Satureja hortensis</i>   Organic   USA	\$3.50	\$7.50	\$12.25	\$21.00
Savory Winter leaf   <i>Satureja montana</i>   Organic   Croatia	\$2.00	\$4.50	\$7.50	\$13.00
Saw Palmetto berry   <i>Serenoa repens</i>   Organic   USA	\$4.50	\$10.00	\$16.50	\$28.50
Saw Palmetto berry powder   <i>Serenoa repens</i>   Organic   USA	\$4.50	\$10.25	\$17.00	\$29.50
Schisandra berry whole <sup>10</sup>   <i>Schisandra chinensis</i>   Organic   China	\$5.25	\$12.00	\$20.00	\$34.50

## HERBS & SPICES

	1 oz.	4 oz.	8 oz.	1 lb.
<b>Schisandra berry powder</b> 10   <i>Schisandra chinensis</i>   Organic   China	\$5.50	\$12.50	\$20.50	\$35.50
<b>Sea Buckthorn fruit powder</b>   <i>Hippophae rhamnoides</i>   Organic   China	\$3.00	\$6.75	\$11.25	\$19.50
<b>Self Heal (Heal All)</b>   <i>Prunella vulgaris</i>   Organic   Bulgaria	\$2.50	\$5.50	\$9.00	\$15.50
<b>Senna leaf</b> 10   <i>Senna alexandrina</i>   Organic   India	\$1.75	\$2.75	\$4.50	\$7.50
<b>Senna leaf powder</b> 10   <i>Senna alexandrina</i>   Organic   India	\$1.75	\$3.00	\$5.00	\$8.50
<b>Senna pods whole</b> 10   <i>Senna alexandrina</i>   Organic   India	\$1.75	\$3.25	\$5.25	\$9.00
<b>Sesame seed</b> 10   <i>Sesamum indicum</i>   Organic   India	\$1.75	\$2.75	\$4.50	\$7.50
<b>Shatavari root</b>   <i>Asparagus racemosus</i>   Organic   India	\$2.00	\$3.75	\$6.25	\$10.50
<b>Shatavari root powder</b>   <i>Asparagus racemosus</i>   Organic   India	\$2.00	\$4.25	\$6.75	\$11.50
<b>Sheep Sorrel herb</b> 10   <i>Rumex acetosella</i>   Organic   USA	\$3.00	\$6.50	\$10.75	\$18.50
<b>Sheep Sorrel herb powder</b> 10   <i>Rumex acetosella</i>   Organic   USA	\$3.00	\$6.75	\$11.25	\$19.50
<b>Shepherd's Purse herb</b> 6   <i>Capsella bursa pastoris</i>   Organic   Albania	\$2.00	\$3.50	\$5.50	\$9.50
<b>Shiitake mushroom whole</b>   <i>Lentinula edodes</i>   Organic   China	\$6.25	\$14.25	\$23.75	\$41.00
<b>Shiitake mushroom powder</b>   <i>Lentinula edodes</i>   Organic   China	\$6.25	\$14.25	\$23.75	\$41.00
<b>Skullcap herb</b>   <i>Scutellaria lateriflora</i>   Organic   USA	\$4.75	\$10.50	\$17.25	\$30.00
<b>Slippery Elm inner bark</b> 7,10   <i>Ulmus rubra</i>   Organic   USA	\$3.25	\$7.25	\$12.00	\$20.50
<b>Slippery Elm inner bark powder</b> 7,10   <i>Ulmus rubra</i>   Organic   USA	\$3.50	\$7.50	\$12.50	\$21.50
<b>Soap nuts deseeded</b> 5   <i>Sapindus trifoliatus</i>   Organic   India	\$1.75	\$3.00	\$5.00	\$8.50
<b>Soapwort root</b> 5   <i>Saponaria officinalis</i>   Organic   Albania	\$2.75	\$5.75	\$9.25	\$16.00
<b>Solomon's Seal root</b>   <i>Polygonatum biflorum</i>   Wildharvested   USA	\$8.50	\$19.25	\$32.00	\$55.50
<b>Solomon's Seal root powder</b>   <i>Polygonatum biflorum</i>   Wildharvested   USA	\$8.75	\$19.50	\$32.50	\$56.50
<b>Spearmint leaf</b>   <i>Mentha spicata</i>   Organic   USA	\$2.50	\$5.25	\$8.50	\$14.50
<b>Speedwell</b>   <i>Veronica officinalis</i>   Organic   Croatia	\$2.00	\$3.75	\$6.25	\$10.50
<b>Spikenard root</b> 6   <i>Aralia racemosa</i>   Wildharvested   USA	\$5.00	\$11.25	\$18.50	\$32.00
<b>Spinach leaf flakes</b>   <i>Spinacia oleracea</i>   Organic   Israel	\$2.25	\$5.00	\$8.00	\$13.50
<b>Spinach leaf powder</b>   <i>Spinacia oleracea</i>   Organic   Israel	\$2.25	\$5.00	\$8.00	\$13.50
<b>Spirulina powder</b> 10   <i>Arthrospira platensis</i>   Organic   India	\$4.25	\$9.25	\$15.25	\$26.50
<b>St. John's Wort herb</b> 10   <i>Hypericum perforatum</i>   Organic   Chile	\$2.00	\$4.25	\$7.00	\$12.00
<b>St. John's Wort herb powder</b> 10   <i>Hypericum perforatum</i>   Organic   Chile	\$3.25	\$5.00	\$8.00	\$13.50
<b>Stevia leaf</b>   <i>Stevia rebaudiana</i>   Organic   India	\$2.50	\$5.25	\$8.50	\$14.50
<b>Stevia leaf powder</b>   <i>Stevia rebaudiana</i>   Organic   Paraguay	\$2.50	\$5.50	\$9.00	\$15.50
<b>Stone root</b>   <i>Collinsonia canadensis</i>   Wildharvested   USA	\$2.50	\$5.50	\$9.00	\$15.50
<b>Strawberry leaf</b>   <i>Fragaria vesca</i>   Organic   Albania	\$2.00	\$4.25	\$7.00	\$12.00
<b>Suma root</b>   <i>Pfaffia paniculata</i>   Wildharvested   Brazil	\$3.00	\$6.50	\$10.75	\$18.50
<b>Suma root powder</b>   <i>Pfaffia paniculata</i>   Wildharvested   Brazil	\$3.00	\$6.75	\$11.25	\$19.50
<b>Sunflower petals</b> 8   <i>Helianthus annuus</i>   Organic   Croatia	\$3.50	\$8.00	\$13.00	\$22.50
<b>Sweet Woodruff</b>   <i>Galium odoratum</i>   Organic   Croatia	\$2.50	\$5.50	\$9.00	\$15.50
<b>Szechuan pepper whole</b> 10   <i>Zanthoxylum bungeanum</i>   Organic   China	\$4.50	\$10.25	\$16.75	\$29.00
<b>Tansy</b> 6   <i>Tanacetum vulgare</i>   Organic   Hungary	\$2.00	\$3.75	\$6.25	\$10.50
<b>Tarragon leaf</b>   <i>Artemisia dracuncululus</i>   Organic   Turkey	\$5.25	\$12.00	\$19.75	\$34.00
<b>Teasel root</b>   <i>Dipsacus fullonum</i>   Wildharvested   USA	\$6.00	\$13.50	\$22.25	\$38.50
<b>Thyme leaf</b> 10   <i>Thymus sp.</i>   Organic   Spain	\$2.25	\$5.00	\$8.00	\$13.50
<b>Tribulus fruit whole</b> 6   <i>Tribulus terrestris</i>   Organic   India	\$1.75	\$3.00	\$4.75	\$8.00

## RECIPE



Easy Organic

## LAUNDRY "DETERGENT"

Recipe by: Raychel, Marketing Manager

Thankfully, nature provides an abundance of botanicals that help us live more sustainable, waste-free lives. One ingredient that makes for a lovely all-purpose soap all on its own (no recipe needed!) is our organic deseeded soap nuts (above). These little berries are gaining attention as an environmentally friendly alternative to chemical detergents. Soap nuts contain saponin, a natural detergent. The soap nut shell absorbs water and releases the saponins, which circulate as a natural surfactant in the wash water, freeing dirt, grime, and oils from clothing. A handful of nuts in a muslin bag is enough to wash an entire load of laundry! Add organic essential oils (page 22) to the bag for a fragrant boost. Reuse the muslin bag several times and then compost its contents when the soap nuts get mushy.

HERBS & SPICES		1 oz.	4 oz.	8 oz.	1 lb.
Tribulus fruit powder	6   <i>Tribulus terrestris</i>   Organic   India	\$1.75	\$3.25	\$5.25	\$9.00
Triphala powder	Ayurvedic blend   Organic   India	\$2.00	\$3.75	\$6.25	\$10.50
Turkey Rhubarb root	10   <i>Rheum palmatum</i>   Organic   USA	\$3.00	\$6.75	\$11.25	\$19.50
Turkey Rhubarb root powder	10   <i>Rheum palmatum</i>   Organic   USA	\$3.25	\$7.25	\$12.00	\$20.50
Turmeric root	<i>Curcuma longa</i>   Organic   Fair Trade   India	\$2.00	\$3.75	\$6.25	\$10.50
Turmeric root powder	<i>Curcuma longa</i>   Organic   Fair Trade   India	\$2.00	\$3.75	\$6.25	\$10.50
Umckaloabo root	<i>Pelargonium sidoides</i>   Wildharvested   Lesotho	\$3.50	\$7.50	\$12.25	\$21.00
Usnea lichen whole	<i>Usnea</i> spp.   Wildharvested   USA	\$4.25	\$13.00	\$21.50	n/a
Uva Ursi leaf	<i>Arctostaphylos uva ursi</i>   Organic   Croatia	\$2.00	\$4.50	\$7.50	\$13.00
Valerian root	10   <i>Valeriana officinalis</i>   Organic   USA	\$4.50	\$9.75	\$16.00	\$27.50
Valerian root powder	10   <i>Valeriana officinalis</i>   Organic   USA	\$4.50	\$10.00	\$16.50	\$28.50
Vanilla bean	<i>Vanilla planifolia</i>   Organic   India	Please see website for current pricing			
Vanilla bean powder	<i>Vanilla planifolia</i>   Organic   India	Please see website for current pricing			
Violet leaf	<i>Viola tricolor</i>   Organic   Bulgaria	\$2.00	\$4.50	\$7.25	\$12.50
Vitex berries whole	10   <i>Vitex agnus-castus</i>   Organic   Turkey	\$2.00	\$3.50	\$5.50	\$9.50
Vitex berry powder	10   <i>Vitex agnus-castus</i>   Organic   Turkey	\$2.00	\$3.75	\$6.25	\$10.50
Wheatgrass powder	<i>Triticum aestivum</i>   Organic   Non-GMO   USA	\$3.00	\$6.50	\$10.75	\$18.50
<b>NEW!</b> White Mulberry Leaf	<i>Morus alba</i>   Organic   Bulgaria	\$2.00	\$4.50	\$7.25	\$12.50
White Oak bark	<i>Quercus alba</i>   Organic   USA	\$2.00	\$3.75	\$6.25	\$10.50
White Oak bark powder	<i>Quercus alba</i>   Organic   USA	\$2.00	\$4.25	\$6.75	\$11.50
White Peony root	<i>Paeonia lactiflora</i>   Organic   China	\$2.75	\$5.75	\$9.50	\$16.50
White Sage whole	5   <i>Salvia apiana</i>   Wildharvested   USA	\$3.50	\$7.50	\$12.50	\$21.50
White Sage powder	5   <i>Salvia apiana</i>   Wildharvested   USA	\$3.50	\$8.00	\$13.00	\$22.50
White Willow bark	10   <i>Salix alba</i>   Organic   Bulgaria	\$2.00	\$4.00	\$6.50	\$11.00
White Willow bark powder	10   <i>Salix alba</i>   Organic   Bulgaria	\$2.00	\$4.25	\$7.00	\$12.00
Wild Cherry bark	<i>Prunus serotina</i>   Organic   USA	\$3.00	\$6.75	\$11.00	\$19.00
Wild Cherry bark powder	<i>Prunus serotina</i>   Organic   USA	\$3.25	\$7.00	\$11.50	\$20.00
Wild Indigo root	6   <i>Baptisia tinctoria</i>   Wildharvested   USA	\$6.50	\$14.75	\$24.25	\$42.00
Wild Lettuce herb	<i>Lactuca virosa</i>   Organic   Albania	\$2.25	\$5.00	\$8.00	\$13.50
Wild Yam root	<i>Dioscorea villosa</i>   Wildharvested   USA	\$3.75	\$8.25	\$13.75	\$23.50
Wild Yam root powder	<i>Dioscorea villosa</i>   Wildharvested   USA	\$4.00	\$8.75	\$14.25	\$24.50
Witch Hazel bark	<i>Hamamelis virginiana</i>   Organic   USA	\$2.50	\$5.25	\$8.75	\$15.00
Witch Hazel bark powder	<i>Hamamelis virginiana</i>   Organic   USA	\$2.75	\$5.75	\$9.25	\$16.00
Witch Hazel leaf	<i>Hamamelis virginiana</i>   Organic   USA	\$2.00	\$4.25	\$7.00	\$12.00
Witch Hazel leaf powder	<i>Hamamelis virginiana</i>   Organic   USA	\$2.00	\$4.50	\$7.50	\$13.00
Wood Betony herb	<i>Stachys officinalis</i>   Organic   Croatia	\$2.25	\$5.00	\$8.25	\$14.00
Wormwood herb	10   <i>Artemisia absinthium</i>   Organic   Hungary	\$2.25	\$5.00	\$8.25	\$14.00
Yacon root powder	<i>Smallanthus sonchifolius</i>   Organic   Peru	\$4.00	\$9.00	\$14.75	\$25.50
Yarrow leaf & flower	6,8,10   <i>Achillea millefolium</i>   Organic   Bulgaria	\$2.00	\$4.50	\$7.50	\$13.00
Yarrow leaf & flower powder	6,8,10   <i>Achillea millefolium</i>   Organic   Hungary	\$2.25	\$5.00	\$8.25	\$14.00
Yellow Dock root	<i>Rumex crispus</i>   Organic   Poland	\$2.25	\$5.00	\$8.25	\$14.00
Yellow Dock root powder	<i>Rumex crispus</i>   Organic   Poland	\$2.50	\$5.25	\$8.75	\$15.00
Yerba Santa leaf	6,10   <i>Eriodictyon californicum</i>   Wildharvested   USA	\$3.50	\$7.50	\$12.50	\$21.50
Yucca root	10   <i>Yucca glauca</i>   Wildharvested   USA	\$2.00	\$4.50	\$7.50	\$13.00
Yucca root powder	10   <i>Yucca glauca</i>   Wildharvested   USA	\$2.25	\$5.00	\$8.25	\$14.00

## SEAWEEDS

Bladderwrack	9   <i>Fucus vesiculosus</i>   Organic   USA	\$2.00	\$4.25	\$7.00	\$12.00
Bladderwrack powder	9   <i>Fucus vesiculosus</i>   Organic   USA	\$2.00	\$4.50	\$7.50	\$13.00
Dulse flakes	9   <i>Palmaria palmata</i>   Organic   USA	\$4.00	\$9.00	\$15.00	\$26.00
Dulse powder	9   <i>Palmaria palmata</i>   Organic   USA	\$4.25	\$9.50	\$15.75	\$27.00
Irish Moss	9   <i>Chondrus crispus</i>   Organic   Canada	\$3.50	\$7.75	\$12.75	\$22.00
Irish Moss powder	9   <i>Chondrus crispus</i>   Organic   Canada	\$3.50	\$8.00	\$13.25	\$23.00
Kelp powder	9   <i>Ascophyllum nodosum</i>   Organic   Iceland	\$1.75	\$2.75	\$4.50	\$7.50
Kombu flakes	9   <i>Saccharina latissima</i>   Organic   USA	\$4.00	\$9.00	\$15.00	\$26.00
Nori flakes	9   <i>Porphyra umbilicalis</i>   Organic   USA	\$5.25	\$11.75	\$19.50	\$33.50
Sea Lettuce	9   <i>Ulva lactuca</i>   Organic   USA	\$3.50	\$8.00	\$13.00	\$22.50
Wakame flakes	9   <i>Alaria esculenta</i>   Organic   USA	\$3.50	\$7.75	\$12.75	\$22.00

## 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.



## 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 (MRH) 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 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 the American Herbal Products Association, FDA guidelines, or a qualified health practitioner.

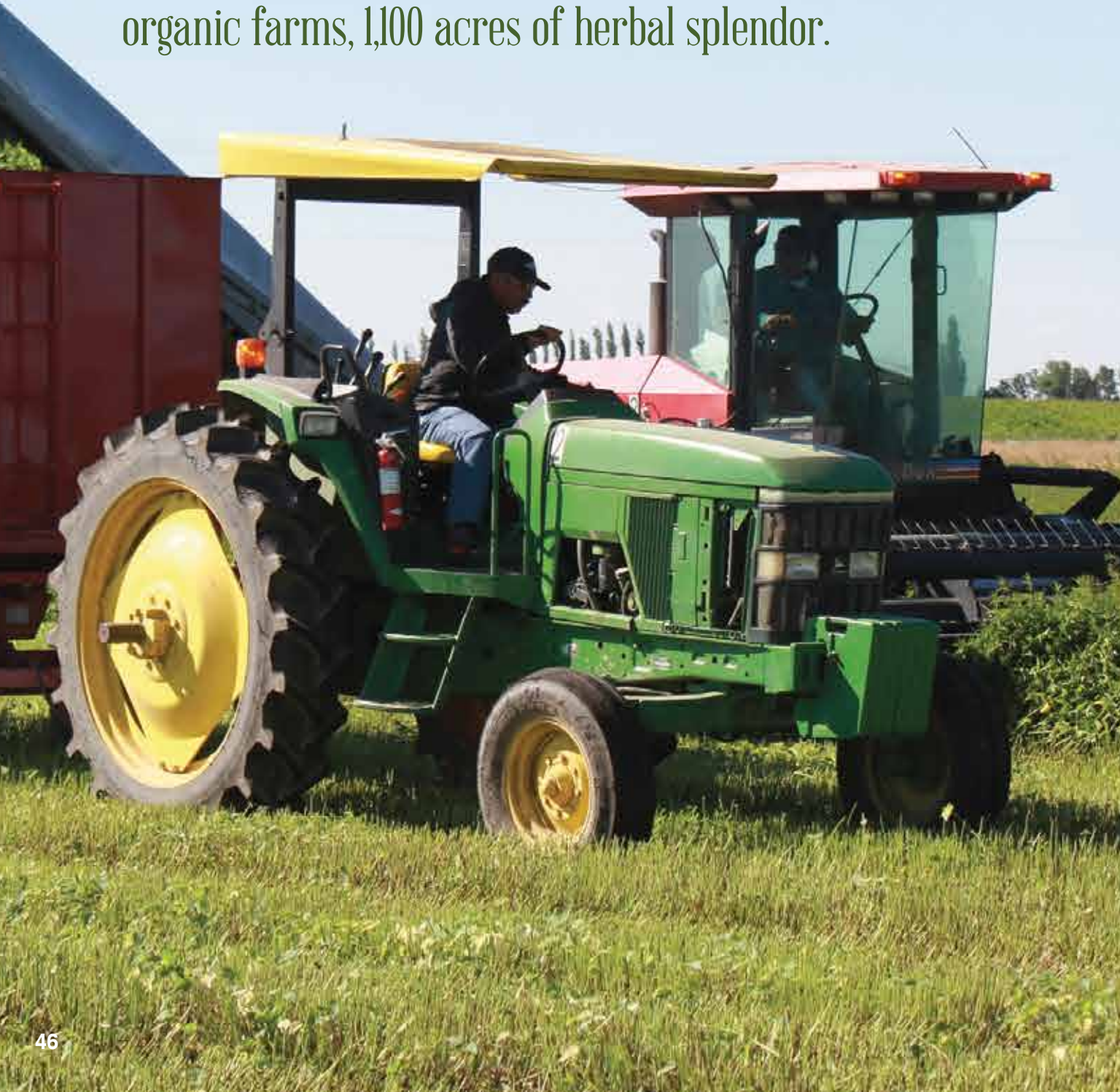
**Key to Precautions:** These precautions correspond to the numbers next to our herbs, extracts, and capsules.

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 gastrointestinal 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.

# Organic North American NETTLE LEAF

In our neighboring state of Washington lies one of our organic farms, 1,100 acres of herbal splendor.



**T**hanks to the nearby Columbia River, this region has what any agricultural operation could hope for—an ample supply of water. Here, head farmer Phil has the space and resources to grow one of our most popular herbs: nettle.

Grown worldwide, nettle is prized for its beneficial health properties. Revered as a nutritive and mild diuretic, it contains antioxidants (phenolic compounds, Vitamin E, and melatonin). In fact, based on data from the USDA, nettle leaf powder is probably one of the richest sources of minerals among edible plants!

We're proud to carry two varieties, both certified organic of course, to serve our numerous nettle-loving customers.

Our North American nettle, grown by Phil and his team in the Pacific Northwest, is light in color and flavor. It's also perfect for folks who prefer USA-grown botanicals. Our European nettle is wildharvested on certified organic lands, and its darker color infuses a deep green brew with a strong vegetal taste.

Phil's crew plants our nettle from seeds they've collected themselves. Only after two years of growth is the nettle considered to be at its most potent state and ready for harvest. These beloved nettle leaves also undergo an extensive quality control process—both on the farm and at our headquarters in Eugene, Oregon—to ensure they're free from pesticides and other contaminants.

Organic farming isn't easy and weeds are plentiful. "Sometimes Mother Nature throws you curveballs," said Phil. "That's what I get excited about. Experimenting and studying and finding out how to do things differently."

Versatile like spinach or kale, nettle leaves are enjoyed in culinary creations or steeped in teas. You can find it in many of our herbal teas, like 21st Century (page 8), Dawn Chorus (page 8), Blossoms of Health (page 8), and Seasons of Discontent (page 11). One of our favorite ways to savor the light flavor of our organic North American nettle is through a simple beverage called a nourishing herbal infusion.

*(Opposite page): Large fields of organic stinging nettle are harvested to keep up with customer demand. (This page, top to bottom): A jar of nourishing herbal infusion filled with organic nettle. Head farmer, Phil, inspects a nearby field of organic botanicals prior to harvest.*

## Nourishing Nettle Infusion

A nourishing herbal infusion is an economical way to add extra botanical sustenance into your daily life. Many thanks to herbalist Susun Weed for the inspiration for this recipe!

### Ingredients

1 oz. organic nettle leaf\*  
1 quart water

### Directions

Gently heat-temper a quart-sized glass jar by rinsing it with warm water. Boil one quart of water in tea kettle. Scoop 1 oz. of dried nettle leaf into the glass jar. Pour hot water into the warm glass jar and stir. Allow the infusion to steep 4-10 hours, and then strain your nourishing herbal infusion. Consume within 24 hours.

*\*Offered by Mountain Rose Herbs*



# 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 smallest size of our peppercorns come in a refillable glass bottle with grinder for easy use and our smallest size of spices and salts are packaged in a refillable glass bottle with a shaker top.

## CULINARY OILS

### **Avocado Oil** | Organic | 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.



# SALTS & PEPPERCORNS

## Black Lava Salt

Infused with activated charcoal, 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**

*One pound salts do not qualify for our bulk discount.*

## 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. \$10.75      1 lb. \$18.50**

## 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. \$22.75      1 lb. \$39.50**

## 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. \$13.00      1 lb. \$22.50**

## Pink Peppercorns | Organic

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

**Spice bottle \$5.90      8 oz. \$40.25      1 lb. \$70.00**

## Rainbow Peppercorns | Organic

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

**Spice bottle \$5.90      8 oz. \$25.75      1 lb. \$44.50**

## 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. \$12.00      1 lb. \$20.50**

## 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. \$12.50      1 lb. \$21.50**

Find ground pepper on pages 41-42.

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



# 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. \$11.50    1 lb. \$20.00**

## 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. \$10.50    1 lb. \$18.00**

## 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. \$9.25    1 lb. \$16.00**

## 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 45 for details.





# ORGANIC SPICE BLENDS

## 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. \$8.75      1 lb. \$15.00**

## 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. \$10.00      1 lb. \$17.00**

## 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. \$9.50      1 lb. \$16.50**

## 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. \$8.75      1 lb. \$15.00**

## 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**

## RECIPE



## Make Your Own ORGANIC ADOBO RUB

Recipe by: Shelley, Purchasing Team Member

There are so many more spice combinations found across the globe than we could fit in our line of handcrafted organic spice blends. One staff favorite that adds festive flavor to your dinner table is this adobo rub, which has roots in Spanish cuisine. The rich and smoky flavors spruce up an array of dry-roasted or grilled foods.

### Ingredients

- 1/2 cup organic roasted red chili powder\*
- 1/4 cup organic brown sugar
- 2 Tbsp organic smoked paprika\*
- 2 Tbsp organic garlic granules\*
- 1 Tbsp organic roasted cacao powder\*
- 1 Tbsp freshly ground organic coffee beans
- 1 tsp organic coriander powder\*
- 1/2 tsp organic cumin powder\*
- 1/4 tsp organic cayenne powder\*
- 1/2 tsp organic oregano leaf\*
- 1 tsp fine sea salt\*
- 1/2 tsp freshly ground organic black peppercorns\*

### Directions

Mix all ingredients together and store in a jar for use during the grilling season. Or try tossing some freshly cooked (or drained and rinsed canned) garbanzo beans in this adobo rub and roast in an oiled pan at 375 degrees Fahrenheit for 15 minutes. Serve warm with tortillas and sour cream!

*\*Offered 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".

### SPROUTING SEEDS

	1 oz.	4 oz.	8 oz.	1 lb.
<b>Leafy Sprouting Seed Blend</b>   Organic   Blended in the USA	\$2.50	\$5.50	\$9.00	\$15.50
<b>Spicy Sprouting Seed Blend</b>   Organic   Blended in the USA	\$3.50	\$8.00	\$13.00	\$22.50
<b>Alfalfa seed</b>   <i>Medicago sativa</i>   Organic   Canada	\$2.00	\$4.25	\$7.00	\$12.00
<b>Broccoli seed</b>   <i>Brassica oleracea</i>   Organic   Non-GMO   Italy	\$4.25	\$9.25	\$15.25	\$26.50
<b>Buckwheat seed</b>   <i>Fagopyrum esculentum</i>   Organic   USA	\$1.75	\$2.50	\$3.75	\$6.50
<b>Chia seed</b>   <i>Salvia hispanica</i>   Organic   Mexico	\$1.75	\$3.00	\$5.00	\$8.50
<b>Daikon Radish seed</b>   <i>Raphanus sativus</i>   Organic   USA	\$2.00	\$4.25	\$7.00	\$12.00
<b>Rambo Radish seed</b>   <i>Raphanus sativus</i>   Organic   Italy	\$3.50	\$7.75	\$12.75	\$22.00
<b>Red Clover seed</b>   <i>Trifolium pratense</i>   Organic   Canada	\$2.00	\$3.50	\$5.50	\$9.50
<b>Red Lentil seed</b>   <i>Lens culinaris</i>   Organic   Canada	\$1.75	\$2.50	\$3.75	\$6.50
<b>Wheatgrass seed</b>   <i>Triticum sp.</i>   Organic   Non-GMO   USA	\$1.75	\$2.50	\$3.75	\$6.50

## RECIPE



## Coco-Maca ENERGY BARS

Recipe by: Julie, Production Manager

Organic coconut oil is a surprisingly versatile ingredient. It makes a heavenly moisturizer on its own—no recipe needed! It's also a wonderful base for many body care formulations, like our skin creams on page 62. Or try it in the kitchen as a delicious plant-based butter substitute, like in these energy bars:

### Ingredients

3/4 cup raw local honey  
1/2 cup organic unrefined coconut oil\*  
1 tsp vanilla extract (see recipe on page 74)  
2 local free range eggs or equivalent vegan substitute  
1 cup chopped walnuts  
3/4 cup organic rolled oats  
1/2 cup organic flour of choice  
1/2 cup organic maca powder\*  
1/4 cup organic hulled hemp seeds\*  
1/4 tsp Himalayan pink salt, ground\*  
A pinch of freshly ground organic whole nutmeg

### Directions

Preheat oven to 325 degrees Fahrenheit. Slowly heat the oil and honey until melted, then whisk in the vanilla and eggs. Combine the dry ingredients in a separate bowl and stir in the melted wet ingredients. Pour into an oiled 9" x 12" glass pan and bake for 30 minutes. Let cool on a rack, and then cut into bars. Freshly grate nutmeg on top of bars using the Nutmeg Grater\*. Pro tips: the Vase Spice Grinder\* will easily mill your Himalayan salt down to the perfect, delicate crystal. And the Mezzaluna Chopper\* works wonders with walnuts!

\*Offered by Mountain Rose Herbs





**Vase Spice  
Grinder**



**Spice Grater**



**Nutmeg Grater**



**Mezzaluna  
Chopper**



**Marble  
Mortar and Pestle**



**Suribachi**



**Cheesecloth**



**Mesh Strainers**



**Stainless Steel Funnel  
with Strainer**



**Stainless Steel Funnels  
(Set of 3)**



**Plastic Funnels  
(Set of 3)**



**Wooden Scoops  
(Set of 3)**

## 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 4" \$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**

Dishwasher safe.

### **Plastic Funnels (set of 3)** | **\$2.50**

Dishwasher safe.

### **Wooden Scoops (set of 3)** | **\$5.75**

Crafted from solid pine.



# DIY INGREDIENTS

## CARRIER OILS

We offer an abundant selection of oils for your culinary and carrier oil needs. 2 oz., 4 oz., 8 oz., and 16 oz. sizes come in glass or plastic packaging. Please see each oils' description for details. Our 64 oz. and 1 gallon sizes are packaged in plastic jugs, and our 5 gallon size comes in a plastic bucket with pour spout. Please see our online shop for a complete list of sizes, descriptions, and color images of our packaging.

### **Almond Oil** | Organic | Glass 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*

4 oz. \$16.75 8 oz. \$28.75 16 oz. \$50.00 64 oz. \$180.00

### **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 64 oz. \$43.25 1 gal.\* \$78.00

### **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 64 oz. \$124.25 1 gal.\* \$223.75

### **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*

2 oz. \$15.75 4 oz. \$27.00 8 oz. \$46.75 16 oz. \$81.00

### **Avocado Oil** | Organic | 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*

8 oz. \$9.25 16 oz. \$16.00 64 oz. \$57.75 1 gal.\* \$104.00

### **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. \$16.00 8 oz. \$27.50 16 oz. \$47.50 64 oz. \$171.00

### **Black Cumin Seed Oil** | Organic | Glass bottles

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

4 oz. \$16.75 8 oz. \$28.75 16 oz. \$50.00 64 oz. \$180.00

### **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 after opening. Food & cosmetic use. Cold-pressed & unrefined. *Borago officinalis*

4 oz. \$18.00 16 oz. \$54.00 64 oz. \$194.50 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 64 oz. \$45.00 1 gal.\* \$81.00**

**Castor Oil** | Organic | Plastic bottles

This thick, shiny oil softens and moisturizes dry skin, making a wonderful addition to skin care recipes. Cosmetic use.

Expeller-pressed & refined. *Ricinus communis*

**16 oz. \$8.00 64 oz. \$29.00 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 of uses. Refrigeration recommended after opening. Food & cosmetic use. Cold-pressed & refined. *Oenothera biennis*

**4 oz. \$12.00 16 oz. \$36.00 64 oz. \$129.75 1 gal.\* \$233.75**

**Grapeseed Oil** | Organic | Plastic bottles

With a rich aroma and smooth flavor, grapeseed oil is wonderful for skin care and makes an excellent salad dressing. Food & cosmetic use. Cold-pressed & deodorized. *Vitis vinifera*

**8 oz. \$17.25 16 oz. \$30.00 64 oz. \$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. \$18.75 8 oz. \$32.25 16 oz. \$56.00 64 oz. \$198.00**

**Hemp Seed Oil** | Organic | Non-GMO | Plastic bottles

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

**8 oz. \$10.00 16 oz. \$17.00 64 oz. \$61.25 1 gal.\* \$110.25**

**Joboba Oil** | Organic | Glass 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*

**4 oz. \$16.25 8 oz. \$28.25 16 oz. \$49.00 64 oz. \$176.50**

**Kukui Nut Oil** | Plastic bottles

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

**8 oz. \$7.50 16 oz. \$13.00 64 oz. \$47.00 1 gal.\* \$84.75**

**Macadamia Nut Oil** | Organic | Glass bottles

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

**4 oz. \$13.25 8 oz. \$23.00 16 oz. \$40.00 64 oz. \$144.00**

**Neem Oil Blend** | Organic | Glass bottles

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

**4 oz. \$4.75 8 oz. \$8.25 16 oz. \$14.00 64 oz. \$50.50**

**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 64 oz. \$65.00 1 gal.\* \$65.00 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 | Plastic bottles

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

**8 oz. \$10.75 16 oz. \$18.50 64 oz.\* \$66.75 1 gal.\* \$120.25**

**Rosehip Seed Oil** | Organic | Glass bottles

With a reddish-amber color and distinct aroma, this oil is ideal for dry or mature skin. Refrigeration recommended after opening. Cosmetic use. Cold-pressed & winterized. *Rosa rubiginosa*

**2 oz. \$11.50 4 oz. \$20.00 8 oz. \$34.50 16 oz. \$60.00**

**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*

**8 oz. \$7.25 16 oz. \$12.50 64 oz. \$45.00 1 gal.\* \$81.00**

**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 64 oz. \$36.00 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. *Vitellaria paradoxa*

**8 oz. \$11.00 16 oz. \$19.00 64 oz. \$68.50 1 gal.\* \$123.50**

**Soybean Oil** | Organic | Non-GMO | Plastic bottles

This easily absorbed oil has a smooth, non-greasy feel. Food & cosmetic use. Expeller-pressed & refined. *Glycine max*

**16 oz. \$5.50 64 oz. \$20.00 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 annuus*

**16 oz. \$7.50 64 oz. \$27.00 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 inophyllum*

**4 oz. \$14.00 8 oz. \$24.25 16 oz. \$42.00 64 oz. \$151.25**

**Wheat Germ Oil** | Organic | Non-GMO | Glass bottles

Excellent for dry or mature skin. Refrigeration recommended after opening. Cosmetic use. Cold-pressed & unrefined. *Triticum vulgare*

**2 oz. \$12.75 4 oz. \$21.75 8 oz. \$37.50 16 oz. \$65.00**

# OTHER INGREDIENTS

## **Aloe Vera Gel** | Non-GMO

Made from organically grown *Aloe vera* plants. *Aloe vera* inner fillet, potassium sorbate, ascorbic acid, citric acid, and xanthan gum. May contain pulp. Refrigeration recommended after opening. Food & cosmetic use.

**8 oz. \$4.75   16 oz. \$8.00   64 oz. \$29.00   1 gal.\* \$52.25**

## **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. \$12.00   5 lb.\* \$48.00   55 lb.\* \$423.00**

## **Baking Soda**

This naturally sourced sodium bicarbonate is used in bath and body care products, dental care, and cleansing agents. Food & 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.\* \$123.50**

## **Buckwheat Hulls** | Organic

These hard outer shells are wonderful for filling pillows, especially when combined with fragrant herbs. External use.

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

## **Castille Soap Liquid** | Organic Ingredients | Non-GMO

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

**8 oz. \$4.25   16 oz. \$7.00   64 oz. \$25.25   1 gal.\* \$45.50**

## **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

This USP-grade emollient is derived from non-GMO soy. It is used in cosmetics to assist in retaining moisture. Glycerine is also used to make alcohol-free extracts (glycerites). Food & cosmetic use.

**8 oz. \$7.25   16 oz. \$12.50   64 oz. \$45.00**

## **Vitamin E Oil** | Non-GMO

This natural antioxidant preservative is made from soy sources. 7,500 I.U./oz. mixed tocopherols. Food & 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.

**8 oz. \$4.75   16 oz. \$8.00   64 oz. \$29.00**



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

# 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 hard 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. *Vitellaria paradoxa*  
4 oz. \$5.00    8 oz. \$8.50    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. *Vitellaria paradoxa*  
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. \$25.50    5 lb.\* \$102.00    55 lb.\* \$898.00

## **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.\* \$246.50

## **Bentonite Clay**

A naturally occurring volcanic ash clay for cosmetics. Cosmetic use.  
1 lb. \$7.00    5 lb.\* \$28.00    50 lb.\* \$224.00

## **French Green Clay**

An excellent facial clay that tones and stimulates. Cosmetic use.  
1 lb. \$11.00    5 lb.\* \$44.00    55 lb.\* \$387.00

## **Fullers Earth Clay**

This absorbent clay is ideal for oily skin types. Cosmetic use.  
1 lb. \$7.00    5 lb.\* \$28.00    50 lb.\* \$224.00

## **Rhassoul Clay**

This exquisite clay is collected in Morocco. Cosmetic use.  
1 lb. \$8.00    5 lb.\* \$32.00    55 lb.\* \$282.00

## **White Cosmetic Clay**

This versatile, absorbent clay is also known as white kaolin. Cosmetic use.  
1 lb. \$6.00    5 lb.\* \$24.00    50 lb.\* \$192.00

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  
Beeswax Pastilles  
Rhassoul Clay



# CONTAINERS

## Amber Glass Bottles

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

<i>with Screw Caps</i>	<i>per item</i>	<i>case 12</i>	<i>case 24</i>
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*

### *with Treatment Pumps*

1 oz.	\$1.00	\$10.25*	\$17.50*
2 oz.	\$1.25	\$12.75*	\$21.75*

### *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.

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

From left to right: Amber Glass Jar, Clear Glass Jar, Amber Bottle with Screw Cap, Amber Bottle with Dropper, Cobalt Bottle with Treatment Pump, Amber Bottle with Treatment Pump, Cobalt Bottle with Dropper, Clear Glass Jar, Amber Glass Jar.

## Cobalt Glass Bottles

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

<i>with Screw Caps</i>	<i>per item</i>	<i>case 12</i>	<i>case 24</i>
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*
4 oz.	\$2.00	\$20.50*	\$35.00*

### *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*

### *with Treatment Pumps*

1 oz.	\$1.75	\$18.00*	\$30.75*
2 oz.	\$1.75	\$18.00*	\$30.75*

### *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*

## Clear Glass Jars

Wide mouth, straight sides with white metal lids.

<i>Size</i>	<i>per item</i>	<i>case 12</i>	<i>case 24</i>
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.

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



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

### 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
<b>NEW!</b> 5 mL	\$1.15	\$11.75*	\$20.00*
<b>NEW!</b> 10 mL	\$1.15	\$11.75*	\$20.00*
1 oz.	\$2.55	\$26.25*	\$44.75*

### 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 5 mm 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 8-16 oz.

### Metal Tins

Seamless metal containers made from tin plated steel. 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 3-4 3/4 oz. of dry material.

\$1.75 each	\$18.00 for 12	\$30.75 for 24*
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## MORE CONTAINERS

From left to right: Lip Balm Tubes, Plastic Bottle with Mister, Glass Dropper, Plastic Bottle with Flip Cap, Lip Balm Tube, Glass Dropper, Fingertip Misters, Lotion Pump, Lip Balm Tube, White Plastic Jars, Glass Dropper.

### 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*

### 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*

### 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*

# Organic BODY CARE RECIPES

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.\*\* Be kind to yourself and the planet by making your own body care products with all natural (and certified organic whenever possible) ingredients. The cleanest label you can find is the label you make yourself!



## Ginger CITRUS SPRAY

Recipe by: Jessica, Quality Control Officer

### Ingredients

1/2 tsp + 1/8 tsp organic jojoba oil\*  
5 drops organic lemon essential oil\*  
3 drops organic ginger essential oil\*  
3 drops organic mandarin essential oil\*  
1 drop organic lime peel essential oil\*  
Water (distilled or spring is best)

### Directions

Pour jojoba oil and essential oils into a 1 oz. glass bottle with mister top\*. Shake lightly to blend. Then fill remainder of bottle with the water. Shake before each use. Spritz this energetic, revitalizing mist on skin or hair. It works well as a room spray too!



## Orange Cream BODY SCRUB

Recipe by: Christine, Product Manager

### Ingredients

3/4 cup Himalayan pink salt\* or organic raw sugar  
1/4 cup organic sweet almond oil\*  
1 Tbsp castille soap\*  
15 drops organic sweet orange essential oil\*  
5 drops benzoin resin oil\*

### Directions

This recipe fits perfectly in a 7 oz. glass pantry jar\* or 1/2 pint jar. Mix all ingredients together in vessel of choice. Will keep for 6-8 months if stored in a cool, dark, dry place. Use 1 teaspoon to freshen and exfoliate the skin, then rinse with clean water. As with all oil-based scrubs, this will make the tub or shower slippery, so use with caution.

\*Offered by Mountain Rose Herbs

\*\*Research provided by The Organic Center, a nonprofit organization that communicates about and conducts science of interest to the organic community. Learn more: [organic-center.org](http://organic-center.org).



## Friction-Free BALM

Recipe by: Claire, Assistant Retail Store Manager

### Ingredients

3 Tbsp organic coconut oil\*  
3 Tbsp organic cocoa butter\*  
1 Tbsp beeswax pastilles\*  
5 drops organic lavender essential oil\*

### Directions

Melt the coconut oil, cocoa butter, and beeswax in a double boiler until completely melted. Remove from heat and stir in essential oil. Divide the mixture evenly into four 1 oz. jars\* or tins\* and wait until it's solidified before using. Store in a cool, dark, dry place. To use, massage into feet prior to putting socks on before a run or hike. Claire, an avid runner, even stashes some in her hydration pack to reapply on long runs as needed. It can also work well for gardeners' hardworking hands!



# Natural BODY CARE

We offer a bountiful selection of ready to use herbal goods that we handcraft in small batches at our headquarters in Eugene, Oregon or seek out from like-minded companies. 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 online shop for a complete selection of goodies.

## *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 essential oil°, and Australian sandalwood essential oil°.

### **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°, lavender°, comfrey leaf°, roses°, 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°, chamomile°, oat tops°, lavender°, and roses°.

**3 oz. \$8.50      1 lb. \$36.00**

*From top to bottom:  
Rose Cream page 62  
Facial Steam page 63  
Herbal Facial Kit page 63  
Rose Face Wash page 63*

## from MOUNTAIN ROSE HERBS

### **Lemon Face Wash | Organic ingredients | 8 oz. with pump \$11.00**

This refreshing, light, and deep-cleaning wash will not dry out your skin. For normal to oily skin. Castille soap°, lavender 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 \$16.00**

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 Chinese rose and Roman chamomile.

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

This luxurious oil is nourishing and moisturizing. Rosehip seed oil°, kukui nut oil, calendula° infused olive oil°, and pure essential oils of 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. Lavender 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 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 pure essential oils of 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 also available separately.*

# 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 essential oils of 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 essential oils of 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 essential oils of 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 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 essential oils of ginger°, Roman chamomile°, sage°, and black pepper°.

## RECIPE



## Rosemary SALT SPRAY FOR HAIR

Recipe by: Christine, Product Manager

Looking to give your tresses some texture? Salt sprays are an easy way to texturize and can be sprayed on wet or dry locks for the perfect look.

### **Ingredients**

2/3 cup hot water  
2 Tbsp Epsom salt\*  
1/2 tsp Himalayan pink salt\*  
1/4 cup organic helichrysum hydrosol\*  
1 tsp Non-GMO aloe vera gel\*  
10 drops organic rosemary essential oil\*

### **Directions**

Heat water until it's just warm enough to dissolve salt. Pour warmed water into an 8 oz. amber glass bottle with screw cap\* and add salts. Swirl to dissolve salts, then cool to room temperature (about 15-20 minutes). Add remaining ingredients. Swirl to mix. If stored in a cool, dry place, the bulk-sized spray should last up to 6 months. Decant part of the recipe into a 1 oz. or 2 oz. glass bottle with mister\* for ease of use. Shake well before spritzing on wet or dry hair.

*\*Offered by Mountain Rose Herbs*



# 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-free 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.

## **Wild Pansy 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°, chickweed°, plantain°, St. John's wort, goldenseal root°, and myrrh 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°, chamomile°, oat tops°, lavender°, and roses°.

**3 oz. \$8.50      1 lb. \$36.00**

## **Borage Butter 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 oz. \$9.75**

From Wild Carrot Herbals. This whipped butter is a must-have for nursing mamas. Made with pure botanicals to moisturize and soften skin.

Visit our online shop for a complete list of ingredients.

# HAIR CARE

## **Herbal Hair Color | 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.

**4 oz. \$8.00    8 oz. \$12.75    1 lb. \$22.00    5 lb. \$88.00**

## **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 pure essential oils of 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**

# 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 oil and lavender essential oil°.

## **Baby's Balm | 1 oz. \$7.00 | 2 oz. \$12.50**

This salve is emollient and gentle, perfect for moisturizing occasional dry skin. Olive oil° infused with calendula°, St. John's wort, chickweed°, plantain°, golden-seal root°, and myrrh in a beeswax base with vitamin E oil.

## **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 with vitamin E oil.

## **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° in a beeswax base with lavender 40-42 and clary sage essential oils.

## **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 with vitamin E oil.

## **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

## **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 | 1 oz. \$9.75**

*From Wild Carrot Herbs.* 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 65) is easily applied to the chest for long-lasting comfort.



# HERBAL OILS

Our herbal oils are handcrafted in-house by skilled artisans using only certified organic oils. They are packaged in amber screw cap bottles.

## **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° infused olive oil° 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° infused olive oil° 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° and root° infused olive oil° 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° infused olive oil° 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° infused olive oil° 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° infused olive oil° 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° infused olive oil° 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° 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. To make a relaxing massage oil combine equal parts Arnica St. John's Herbal Oil with another carrier oil of choice. Cosmetic use. Do not apply to broken or abraded skin. Olive oil° infused with arnica°, St. John's wort, and calendula flowers°, lavender essential oil°, 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 mullein flowers and fresh garlic. Cosmetic use. Mullein flower° and fresh garlic° infused olive oil° 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° and jojoba° oils infused with calendula flowers°, plantain leaf°, and marshmallow root°, and vitamin E oil.



# Our Handcrafted Organic Extracts FROM OREGON WITH LOVE

We're passionate about offering the highest quality plant-based organic goods. Nowhere is this more evident than with the skilled team of artisans who create our single and combination extracts.

**H**andcrafting extracts for over 30 years, our team understands plants intimately. Using the optimal extraction process for each botanical, they ensure its beneficial constituents are maintained. While there are a few tinctures that our Extract Production Manager, Shay, insists must use dried material, most are lovingly made with fresh herbs, like our vibrantly orange California poppy. In fact, 100% of the fresh herbs used in our extracts are organically grown right here in the United States!

Want to learn how to put our extracts to use or make your own? Shay generously shared some of her favorite recipes with us:

## Homemade Bitter Blend

### Ingredients

- 1 part organic gentian root extract\*
- 1 part organic burdock root extract\*
- 1 part organic elecampane root extract\*
- 1 part organic fennel seed extract\*
- 1 part organic licorice root extract\*

### Directions

Blend the extracts together and store in a labeled amber glass dropper bottle\*, away from direct sunlight. To support healthy digestion, enjoy about 1/4 teaspoon mixed with an ounce of water before or after meals. For an added kick, add a pinch of organic cayenne powder\*!

## From-Scratch Peppermint Tincture

### Ingredients

- 8 oz. freshly picked organic peppermint leaves (or 5-6 oz. dried\*)
- 25 oz. 100-proof neutral spirit (organic vodka works well)

### Directions

Chop fresh peppermint leaves finely. If using dried herb, do not powder. Place peppermint in a clean, quart-sized glass jar and pour alcohol to cover the herb. Leave a small amount of air space between the liquid and top of jar. Stir well to remove any air bubbles, and keep herb below the liquid. Place a piece of plastic (a clean plastic sandwich bag works great) under lid to prevent corrosion. Then tighten lid. Shake lightly daily and push herb back down if it ends up above the liquid. Store in a cool, dark place. After six weeks, strain the extracted herb using a mesh strainer\* and cheesecloth\* into a clean glass pantry jar\*. Be sure to label with the date and the botanical name.

*\*Offered by Mountain Rose Herbs*

*(Opposite page): Fields of California poppy soak up some rays on our organic farm. (This page, top to bottom): Our Extract Production Manager, Shay, places fresh California poppy in sterilized glass jars. Shay measures the herb tintured in organic alcohol, which will soon be hand-bottled at our Eugene, Oregon production facility. Finished bottles of our certified organic tinctures are lovingly handcrafted by our expert team.*



# Herbal WELLBEING

We offer many options for supplementing your daily diet with the goodness of herbs. Our natural, vegetarian herbal capsules are filled with pure botanical powders. And our extracts are 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.



## 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. Visit our online shop for a complete list of bulk sizes from 8 oz. to 1 gallon.

	1 oz.	2 oz.	4 oz.	8 oz.
<b>Alfalfa leaf</b>   <i>Medicago sativa</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Angelica root</b> 6   <i>Angelica archangelica</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Artichoke leaf</b>   <i>Cynara scolymus</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Ashwagandha root</b>   <i>Withania somnifera</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Astragalus root</b> 6   <i>Astragalus mongholicus</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Barberry root bark</b> 6   <i>Berberis vulgaris</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Bilberry fruit and leaf</b>   <i>Vaccinium myrtillus</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Black Cohosh root</b> 6   <i>Cimicifuga racemosa</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Black Walnut fresh green hull</b> 10   <i>Juglans nigra</i>   Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
<b>Blessed Thistle herb</b> 8   <i>Cnicus benedictus</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Blue Cohosh root</b> 6   <i>Caulophyllum thalictroides</i>   Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
<b>Blue Vervain flowering tops</b> 6   <i>Verbena hastata</i>   Organic	\$12.75	\$21.75	\$37.00	\$63.00

<b>SINGLE HERBAL EXTRACTS</b>	<b>1 oz.</b>	<b>2 oz.</b>	<b>4 oz.</b>	<b>8 oz.</b>
<b>Boneset herb</b>   <i>Eupatorium perfoliatum</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Brahmi herb</b>   <i>Bacopa monnieri</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Burdock root</b>   <i>Arctium lappa</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Calendula flower</b> 8   <i>Calendula officinalis</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>California Poppy herb</b> 6   <i>Eschscholzia californica</i>   Organic	\$12.75	\$21.75	\$37.00	\$63.00
<b>Cascara Sagrada bark</b> 10   <i>Frangula purshiana</i>   Wildharvested	\$9.75	\$16.75	\$28.50	\$48.50
<b>Cat's Claw bark</b> 6   <i>Uncaria tomentosa</i>   Wildharvested	\$9.75	\$16.75	\$28.50	\$48.50
<b>Catnip herb</b>   <i>Nepeta cataria</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Cayenne pepper</b> 3,4   <i>Capsicum annuum</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Chaga mushroom</b>   <i>Inonotus obliquus</i>   Wildharvested	\$9.75	\$16.75	\$28.50	\$48.50
<b>Chamomile flowers</b> 8,10   <i>Matricaria recutita</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Chaparral tops</b> 6,10   <i>Larrea tridentata</i>   Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
<b>Chickweed whole plant</b>   <i>Stellaria media</i>   Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
<b>Cilantro herb</b>   <i>Coriandrum sativum</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Cinnamon bark</b> 6   <i>Cinnamomum burmanni</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Cleavers whole plant</b>   <i>Galium aparine</i>   Wildharvested	\$9.75	\$16.75	\$28.50	\$48.50
<b>Corn silk</b>   <i>Zea mays</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Couch Grass root</b>   <i>Elymus repens</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Cramp bark</b>   <i>Viburnum opulus</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Damiana leaf</b>   <i>Turnera diffusa</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Dandelion root</b>   <i>Taraxacum officinale</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Devil's Claw root</b>   <i>Harpagophytum spp.</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Devil's Club root bark</b>   <i>Oplopanax horridus</i>   Wildharvested	\$12.75	\$21.75	\$37.00	\$63.00
<b>Dong Quai root</b> 6,10   <i>Angelica sinensis</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Echinacea root</b> 10   <i>Echinacea purpurea</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Elder berry</b> 10   <i>Sambucus nigra</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Elecampane root</b> 8,10   <i>Inula helenium</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Eleuthero root</b>   <i>Eleutherococcus spp.</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Epimedium leaf</b>   <i>Epimedium grandiflorum</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Eyebright herb</b>   <i>Euphrasia officinalis</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Fennel seed</b>   <i>Foeniculum vulgare</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Fenugreek seed</b> 6   <i>Trigonella foenum-graecum</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Feverfew flowering plant</b> 6,8   <i>Tanacetum parthenium</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Garlic bulb</b> 10   <i>Allium sativum</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Gentian root</b> 10   <i>Gentiana lutea</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Ginger root</b>   <i>Zingiber officinale</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Ginkgo leaf</b> 10   <i>Ginkgo biloba</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Ginseng root</b> 10   <i>Panax quinquefolius</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Ginseng whole plant, Forest Grown American</b> 10   Organic	\$25.00	\$42.00	n/a	n/a
<b>Goldenrod herb</b> 8   <i>Solidago canadensis</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Goldenseal root</b> 6   <i>Hydrastis canadensis</i>   Organic	\$12.75	\$21.75	\$37.00	\$63.00
<b>Gotu Kola herb</b>   <i>Centella asiatica</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Hawthorn berry</b> 10   <i>Crataegus spp.</i>   Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
<b>Holy Basil herb (Rama)</b>   <i>Ocimum sp.</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Hops flower</b>   <i>Humulus lupulus</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Horehound herb</b> 6   <i>Marrubium vulgare</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Horseradish root</b> 3,4   <i>Armoracia rusticana</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Horsetail shoots</b> 10   <i>Equisetum arvense</i>   Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
<b>Hydrangea root</b>   <i>Hydrangea arborescens</i>   Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
<b>Hyssop herb</b> 6   <i>Hyssopus officinalis</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Juniper berry</b> 6,10   <i>Juniperus communis</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Kava Kava root</b> 10   <i>Piper methysticum</i>   Organic	\$12.75	\$21.75	\$37.00	\$63.00
<b>Lady's Mantle herb</b>   <i>Alchemilla vulgaris</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Lemon Balm herb</b>   <i>Melissa officinalis</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Licorice root</b> 6,10   <i>Glycyrrhiza glabra</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>Linden leaf and flower</b>   <i>Tilia cordata</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Lobelia plant in seed stage</b> 6,10   <i>Lobelia inflata</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
<b>Maca root</b>   <i>Lepidium meyenii</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50

SINGLE HERBAL EXTRACTS	1 oz.	2 oz.	4 oz.	8 oz.
Maitake mushroom   <i>Grifola frondosa</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
Maqui Berry   <i>Aristotelia chilensis</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
Marshmallow root 7,10   <i>Althaea officinalis</i>   Organic	\$9.75	\$16.75	\$31.50	\$53.75
Meadowsweet flower tops 10   <i>Filipendula ulmaria</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
Milk Thistle seed 8   <i>Silybum marianum</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
Motherwort herb 6   <i>Leonurus cardiaca</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
Muir Puama bark   <i>Croton echioides</i>   Wildharvested	\$9.75	\$16.75	\$28.50	\$48.50
Mullein leaf 10   <i>Verbascum thapsus</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
Myrrh gum resin 6,10   <i>Commiphora myrrha</i>   Wildharvested	\$12.75	\$21.75	\$37.00	\$63.00
Nettle leaf   <i>Urtica dioica</i>   Wildharvested	\$12.75	\$21.75	\$37.00	\$63.00
Oats milky tops   <i>Avena sativa</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
Olive leaf   <i>Olea europaea</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
Oregano leaf   <i>Origanum vulgare</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
Oregon Grape root 6   <i>Mahonia nervosa</i>   Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
Osha root 6   <i>Ligusticum porteri</i>   Wildharvested	\$12.75	\$21.75	\$37.00	\$63.00
Passionflower herb   <i>Passiflora edulis</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
Pau d'Arco inner bark   <i>Tabebuia impetiginosa</i>   Wildharvested	\$9.75	\$16.75	\$28.50	\$48.50
Pipsissewa herb   <i>Chimaphila umbellata</i>   Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
Plantain herb   <i>Plantago spp.</i>   Wildharvested	\$9.75	\$16.75	\$28.50	\$48.50
Pleurisy root 6   <i>Asclepias tuberosa</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
Prickly Ash bark 6   <i>Zanthoxylum clava-herculis</i>   Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
Propolis resin   Wildharvested	\$9.75	\$16.75	\$28.50	\$48.50
Red Clover blossoms   <i>Trifolium pratense</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
Red Raspberry leaf   <i>Rubus idaeus</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
Red Root   <i>Ceanothus americanus</i>   Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
Reishi mushroom   <i>Ganoderma lucidum</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
Rhodiola root   <i>Rhodiola rosea</i>   Wildharvested	\$12.75	\$21.75	\$37.00	\$63.00
Rosemary leaf   <i>Rosmarinus officinalis</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
Sage herb 10   <i>Salvia officinalis</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
Sarsaparilla root   <i>Smilax ornata</i>   Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
Saw Palmetto berry   <i>Serenoa repens</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
Schisandra berry 10   <i>Schisandra chinensis</i>   Organic	\$12.75	\$21.75	\$37.00	\$63.00
Shatavari root   <i>Asparagus racemosus</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
Shepherd's Purse herb 6   <i>Capsella bursa-pastoris</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
Skullcap herb   <i>Scutellaria lateriflora</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
Slippery Elm inner bark 7,10   <i>Ulmus rubra</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
<b>NEW!</b> Solomon's Seal root   <i>Polygonatum biflorum</i>   Wildharvested	\$9.75	\$16.75	\$28.50	\$48.50
Spilanthes flowering plant   <i>Spilanthes acmella</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
St. John's Wort aerial tops 10   <i>Hypericum perforatum</i>   Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
Teasel root   <i>Dipsacus fullonum</i>   Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
Turmeric root   <i>Curcuma longa</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
Umckaloabo root   <i>Pelargonium sidoides</i>   Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
Usnea lichen   <i>Usnea spp.</i>   Wildharvested	\$9.75	\$16.75	\$28.50	\$48.50
Uva Ursi leaf   <i>Arctostaphylos uva ursi</i>   Wildharvested	\$9.75	\$16.75	\$28.50	\$48.50
Valerian root 10   <i>Valeriana officinalis</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
Vitex berries (Chaste Tree)   <i>Vitex agnus-castus</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
White Oak bark   <i>Quercus alba</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
White Willow bark 10   <i>Salix alba</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
Wild Cherry bark   <i>Prunus serotina</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
Wild Lettuce herb   <i>Lactuca spp.</i>   Organic	\$10.75	\$18.50	\$31.50	\$53.75
Wild Yam root   <i>Dioscorea villosa</i>   Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
Wormwood herb 10   <i>Artemisia absinthium</i>   Organic	\$9.75	\$16.75	\$28.50	\$48.50
Yarrow flowering plant 6,8,10   <i>Achillea millefolium</i>   Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
Yellow Dock root   <i>Rumex crispus</i>   Wildharvested	\$9.75	\$16.75	\$28.50	\$48.50
Yerba Mansa root   <i>Anemopsis californica</i>   Wildharvested	\$9.75	\$16.75	\$28.50	\$48.50
Yerba Santa leaf 6,10   <i>Eriodictyon californicum</i>   Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
Yucca root 10   <i>Yucca glauca</i>   Wildharvested	\$9.75	\$16.75	\$28.50	\$48.50

# COMBINATION HERBAL EXTRACTS

	1 oz.	2 oz.	4 oz.	8 oz.
<b>Adapt Care**</b> Ashwagandha root°, rhodiola root, schisandra berry°, eleuthero root°, holy basil°, and oat tops°.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Balance Care**</b> Pau d' arco bark, spilanthes°, usnea, black walnut hull, and marshmallow root°.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Berry Care**</b> Maqui berry°, bilberry fruit°, elder berry°, and hawthorn berry.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Breathe Well Care**</b> Osha root, ginger root°, mullein leaf°, elecampane root°, marshmallow root°, horehound°, pleurisy root°, and licorice root°.	\$12.75	\$21.75	\$37.00	\$63.00
<b>Calm Care**</b> Ashwagandha root°, St. John's wort, hawthorn berry, oat tops°, and skullcap°.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Circulation Care**</b> Garlic°, cinnamon bark°, eleuthero root°, ginkgo leaf°, prickly ash bark, cayenne°, and rosemary°.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Cleanse Care**</b> Chickweed, red clover blossoms°, chaparral leaf, nettle leaf, Oregon grape root, and cayenne°.	\$12.75	\$21.75	\$37.00	\$63.00
<b>Crone Care**</b> Black cohosh root°, motherwort°, vitex berry°, and wild yam root.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Echinacea Goldenseal**</b>   Organic <i>Echinacea purpurea</i> root° and goldenseal root°.	\$12.75	\$21.75	\$37.00	\$63.00
<b>Echinacea Goldenseal Plus**</b>   Organic <i>Echinacea purpurea</i> root°, goldenseal root°, ginger root°, and cayenne°.	\$12.75	\$21.75	\$37.00	\$63.00
<b>Echinacea Oregon Grape**</b> <i>Echinacea purpurea</i> root° and Oregon grape root.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Echinacea Oregon Grape Plus**</b> <i>Echinacea purpurea</i> root°, Oregon grape root, ginger root°, and cayenne°.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Echinacea Ultra**</b>   Organic <i>Echinacea purpurea</i> root°, leaf, flower, and seed.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Elder Ultra**</b>   Organic Elder berry° and flower°.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Goldenseal Myrrh Plus**</b> Goldenseal root°, myrrh gum resin, chaparral leaf, ginger root°, and cayenne°.	\$12.75	\$21.75	\$37.00	\$63.00
<b>Hawthorn Care**</b> Hawthorn berry, motherwort°, oat tops°, and cayenne°.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Immune Care**</b> Eleuthero root°, astragalus root°, ashwagandha root°, reishi mushroom°, spilanthes°, and myrrh gum resin.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Joint Care**</b> Devil's claw root°, ginger root°, turmeric root°, and yucca root.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Liver Care**</b> Milk thistle seed°, schisandra berry°, turmeric root°, yellow dock root, dandelion root°, and Oregon grape root.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Love Care**</b> Damiana leaf°, kava kava root°, cinnamon bark°, rosehips°, kola nut, and vanilla bean°.	\$12.75	\$21.75	\$37.00	\$63.00
<b>Lung Care**</b>   Organic Elecampane root°, horehound°, marshmallow root°, pleurisy root, mullein leaf°, ginger root°, and licorice root°.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Male Care**</b> Ginseng root°, epimedium leaf°, damiana leaf°, and saw palmetto berry°.	\$12.75	\$21.75	\$37.00	\$63.00
<b>Memory Care**</b>   Organic Ginkgo leaf°, gotu kola°, and rosemary°.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Mineral Care**</b> Alfalfa leaf°, dandelion root°, nettle leaf, red raspberry leaf°, and yellow dock root.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Mood Care**</b>   Organic Kava kava root°, gotu kola°, passionflower°, ginger root°, and wild lettuce root°.	\$12.75	\$21.75	\$37.00	\$63.00
<b>Muscle Care**</b>   Organic Valerian root° and skullcap°.	\$10.75	\$18.50	\$31.50	\$53.75

COMBINATION EXTRACT BLENDS	1 oz.	2 oz.	4 oz.	8 oz.
<b>Mushroom Care**</b> Reishi mushroom°, chaga mushroom, and maitake mushroom°.	\$10.75	\$18.50	\$31.50	\$53.75
<b>NEW! Nurse Me Care**</b> Fenugreek seed°, fennel seed°, alfalfa leaf°, blessed thistle°, nettle leaf, and red raspberry leaf°.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Oral Care**</b> Propolis resin, goldenseal root°, myrrh gum resin, and spilanthos°.	\$12.75	\$21.75	\$37.00	\$63.00
<b>NEW! Prostate Care**</b> Saw palmetto berry°, horsetail, nettle root, uva ursi, and <i>Echinacea purpurea</i> root°.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Skin Care**</b> Burdock root°, Oregon grape root, milk thistle seed°, dandelion root°, red clover blossoms°, yellow dock root, and <i>E. purpurea</i> root°.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Sleep Care**</b>   Organic Valerian root°, wild lettuce°, blue vervain°, and hops flower°.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Spring Nettle Care**</b> Nettle leaf, yerba santa leaf, bilberry fruit°, marshmallow root°, and eyebright°.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Tension Care**</b> Linden leaf & flower°, oats tops°, passionflower°, skullcap°, and St. John's wort.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Tummy Care**</b>   Organic Catnip leaf & flower°, chamomile flower°, and fennel seed°.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Turmeric Ginger**</b>   Organic Turmeric root° and ginger root°.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Urinary Care**</b> Cornsilk°, couchgrass root°, marshmallow root°, uva ursi, and yarrow leaf & flower.	\$10.75	\$18.50	\$31.50	\$53.75
<b>Wise Woman Care**</b> Vitex berry°, wild yam root, and red raspberry leaf°.	\$10.75	\$18.50	\$31.50	\$53.75
<i>**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.</i>				

## RECIPE



### Homemade VANILLA EXTRACT

Recipe by: Tim, Human Resources Administrator

Our line of handcrafted botanical extracts is formulated with the herbalist, not home cook, in mind. So you won't find vanilla extract in our list of single ingredient tinctures. But have no fear, it's delightfully easy to make your own at home!

#### Ingredients

2 or more whole organic vanilla beans\* (sliced down the middle to expose the seeds)  
4 oz. vodka, rum, brandy, or bourbon (your choice)

#### Directions

Place cut vanilla beans into a glass bottle with cork top\*. Fill bottle with the liquor. Let sit for at least one month and shake daily to infuse flavors. Once the extract suits your taste buds, use in culinary creations as you would a store-bought vanilla flavoring. Store in a cool, dark, dry place, and the extract should last a long while, becoming more aromatic and flavorful over time. Leave vanilla beans in the bottle for an alluring presentation. When the extract is used up, remove the beans and add them to your sugar jar for an absolutely divine vanilla sugar.

*\*Offered by Mountain Rose Herbs*



# 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 online shop for details.

<b>Ashwagandha</b> 6   <i>Withania somnifera</i>   Organic	<b>\$10.50</b>	<b>Kava Kava</b> 10   <i>Piper methysticum</i>	<b>\$12.25</b>
<b>Astragalus</b>   <i>Astragalus membranaceus</i>   Organic	<b>\$10.50</b>	<b>Kelp</b> 9,10   <i>Ascophyllum nodosum</i>   Organic	<b>\$10.00</b>
<b>Bee Pollen</b>   Organic	<b>\$13.00</b>	<b>Licorice</b> 6,10   <i>Glycyrrhiza glabra</i>   Organic	<b>\$10.00</b>
<b>Black Cohosh</b> 6   <i>Actaea racemosa</i>   Organic	<b>\$11.50</b>	<b>Maca</b>   <i>Lepidium meyenii</i>   Organic	<b>\$13.00</b>
<b>Burdock</b>   <i>Arctium lappa</i>   Organic	<b>\$11.00</b>	<b>Marshmallow root</b> 7,10   <i>A. officinalis</i>   Organic	<b>\$11.25</b>
<b>California Poppy</b> 6   <i>E. californica</i>   Organic	<b>\$12.50</b>	<b>Milk Thistle</b> 8   <i>Silybum marianum</i>   Organic	<b>\$11.00</b>
<b>Cat's Claw</b> 6   <i>Uncaria tomentosa</i>	<b>\$10.00</b>	<b>Nettle leaf</b>   <i>Urtica dioica</i>   Organic	<b>\$11.00</b>
<b>Cayenne</b> 3,4   <i>Capsicum annuum</i>   Organic	<b>\$10.00</b>	<b>Olive leaf</b>   <i>Olea europaea</i>   Organic	<b>\$10.00</b>
<b>Chlorella</b> 10   <i>Chlorella vulgaris</i>	<b>\$11.25</b>	<b>Passionflower</b>   <i>Passiflora incarnata</i>   Organic	<b>\$10.50</b>
<b>Cranberry</b>   <i>Vaccinium macrocarpon</i>   Organic	<b>\$12.75</b>	<b>Pau d'Arco</b>   <i>Tabebuia impetiginosa</i>	<b>\$10.25</b>
<b>Dandelion root</b>   <i>Taraxacum officinale</i>   Organic	<b>\$11.50</b>	<b>Rhodiola</b>   <i>Rhodiola rosea</i>   Organic	<b>\$13.50</b>
<b>Devil's Claw</b>   <i>H. procumbens</i>   Organic	<b>\$10.50</b>	<b>Saw Palmetto</b>   <i>Serenoa repens</i>   Organic	<b>\$13.50</b>
<b>Dong Quai</b> 6,10   <i>Angelica sinensis</i>   Organic	<b>\$12.50</b>	<b>Schisandra</b> 10   <i>Schisandra chinensis</i>   Organic	<b>\$11.50</b>
<b>Echinacea purpurea root</b> 10   Organic	<b>\$12.00</b>	<b>Senna leaf</b> 10   <i>Senna alexandrina</i>   Organic	<b>\$10.00</b>
<b>Eleuthero</b>   <i>Eleutherococcus senticosus</i>   Organic	<b>\$10.00</b>	<b>Shatavari</b>   <i>Asparagus racemosus</i>   Organic	<b>\$10.25</b>
<b>Fenugreek</b> 6   <i>T. foenum-graecum</i>   Organic	<b>\$10.00</b>	<b>Skullcap</b>   <i>Scutellaria lateriflora</i>   Organic	<b>\$12.00</b>
<b>Ginger</b>   <i>Zingiber officinale</i>   Organic	<b>\$10.00</b>	<b>Slippery Elm</b> 7,10   <i>Ulmus rubra</i>   Organic	<b>\$11.25</b>
<b>Ginkgo</b> 10   <i>Ginkgo biloba</i>   Organic	<b>\$10.25</b>	<b>Spirulina</b> 10   <i>Arthrospira platensis</i>   Organic	<b>\$12.00</b>
<b>Ginseng</b> 10   <i>Panax quinquefolius</i>   Organic	<b>\$20.00</b>	<b>St. John's Wort</b> 10   <i>H. perforatum</i>   Organic	<b>\$10.00</b>
<b>Goldenseal root</b> 6   <i>H. canadensis</i>   Organic	<b>\$21.50</b>	<b>Triphala</b>   Amlaki, Haritaki, and Bibhitaki   Organic	<b>\$10.00</b>
<b>Gotu Kola</b>   <i>Centella asiatica</i>   Organic	<b>\$10.00</b>	<b>Turmeric</b>   <i>Curcuma longa</i>   Organic	<b>\$10.50</b>
<b>Gymnema</b>   <i>Gymnema sylvestre</i>   Organic	<b>\$10.00</b>	<b>Valerian</b> 10   <i>Valeriana officinalis</i>   Organic	<b>\$12.00</b>
<b>Hawthorn berry</b> 10   <i>Crataegus laevigata</i>   Organic	<b>\$10.00</b>	<b>Vitex</b> 10   <i>Vitex agnus-castus</i>   Organic	<b>\$10.00</b>
<b>Holy Basil (Krishna)</b>   <i>O. tenuiflorum</i>   Organic	<b>\$10.00</b>	<b>White Willow</b> 10   <i>Salix alba</i>   Organic	<b>\$10.00</b>
<b>Horsetail</b> 10   <i>Equisetum arvense</i>   Organic	<b>\$10.00</b>	<b>Wild Yam</b>   <i>Dioscorea villosa</i>	<b>\$10.50</b>

See page 45 for Key to Precautions.

## Want to make herbal capsules at home?

### Capsule Machine | \$18.50 each

This encapsulating machine helps join and eject 24 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



# ELIXIRS, SYRUPS & TONICS

## *from Mountain Rose Herbs*

### **Aphrodite's Syrup | 4 oz. \$15.00**

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. \$15.00**

A delicious syrup to use year-round! Honey, elder berries°, alcohol°, and distilled water.

### **Elder Ultra Syrup | 4 oz. \$19.00**

Our Elder Ultra Syrup is a synergistic blend of our classic Elder Berry Syrup with echinacea and astragalus for added botanical goodness. Honey, alcohol°, distilled water, elder berries°, *Echinacea purpurea* root°, and astragalus°.

### **Ginger Syrup | 4 oz. \$15.00**

A spicy, warming syrup that is comforting during the cold winter months. Honey, ginger°, alcohol°, and distilled water.

### **Osha Ultra Syrup | 4 oz. \$15.00**

A strong ally for the respiratory system. Honey, distilled water, alcohol°, elecampane°, fennel seed°, osha, marshmallow root°, horehound°, and mullein leaf°.

### **Adapt Chocolate Elixir | 4 oz. \$15.00**

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. \$15.00**

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. \$15.00**

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. \$15.00**

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 trying moments. Honey, distilled water, alcohol°, cacao powder°, kava kava°, maqui°, and orange flavoring°.

## *from Herbal Revolution*

### **Fire Tonic No. 9 | 8 oz. \$16.50**

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.

### **Ginger + Beet Tonic No. 11 | 8 oz. \$16.50**

This tasty 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 online shop for our  
full selection of goodies for your wellbeing.

# 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 Purrfectplay.* 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 root and leaf, milk thistle, alfalfa, red clover, licorice, glycerine, distilled water, and 6% grain alcohol.

## **Echinacea Goldenseal Blend | 1 oz. with dropper \$13.75**

*Echinacea purpurea* root, goldenseal root, 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 root and leaf, milk thistle, ginkgo, hawthorn berry, oats, garlic, marshmallow root, glycerine, distilled water, and 3% grain alcohol.

## **Tinkle Tonic | 1 oz. with dropper \$13.75**

Couchgrass, *Echinacea purpurea* herb and root, dandelion leaf and root, marshmallow root, horsetail, glycerine, and distilled water.

## **Tranquility Blend | 1 oz. with dropper \$13.75**

Valerian, skullcap, oats, passionflower, glycerine, and distilled water.

Visit our online shop for a complete list of ingredients.



# T-SHIRTS, MUGS & MORE

**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. | \$11.00

**Pesticides Suck! Travel Mug** | 14 oz. | \$15.00

**Support Organic Agriculture Mug** | 15 oz. | \$12.00

**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"



## 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 in the Mountain Rose Herbs online shop. There is no charge for standard shipping when purchasing gift certificates, but there is a charge for expedited shipping.



# ORDERING INFORMATION

Prices in this catalogue go into effect 3/8/2018 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 the best possible service to all of our customers.

## Ordering By Mail

Please use the order form on page 80 and allow up to eight days for first-class mail to reach us. Make your check or money order (US funds only) payable to: Mountain Rose Herbs. There is a \$10 charge for returned checks. We also accept Mastercard, Visa, American Express, 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. Fax: 510.217.4012.

## Online Orders

We accept online orders at any time at [mountainroseherbs.com](http://mountainroseherbs.com). We have a secure site with 256-bit SSL (Secure Socket Layer) technology. Your privacy and security are important to us. 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 pickups and returns at our retail store, located in downtown Eugene, Oregon. 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. Please note that orders cannot be picked up at our headquarters in west Eugene. For more information, call us at 541.868.8420 or visit [mountainroseherbsmercantile.com](http://mountainroseherbsmercantile.com).

## Sale Specials and Discounts

Each month at least 12 items go on sale at up to 60% off their regular prices. You can see the monthly specials and sign up for email notifications of our specials on our website. You can find closeout 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](mailto: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 opened essential oils or extracts 8 oz. or larger, clothing, mugs, or products that have been mixed together.

## Sales and Use Tax Consolidated Notice

Mountain Rose Herbs is not required to and does not collect sales or use tax in every 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.

## 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 shipping to Canada, please visit our website or email: [international@mountainroseherbs.com](mailto:international@mountainroseherbs.com). 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 shipping cost. 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. \*\*These are estimated charges only; we do our best to give you the lowest rate possible.

Estimated** Shipping Charges			
Regular Ground Service		AK, HI, US Territories, PO Boxes	
Order Subtotal	S/H	Order Subtotal	S/H
\$00.01 ~ 35.00	\$9.25**	\$00.01 ~ 35.00	\$9.95**
\$35.01 ~ 50.00	\$9.95**	\$35.01 ~ 50.00	\$10.95**
\$50.01 ~ 95.00	\$11.95**	\$50.01 ~ 95.00	\$15.45**
\$95.01 ~ 125.00	\$12.95**	\$95.01 ~ 125.00	\$24.45**
\$125.01 +	please call for charges	\$125.01 +	please call for charges

# ORDERING IS AS EASY AS 1-2-3-4!

## Step 1: Select your items

[illegible]

### Step 2: Contact info (Billing/USPS Address)

Name		Phone (day)	
Address	City	State	Zip

**Step 3: Shipping address** Shipping address for UPS or Fed Ex (No PO Boxes)

Ship USPS ☐

Name		Email		
Address	City	State	Zip	

### Step 4: Payment info

☐ MasterCard/Visa   ☐ AMEX   ☐ Discover   ☐ Check/money order

Card number:

Name:

**Thank you for your order!**

**For questions, call us Monday–Friday 8 am–4 pm PST: 800.879.3337**

# HERBAL SEED PACKETS

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

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

## SEED PACKET SETS

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

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

### **NEW! Butterfly Lover Set** | 8 seed packets | **\$19.95**

Aromatic aster, cardinal flower, *Echinacea purpurea*, gayfeather, common milkweed, showy milkweed, Mexican sunflower, and wallflower.

### **NEW! Honeybee Lover Set** | 8 seed packets | **\$19.95**

Lemon bergamot, true comfrey, hyssop, Greek mullein, pleurisy, scarlet sage, temperate tulsi, and yellow dotted mint.

### 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 Set° | 4 seed packets | **\$9.90**

Czech lavender, English lavender, French lavender, and munstead lavender.

### Lifeline Medicinal 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 Set° | 7 seed packets | **\$16.95**

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

*Please see our online shop for complete descriptions.*

# How Organics Support Our POLLINATORS IN PERIL

Supporting organic agriculture is just one small act you can take to help save our native bees, butterflies, hummingbirds, and other pollinators.



In midsummer, our fields of certified organic *Echinacea purpurea* are a purple blaze as far as the eye can see. The nearly shoulder-high flowers that are rooted in these Pacific Northwest soils are a pollinator favorite, and native bees and butterflies flock to the fields in droves. The sheer multitude of winged beings that encircle each bloom is an impressive sight to behold—visual proof of the power of organic agriculture.

While the blooms do wonders to attract pollinators, growing our echinacea organically ensures that the insecticides that keep away “unwanted pests” in conventional agriculture don’t also wreak havoc on our winged friends. In fact, the neonicotinoids that are regularly a part of the synthetic insecticide cocktails used on conventional fields are chemically similar to nicotine. And new research shows that, like humans and nicotine, bees can become addicted to neonicotinoid pollen, which rapidly increases the level of toxicity in the hive and leads to colony collapse.\*\*

Synthetic pesticide avoidance is an obvious benefit of organic farms, but organics offer several lesser-known perks for pollinators, including protecting native habitat. Studies have shown a higher abundance and wider diversity of pollinators on organic farms, and one study even found that organic agriculture can help increase biodiversity on nearby conventional farms too!\*

For those plant-loving green thumbs out there, you can support pollinators by doing more than just buying organic products. Create an organic refuge in your own backyard! Pollinator-friendly plants are not only beautiful, but having an abundance of native bees nearby can increase the yield of your fruit trees and vegetable gardens too—it’s a win-win. For a convenient option, check out our new butterfly and honeybee seed sets (page 81).

### Tips For Growing Your Own Pollinator Haven

Our co-owner Julie offered these tips for getting started with your own pollinator-friendly patch:

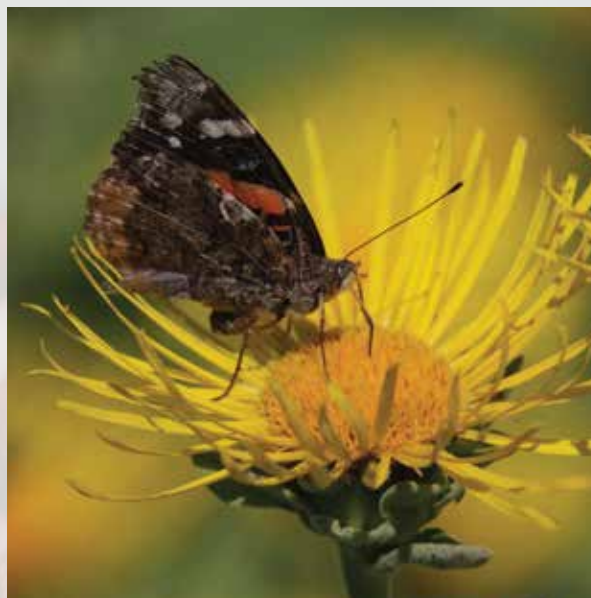
**Include a diverse group of flowering plants.** Choose ones that extend the flowering season from early spring into winter. Julie’s garden is full of Pacific Northwest natives, including conifers, oaks, huckleberry, and flowering currant. In the sunny areas are many varieties of lavender, thyme, sage, rosemary, echinacea, hyssop, agastache, and bee balm.

**Keep things low maintenance and organic.** Group plants with similar sun exposure and water needs together.

**Don’t forget a water feature.** All those pollinators need a drink when they’re working hard!

(Opposite page:) Pollinators are plentiful in our gorgeous organic echinacea fields in the Pacific Northwest. (This page, top to bottom:) Richo Cech from Strictly Medicinal Seeds shows off some of the seeds you can find in our certified organic seed packets. Our organic arnica allures butterflies and other pollinators. Our co-owner Julie tends to her pollinator-friendly plants in her Eugene, Oregon garden.

\*\*Research provided by The Organic Center, a nonprofit organization that communicates about and conducts science of interest to the organic community. Learn more: [organic-center.org](http://organic-center.org).



mountain rose herbs  
**Spring & Summer 2018 Catalogue**

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mountainroseherbs.com | 800.879.3337



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## 17 FREE Recipes Inside!

Information, descriptions, and products in this catalogue and on our website are not intended to treat, cure, prevent, or diagnose any disease, nor are they intended as prescriptions or therapy in any way. The descriptions in this catalogue and on our website are for educational purposes only. None of the statements in this catalogue have been evaluated by the Food and Drug Administration. See page 45 for more precautions and disclaimers.

***Pictured on front:** Our organic Evening Repose herbal tea is a time-tested favorite handcrafted by our team in Oregon. Warm or iced, savor this tea while watching the sun set in the summer sky.*

***Pictured here:** Head farmer Danielle takes a moment to inspect skullcap growing in our certified organic Pacific Northwest fields.*



### UNWANTED MAILINGS

We don't want to waste paper or add to your junk mail. If you received this catalogue in error, have multiple copies, or want to remove your name from our mailing list, please call us at 800.879.3337.

### 100% RECYCLED PAPER

This catalogue is printed on FSC-certified, post-consumer waste paper using a chlorine-free and low-VOC process. Not a single tree was cut to produce it. While we hope you'll keep it around for awhile or share with a friend, we encourage you to compost or recycle this catalogue when you're through.

### RESOURCES SAVED



**709** trees  
A forest the size of 2 football fields



**683,895** gallons of water  
Enough to fill 1 Olympic swimming pool



**69,967** lbs. of waste  
The equivalent of 2 full garbage trucks



**589** MMBTU  
Energy used by 6 households per year

