



OVER 20 NEW RECIPES INSIDE

INCLUDING THIS CHAI ON PAGE 13


mountain rose herbs
2019 - 2020 CATALOG

The Desert Southwest JOJOBA PIONEERS

One family's commitment to crafting the finest jojoba oil in the world outlives trends and spans generations.



In the farthest reaches of the Arizona outback, tidy green rows of jojoba shrubs rise up out of dry, brown dirt. This is a desolate place. A y-shaped stick is propped against one of the plant rows—the makeshift tool fashioned by a field worker to gently move rattlesnakes out of his way.

“Everything out here bites, stings, pokes, or burns,” says Chip, owner of the certified organic farm that has cultivated and processed Mountain Rose Herbs’ high-quality jojoba oil since 2003.

Jojoba (pronounced: ho-HO-bah) is a large shrub with waxy, green leaves and seeds the size of a grape. When pressed, the seeds create an oil-like substance, technically a liquid wax ester. The chemical composition of this natural, plant-based “oil” makes it incredibly shelf stable. Because it’s non-comedogenic and easily absorbed by thirsty skin, jojoba oil has become a favorite of the cosmetic industry and DIY body care enthusiasts. It makes an excellent standalone moisturizer for skin or hair. It’s also frequently found in hair care products or used as a carrier oil for essential oil blends.

Simmondsia chinensis (a.k.a. jojoba) is native only to the geographical area that stretches from southern Arizona’s Sonoran Desert (where Chip’s farm lies) to parts of Mexico’s Baja California. This desert shrub is naturally drought tolerant. Chip waters his jojoba just a few times a month, using considerably less water than the neighboring alfalfa fields. But just because jojoba is a hardy plant, doesn’t mean it’s easy to grow.

“It’s a constant fight,” Chip says. “Thirty minutes of cold temps can undo a whole year’s worth of hard work.”

And Chip would know. He lost 90% of his crop last year to a quick cold spell.

Jojoba’s ideal growing conditions span winters just above freezing to 110 degrees Fahrenheit in the summer. This may sound like a forgiving range, but the temperature swings in this desert are extreme. And if a grower is lucky enough to withstand the frost, then comes the heat wave, and then the rain. Just when the seeds begin to drop, and harvest is about to commence, a monsoon will often hit, literally washing away millions of jojoba seeds. The plant has other threats



(Opposite page): Chip and Judy walk the green rows of Chip’s 12-year-old jojoba shrubs. (This page, left to right): Our jojoba plants thrive in Arizona’s Sonoran Desert. Chip’s jojoba farm is adjacent to public lands that house wild desert plants, like the cholla cactus and juniper. (Next page): These certified organic jojoba seeds are harvested once a year, stored, and pressed fresh to order. Chip continues the legacy his father started, one of the last remaining commercial jojoba farmers in the U.S.



too—from little bugs that inhabit its blooms and extract their liquid, to others that burrow into the seed and munch away until nothing remains. That's why Chip is one of only a couple growers left after the "jojoba fever" of the 1980s abated.

"We got the fever, the jojoba fever," he says.

It was the new age gold rush that's now a distant memory. After the 1970s' "Save the Whales" campaign put pressure on the U.S. military to find a substitute for the sperm whale oil they were using as a lubricant, jojoba oil was discovered as a replacement. People looking for a quick buck set up jojoba farms, promised they'd pocket as much as \$20,000 an acre. During the boom, there were 36,000 acres of jojoba in commercial cultivation in the U.S., mostly owned by venture capitalists. Now there are just 2,500 acres, half of which are managed by Chip.

In 1979, Chip's dad Hal purchased 18 acres of land where the family farm still lies. He was nearing retirement from a successful practice as an ophthalmologist, and his children were uninterested in following in his physician footsteps, so he sought a legacy he could leave behind—a farm. Hal researched an array of crops to cultivate, from avocados to citrus. The eye doctor settled on jojoba after being intrigued by the similarities between its chemical composition and a substance naturally produced by the human eye.

A year after purchasing the land, and at the dawn of the jojoba craze, he began one of the first commercial cultivations in the world.

"No one knew anything about how to grow jojoba at the time," Chip says. "We were pretty much destined for failure from the get-go."

Chip's father and his family were true pioneers. Hal's professional background, rooted in research, helped him convert this challenging crop into a commercially viable one.

In 1986, at the age of 21, Chip joined his dad on the farm full-time. Jumping into research and development, Chip spent the next 18 years conducting studies on over 1,500 jojoba genotypes. He'd check factors like yields, seed size, bloom times, and prune-ability before narrowing the genotypes down to the top 30 still present on the farm today. His favorite is Keiko, affectionately named after his late stepmother, a varietal with 56% oil content (a much higher percentage than most).

Now deceased, Hal is still considered one of the "fathers" of U.S. jojoba. And the farm that he began, which is still overseen by Chip,

produces some of the finest jojoba oil worldwide. While you can now find jojoba grown in Peru, Israel, and Argentina, it's Chip's farm that has served as the model for commercially cultivating jojoba at scale. He relishes the opportunity to host jojoba growers from across the globe, imparting his wisdom gleaned from decades of experimentation.

One reason Chip's oil is of such high quality comes from tending a native plant on its native soil.

"Would you buy tequila from Russia?" Chip says. "No. Of course not. So why get jojoba elsewhere than the Sonoran Desert? It has to be better here."



Another reason we choose to source our jojoba oil from Chip's farm is its freshness. While the seeds are harvested just once per year, they are stored and pressed to order at the processing facility adjacent to Chip's fields. His team presses 17 pounds of seed for every gallon of oil, filling Mountain Rose Herbs' order in a single day. To create the certified organic golden jojoba oil we love, Chip filters it three times, leaving behind a luscious liquid. That oil then arrives at our Eugene, Oregon headquarters within two weeks, where it's essentially bottled to order. When we get close to running out, we call Chip, who freshly presses another batch.

The oil offered in our shop is a beautiful, sunny hue with a very slight nutty scent that's reminiscent of freshly baked almond cookies. While there are other ways to process jojoba—deodorized or clear—we prefer the certified organic golden, as it's the least processed option available. And we believe the less human intervention, the better.

"Now that my dad has passed, I see that I need to continue on with his work," Chip says while staring up at the bright, blue Arizona sky. "We have a long way to go and many, many years ahead, but it's the challenge that keeps me excited." 🍷

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. The 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 catalog and in our online shop is safe for you and your family.

Our goal is to do what's right: putting people, plants, and planet before 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 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 TRUE Zero Waste 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

We match our employees' donations to environmental organizations through EarthShare Oregon.

OREGON BENEFIT COMPANY

We are proud to be an Oregon Benefit Company, which aligns with our mission and company culture.

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Organic LOOSE-LEAF TEA

Handmade in small batches, our beloved herbal tea blends are crafted to perfection using time-honored recipes. The exceptional white, green, black, and red teas we offer are cultivated on tea estates tended by generations of expert growers. Our certified organic 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

This slightly spicy yet comforting blend is inspired by the throat chakra. Brew as a decoction or infusion. Licorice root°, marshmallow root°, *Echinacea purpurea* root°, orange peel°, cassia cinnamon bark°, ginger root°, fennel seed°, and cloves°+.

5 oz. \$11.50 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 leaf°, red clover herb°, St. John's wort°, sage leaf°, and ginger root°.

2.5 oz. \$6.50 8 oz. \$16.50 1 lb. \$28.50

NEW! Berry Bramble | Organic | Caffeine-free

A bright and flavorful blend of berries and earthy bramble leaves makes this infusion mildly sweet and wholly satisfying. Honeybush tea°, bilberries°, blueberries°, elder berries°, lycii berries°, raspberry leaf°, blackberry leaf°, rosehips°, acai berry powder°, and blackberry flavoring°.

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

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 leaf°, red clover blossoms°, meadowsweet herb°, calendula flowers°, skullcap°, lavender flowers°, chamomile flowers°, and meadowsweet flowers°.

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% chamomile flowers°.

3 oz. \$7.75 8 oz. \$16.50 1 lb. \$28.50

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°.

2.5 oz. \$8.50 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 leaf°, chamomile flowers°, skullcap°, mugwort°, damiana leaf°, rosemary leaf°, and rose petals°.

3 oz. \$7.00 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 leaf & flower°, peppermint leaf°, lemon balm°, and marshmallow leaf°.

3 oz. \$6.25 8 oz. \$13.25 1 lb. \$23.00

ORGANIC HERBAL TEA

NEW! Echinacea & Elder | Organic | Caffeine-free

This smooth, mellow herbal infusion has flavorful hints of sweet berries and citrus. Enjoy hot or iced any time of day. Raspberry leaf°, nettle leaf°, lemon balm°, elder berries°, *Echinacea purpurea* herb°, *Echinacea purpurea* root°, elder flowers°, rosehips°, lemon°, lemon verbena°, Oregon grape root°, and ginger root°.

4 oz. \$11.00 8 oz. \$17.25 1 lb. \$30.00

Evening Repose | Organic | Caffeine-free

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

3 oz. \$7.25 8 oz. \$15.25 1 lb. \$26.50

Fairytale | Organic | Caffeine-free

This whimsical infusion is perfect for storytime or bedtime. Calendula flowers°, red clover herb°, spearmint leaf°, lavender flowers°, lemon balm°, catnip°, oatstraw°, lemon peel°, skullcap°, chamomile flowers°, thyme leaf°, 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 leaf°, lemon balm°, nettle leaf°, dandelion leaf°, raspberry leaf°, oatstraw°, alfalfa leaf°, ginger root°, and lemon peel°.

2.5 oz. \$5.50 8 oz. \$14.00 1 lb. \$24.00

Fidnemed Nighttime | Organic | Caffeine-free

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

3 oz. \$7.75 8 oz. \$16.25 1 lb. \$28.00

Forests | Organic | Caffeine-free

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

5 oz. \$10.50 8 oz. \$13.25 1 lb. \$23.00

Grateful Heart | Organic | Caffeine-free

This delicious infusion will make your taste buds happy, your heart grateful, and will support general wellbeing. Hawthorn leaf & flower°, lemon balm°, rosehips°, dandelion leaf°, ginkgo leaf°, oatstraw°, bilberries°, hawthorn berries°, ginger root°, 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, tonic decoction is formulated especially for men. Dandelion root°, eleuthero root°, burdock root°, marshmallow root°, hawthorn berries°, fennel seed°, nettle root°, oatstraw°, saw palmetto berries°, and licorice root°.

5 oz. \$11.00 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 leaf°, lemongrass°, calendula flowers°, skullcap°, rosemary leaf°, sage leaf°, and fennel seed°.

3 oz. \$7.00 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 root°, roasted carob°, and maca powder°.

5 oz. \$11.50 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 flowers°, honeybush tea°, rosehips°, lemongrass°, spearmint leaf°, orange peel°, and rose petals°.

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

From top to bottom:
Dawn Chorus Tea
Herbal Coffee
Evening Repose Tea

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 is extra lovely with a bit of honey. Lemon verbena°, green rooibos tea°+, lemon balm°, lemon peel°, lemongrass°, and lemon flavoring°.

3 oz. \$6.00 8 oz. \$12.75 1 lb. \$22.00

Love | Organic | Contains caffeine

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. Damiana leaf°, roasted cacao nibs°+, roasted carob°, orange peel°, rose petals°, cassia cinnamon chips°, and vanilla flavoring°.

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

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 leaf°, spearmint leaf°, and peppermint flavoring°.

2.5 oz. \$5.00 8 oz. \$12.75 1 lb. \$22.00

NEW! Minty Ginkgo | Organic | Caffeine-free

Herbaceous and minty, this flavorful infusion can help lift the fog and brighten your day. These classic, supportive herbs make the perfect cup of tea for an afternoon slump. Ginkgo leaf°, gotu kola°, peppermint leaf°, spearmint leaf°, red clover herb°, rosemary leaf°, and ginger root°.

3 oz. \$7.00 8 oz. \$14.50 1 lb. \$25.00

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. Spearmint leaf°, cramp bark°, vitex berries°, skullcap°, marshmallow root°, passionflower°, and ginger root°.

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

Motherwort & Sage | Organic | Caffeine-free

This cooling infusion can be brewed to sip as needed, or refrigerated to enhance the cooling effect. Motherwort°, sage leaf°, dandelion leaf°, chickweed°, elder flowers°, lemon balm°, oatstraw°, and raspberry leaf°.

3 oz. \$6.00 8 oz. \$12.75 1 lb. \$22.00

Nettle & Blossoms | Organic | Caffeine-free

Cool and minty with citrus undertones, this refreshing infusion is calming and flavorful. Nettle leaf°, fennel seed°, lemongrass°, spearmint leaf°, bee pollen°, calendula flowers°, peppermint leaf°, red clover herb°, lavender flowers°, blue vervain°, and meadowsweet flowers°.

3 oz. \$7.00 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 seed°, fennel seed°, alfalfa leaf°, 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 flowers°, spearmint leaf°, lavender flowers°, cassia cinnamon bark°, passionflower°, and rose petals°.

3 oz. \$7.25 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 root°, dandelion root°, Oregon grape root°, eleuthero root°, yellow dock root°, and milk thistle seed°.

5 oz. \$11.00 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 floral notes. We donate 5% of sales from this tasty tea to the nonprofit organization Beyond Toxics and its campaign to save pollinators. Peppermint leaf°, lemon balm°, dandelion leaf°, lavender flowers°, *Echinacea purpurea* herb°, yarrow leaf & flower°, calendula flowers°, thyme leaf°, and wood betony°.

3 oz. \$6.75 8 oz. \$14.00 1 lb. \$24.00



ORGANIC HERBAL TEA



From top to bottom:
Love Tea, Small Mesh Tea
Ball, Minty Ginkgo Tea,
Winter Spice Tea in a Tea
Infuser with Wooden Handle,
Minty Ginkgo Tea

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 leaf°, catnip°, chamomile flowers°, skullcap°, raspberry leaf°, calendula flowers°, and meadowsweet flowers°.

2.5 oz. \$5.75 8 oz. \$14.50 1 lb. \$25.00

The Blues | Organic | Caffeine-free

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

3 oz. \$6.75 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 flowers°, peppermint leaf°, lemongrass°, red clover herb°, nettle leaf°, alfalfa leaf°, 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 root°, cassia cinnamon bark°, roasted dandelion root°, astragalus root°, orange peel°, ginger root°, roasted chicory root°, licorice root°, cardamom hulled°, and cloves°+.

5 oz. \$10.00 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 leaf°, lemon balm°, vitex berries°, mugwort°, and horsetail°.

3 oz. \$6.00 8 oz. \$12.75 1 lb. \$22.00

Women's Balancing | Organic | Caffeine-free

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

2.5 oz. \$5.50 8 oz. \$14.00 1 lb. \$24.00

RECIPE



Floral

SUGAR SCRUB

Recipe by: Tiana, Products Coordinator

Makes about 4 ounces.

Ingredients

1/2 cup organic sugar
2 Tbsp. organic fractionated (MCT) coconut oil*
1 Tbsp. raw, local honey
4 drops organic carrot seed essential oil*
4 drops organic ylang ylang essential oil*
2 drops organic lavender essential oil*
2 Tbsp. unbrewed organic herbal tea (we like to use Chamomile*, Fairytale*, Evening Repose*, or Peace* tea blends)

Directions

In a mixing bowl, combine sugar, oil, honey, and essential oils until evenly blended. Next, incorporate loose-leaf tea and mix until well combined and distributed evenly. Spoon into a 4-ounce glass jar* and store for up to 1 month. Use in the shower for a luxurious body exfoliant. Makes a great gift too!

*Offered by Mountain Rose Herbs

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 powder[°], and coconut flavoring[°].

4 oz. \$8.25 8 oz. \$13.00 1 lb. \$22.50

Green Rooibos | Organic | Fair trade | Caffeine-free

This unfermented tea comes to us from *Aspalathus 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 cup.

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

Honeyroo | Organic | Fair trade ingredients | Caffeine-free

This delectable 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

NEW! Orange Cream Rooibos | Organic | Fair trade ingredients | Caffeine-free

A wonderful blend of sweet and tart notes, this infusion brews up a lovely red hue and is a delicious family favorite. Red rooibos tea[°]+, orange peel[°], oranges[°], hibiscus flowers[°], lemon peel[°], calendula flowers[°], vanilla bean[°], meadowsweet flowers[°], and vanilla flavoring[°].

4 oz. \$13.25 8 oz. \$21.00 1 lb. \$36.50

Red Rooibos | Organic | Fair trade | Caffeine-free

Red rooibos (*Aspalathus 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. \$5.50 8 oz. \$8.75 1 lb. \$15.00

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. A delicious 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 provides 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



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 root°, cassia cinnamon bark°, Darjeeling tea°+, cardamom hulled° and whole pods°, cloves°+, and nutmeg°+.

5 oz. \$11.00 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 nighttime tea. Ginger root°, cassia cinnamon bark°, red rooibos tea°+, cardamom hulled° and whole pods°, cloves°+, and nutmeg°+.

5 oz. \$10.00 8 oz. \$12.75 1 lb. \$22.00

Holy Basil Chai | Organic | 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°, cassia cinnamon bark°, ginger root°, cardamom hulled° and whole pods°, cloves°+, fennel seed°, vanilla bean°, and long pepper°+.

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

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. Cassia cinnamon bark°, ginger root°, turmeric root°+, cardamom hulled° and whole pods°, fennel seed°, cloves°+, black pepper°+, and cayenne°+.

5 oz. \$10.00 8 oz. \$12.75 1 lb. \$22.00

RECIPE



Vegan Spiced ROOIBOS CHAI

Recipe by: Tim, Marketing Assistant

Makes 4 servings.

Ingredients

4 cups filtered water
1 cup organic coconut milk or favorite nut milk
2 Tbsp. organic red rooibos tea*
1 Tbsp. organic ginger root*
2 tsp. organic whole cardamom pods*
1 organic sweet cinnamon stick*
1/2 tsp. organic whole cloves*
1/2 tsp. organic whole black peppercorns*
Vegan sweetener of choice

Directions

Combine all ingredients except sweetener in a large saucepan and slowly bring to a boil. Reduce heat to medium-low and simmer for an additional 20 minutes, stirring occasionally. Strain through fine mesh strainer*, sweeten to taste, and serve hot.

**Offered by Mountain Rose Herbs*

*From top to bottom:
Turmeric Chai,
Red Rooibos Tea,
Classic Chai*

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. \$10.25 8 oz. \$16.75 1 lb. \$29.00

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. \$8.50 8 oz. \$14.00 1 lb. \$24.00

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

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, but 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. \$6.75 8 oz. \$10.50 1 lb. \$18.00

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. \$11.75 8 oz. \$19.50 1 lb. \$33.50

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, this infusion may be enjoyed hot or iced.

4 oz. \$9.75 8 oz. \$16.00 1 lb. \$27.50

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. \$12.50 8 oz. \$20.75 1 lb. \$36.00

Orange Spice | Organic | Fair trade | Contains caffeine

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

4 oz. \$8.50 8 oz. \$14.00 1 lb. \$24.00

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. \$9.50 8 oz. \$15.75 1 lb. \$27.00

Vanilla Black | Organic | Fair trade | Contains caffeine

This intoxicating blend combines crisp black tea with floral vanilla notes. Assam tea⁺, elder flowers[°], and vanilla flavoring[°].

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. \$9.00 8 oz. \$15.00 1 lb. \$26.00

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. \$7.75 8 oz. \$12.75 1 lb. \$22.00

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. \$15.00 8 oz. \$24.75 1 lb. \$43.00

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 flowers°, lemon peel°, ginger root°, 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 is tightly rolled, and its dark leaves impart a striking flavor with a hint of char. Astringent and mildly bitter, this well-rounded tea can be enjoyed alone or blended with fresh mint and sweetener for a fragrant cup.

4 oz. \$7.00 8 oz. \$11.50 1 lb. \$20.00

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. \$7.00 8 oz. \$11.50 1 lb. \$20.00

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 taste. Longer brews can be overly tannic; we suggest starting with a one minute brew.

4 oz. \$10.50 8 oz. \$17.25 1 lb. \$30.00

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. \$31.25 8 oz. \$51.75 1 lb. \$90.00

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. \$14.25 1 lb. \$24.50

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 subtle flavor and a slightly fruity aftertaste.

4 oz. \$10.25 8 oz. \$16.75 1 lb. \$29.00

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°, Dao Ren tea°, peppermint leaf°, lemongrass°, hibiscus flowers°, and ginger root°.

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

From top to bottom:
Gunpowder Tea
Dao Ren Tea
Assam Tea

ORGANIC MATCHA TEA & TOOLS

Matcha Tea | Organic | Contains caffeine

With deep, historic roots in Japanese tea ceremonies, this finely powdered green tea is delicious and versatile. 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.



RECIPE



Refreshing

MATCHA LEMONADE

Recipe by: Raychel, Marketing Director

Makes 1 quart.

Ingredients

- 1/4 cup organic sugar
- 2 tsp. organic matcha tea powder*
- 2 3/4 cup water
- 1 cup fresh-squeezed lemon juice (roughly 4-6 organic lemons)

Directions

Place sugar in mixing bowl. Sift matcha into sugar and stir to combine. In a small saucepan on medium heat, add the sugar/matcha mixture and 3/4 cup of water. Stir until sugar and matcha have dissolved, making a matcha simple syrup. Remove pan from heat and set syrup aside to cool. In a 1-quart glass jar or pitcher, add remaining 2 cups water, lemon juice, and matcha simple syrup. Stir to combine. Chill or serve on ice. Garnish each glass with a lemon wedge and sprig of fresh mint for an extra special treat.

**Offered by Mountain Rose Herbs*



ORGANIC MATÉ & MORE



Mint Chocolate Maté | Organic | Fair trade ingredients | Contains caffeine
Refreshing and smooth, this energetic 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 leaf°, roasted cacao nibs°, roasted carob°, vanilla bean°, and roasted cacao powder°+.

4 oz. \$11.50 8 oz. \$18.25 1 lb. \$31.50

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. \$7.75 8 oz. \$12.75 1 lb. \$22.00

Tropical Guayusa | Organic | Contains caffeine

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

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

NEW! Dark Roast Yaupon | Organic | Contains caffeine

This smooth and delicious tea is native to the southern U.S. The yaupon holly is part of the same family as South American guayusa and yerba mate. Roasted to perfection, this tasty tea has a natural sweetness.

4 oz. \$15.25 8 oz. \$24.25 1 lb. \$42.00

RECIPE



Yerba Maté

GOLDEN LATTE

Recipe by: Tim, Marketing Assistant

Makes about 16 ounces.

Ingredients

1 Tbsp. organic yerba maté*
1 1/2 cups water
1/4 cup organic coconut milk
1/2 tsp. organic turmeric root powder*
1/4 tsp. organic cardamom powder*
Raw, local honey, to taste

Directions

Scoop loose-leaf yerba mate into a tea strainer* and place in desired mug*. Pour boiling water over tea leaves and let steep for at least 5 minutes. Remove tea strainer and compost tea leaves. Add coconut milk, turmeric, and cardamom. Blend well with a milk frother, small whisk, or fork. Add honey to taste, if desired.

*Offered by Mountain Rose Herbs

ORGANIC WHITE TEA

NEW! Harvest White Peony | Organic | Contains caffeine

The charming flavor of dried apple and pear are balanced by sophisticated white peony tea leaves in this refreshing blend. White peony tea°, lemon balm°, nettle leaf°, apples°, pears°, sweet cinnamon chips°, and apple cider flavoring°.

3 oz. \$7.75 8 oz. \$16.50 1 lb. \$28.50

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.

2.5 oz. \$7.75 8 oz. \$20.25 1 lb. \$35.00

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.

2.5 oz. \$6.75 8 oz. \$17.75 1 lb. \$30.50

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. \$40.75 8 oz. \$67.75 1 lb. \$117.50

ORGANIC OOLONG

Formosa Oolong | Organic | Contains caffeine

This Taiwanese-style oolong tea gets its grassy-sweet flavor from traditional roasting techniques and a longer oxidation. This unique oolong has a fruity taste and a mild, peach-like aroma. It is perfect for everyday enjoyment.

4 oz. \$18.50 8 oz. \$30.50 1 lb. \$53.00

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.

4 oz. \$17.25 8 oz. \$28.50 1 lb. \$49.50

Oolong | Organic | Contains caffeine

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

3 oz. \$7.75 8 oz. \$16.75 1 lb. \$29.00

NEW! Spiced Cream Oolong | Organic | Contains caffeine

This brilliant blend of complex flavors brings together sweet vanilla, bright citrus, and cardamom with our full-bodied oolong tea. Oolong tea°, oranges°, orange peel°, lemons°, calendula flowers°, cardamom hulled°, vanilla bean°, meadowsweet flowers°, and vanilla flavoring°.

4 oz. \$13.00 8 oz. \$20.75 1 lb. \$36.00



*From top to bottom:
White Peony Tea,
Glass Teapot with
White Silver Needle Tea*

ORGANIC FLOWERING TEA

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.

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.

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°.



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RECIPE



Sweet & Smoky **MARINADE**

Recipe by: Tiana, Products Coordinator

Makes enough for 4 servings.

Ingredients

- 3 Tbsp. organic formosa oolong tea leaves*
- 1 tsp. organic garlic powder*
- 1 tsp. organic oregano leaf*
- 1 tsp. organic parsley leaf*
- 1 tsp. organic whole black peppercorns*
- 1 tsp. kiawe smoked sea salt*
- 1/2 tsp. organic chili powder blend*
- 1/2 tsp. organic thyme leaf*
- 3 Tbsp. organic olive oil*
- 1 Tbsp. organic balsamic vinegar
- 1/2 Tbsp. raw, local honey

Directions

Grind all dry ingredients together using a mortar and pestle*. Combine ground herbs with olive oil, vinegar, and honey to create a thick paste. Makes a great marinade for grilled veggies or protein of choice—cover with marinade and refrigerate for at least an hour or overnight before grilling.

**Offered by Mountain Rose Herbs*



**Bamboo & Stainless Steel
Tea Tumbler**



**Double Walled Glass
Tea Tumbler**



**Cast Iron Teapot
Black**



Ceramic Teapots



Tea Press



**Glass Teapot
Classic**



**Glass Teapot
Contemporary**

TEAPOTS

NEW! Bamboo & Stainless Steel Tea Tumbler | 15 oz. | **\$20.00**

This tea tumbler is designed for temperature retention and has a rustproof stainless steel interior and a bamboo exterior. The double walled vacuum design keeps liquids hot or cold for hours.

NEW! Double Walled Glass Tea Tumbler | 13.5 oz. | **\$19.00**

Made from impact-resistant borosilicate glass with a stainless steel infuser, this eco-friendly double walled tumbler insulates hot or cold drinks and opens at both top and bottom to make cleaning a breeze.

Cast Iron Teapot Black | 40 oz. | **\$45.00**

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.

Ceramic Teapots | 32 oz. | **\$11.00 each**

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

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. | **\$39.00**

Contemporary | 17 oz. | **\$27.00**

Replacement Infusers | **\$7.00**



**Celestial
Tea Strainer**



Mesh Tea Balls



**Mesh Teaspoon
with Handle**



**Mesh Infuser
with Wooden Handle**



Teabag Squeezer



**Poly Lined
Tea Bags**



Teapot Warmer



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, 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 | \$6.00

Stainless steel, 2" infuser, and 3" diameter plus handle.

Disposable Tea Filters

Perfect for infusing loose-leaf tea.

100 ct \$5.25

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 diameters.

Each \$2.00

Teabag Squeezer | \$5.00

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 | \$11.00

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

Make Tea Not War Mug | 15 oz. | \$12.00

Lead-free and made in the U.S.

Support Organic Agriculture Mug | 15 oz. | \$13.50

Lead-free and made in the U.S.



ESSENTIAL OILS

Mountain Rose Herbs' 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

Allspice A,B <i>Pimenta officinalis</i> Fresh, warm, and spicy with a sweet middle note.	1/2 oz. \$14.00	1 oz. \$24.00	2 oz. \$43.25
Amyris <i>Amyris balsamifera</i> Slightly sweet top notes that are almost vanilla-like with woody base notes.	1/2 oz. \$6.75	1 oz. \$11.50	2 oz. \$20.75
Angelica root A,D <i>Angelica archangelica</i> Organic Sharp, green, and herbaceous with peppery overtones.	1/8 oz. \$46.75	1/4 oz. \$81.25	1/2 oz. \$141.00
Anise seed A,B <i>Pimpinella anisum</i> Fresh, sweet, and spicy with a licorice-like scent.	1/2 oz. \$8.75	1 oz. \$15.00	2 oz. \$27.00
NEW! Armoise A,G <i>Artemisia herba-alba</i> Organic Bright, sweet, and herbaceous with a heavy green middle.	1/2 oz. \$22.50	1 oz. \$39.00	2 oz. \$70.25
Basil A,B,C <i>Ocimum basilicum</i> Organic Herbaceous and spicy with a characteristic basil aroma.	1/2 oz. \$8.50	1 oz. \$14.50	2 oz. \$26.25
Bay laurel A,B <i>Laurus nobilis</i> Organic Strong, spicy aroma that is medicinal and herbaceous.	1/2 oz. \$13.75	1 oz. \$23.50	2 oz. \$42.50
Benzoin absolute A <i>Styrax tonkinensis</i> Organic Solvent extracted Vanilla-like aroma that is soft, sweet, and warm.	1/2 oz. \$10.00	1 oz. \$17.00	2 oz. \$30.75
Bergamot (bergaptene-free) <i>Citrus bergamia</i> Organic Dry citrus that is bitter and slightly sour with subtle floral top notes.	1/2 oz. \$17.00	1 oz. \$29.50	2 oz. \$53.25

ESSENTIAL OILS

Bergamot mint A,B <i>Mentha citrata</i> Lightly minty and green with a slight citrus aroma.	1/2 oz. \$6.75	1 oz. \$11.50	2 oz. \$20.75
Black pepper A,B,E,F <i>Piper nigrum</i> Organic Sharp, dry, and spicy with a slightly woody undertone.	1/2 oz. \$16.50	1 oz. \$28.50	2 oz. \$51.50
Black spruce B,G <i>Picea mariana</i> Organic Pine-like with balsamic top notes and a slightly sweet undertone.	1/2 oz. \$21.50	1 oz. \$37.00	2 oz. \$66.75
NEW! Blue tansy A <i>Tanacetum annuum</i> Sweet, dry-floral with camphoraceous and honey-like undertones.	1/2 oz. \$83.00	1 oz. \$144.00	2 oz. 259.25
Blue yarrow A <i>Achillea millefolium</i> Organic Dry, smooth, herbal-floral.	1/8 oz. \$27.75	1/4 oz. \$48.25	1/2 oz. \$83.50
Cajeput A,B <i>Melaleuca leucadendra</i> Organic Strong camphoraceous scent that is slightly sweet.	1/2 oz. \$7.25	1 oz. \$12.50	2 oz. \$22.50
Camphor A,B,C,E <i>Cinnamomum camphora</i> Sharp and camphoraceous.	1/2 oz. \$3.75	1 oz. \$6.50	2 oz. \$11.75
Cardamom <i>Elettaria cardamomum</i> Organic Fair trade Warm, green, and spicy with characteristic cardamom notes.	1/2 oz. \$21.50	1 oz. \$37.00	2 oz. \$66.75
Carrot seed A <i>Daucus carota</i> Organic Earthy scent that is dry, rich, and slightly sweet.	1/2 oz. \$22.00	1 oz. \$38.00	2 oz. \$68.50
Catnip A <i>Nepeta cataria</i> Rich and herbaceous with a soft floral aroma.	1/2 oz. \$39.00	1 oz. \$67.50	2 oz. \$121.50
Cedarwood, Atlas A,B <i>Cedrus atlantica</i> Organic Woody, balsamic, and tenacious with rich dry undertones.	1/2 oz. \$5.50	1 oz. \$9.50	2 oz. \$17.25
Cedarwood, Virginia B <i>Juniperus virginiana</i> Woody and sweet with a characteristic cedar scent.	1/2 oz. \$4.25	1 oz. \$7.00	2 oz. \$12.75
Celery seed A <i>Apium graveolens</i> An earthy spice that is subtle, dry, and warm.	1/2 oz. \$8.00	1 oz. \$13.50	2 oz. \$24.50
Chamomile, blue B <i>Matricaria recutita</i> Organic Sweet herbaceous floral that is heavy and warm.	1/8 oz. \$28.50	1/4 oz. \$49.25	1/2 oz. \$85.25
Chamomile, Moroccan <i>Ormenis mixta</i> Slightly dry and balsamic with herbaceous floral middle notes.	1/2 oz. \$71.25	1 oz. \$123.50	2 oz. \$222.50
Chamomile, Roman B <i>Anthemis nobilis</i> Organic Fresh, rich, sweet, and fruity with an apple-like aroma.	1/8 oz. \$37.25	1/4 oz. \$64.50	1/2 oz. \$111.75
Cinnamon bark A,F,G <i>Cinnamomum zeylanicum</i> Organic Fair trade Warm, dry, and spicy.	1/2 oz. \$22.75	1 oz. \$39.50	2 oz. \$71.25
Cinnamon leaf A,B <i>Cinnamomum zeylanicum</i> Organic Warm, dry, and spicy with a slightly sweet top note.	1/2 oz. \$5.25	1 oz. \$9.00	2 oz. \$16.25
Cistus A <i>Cistus ladaniferus</i> Organic Rich and herbaceous with a unique sweet scent.	1/8 oz. \$24.00	1/4 oz. \$41.50	1/2 oz. \$72.00
Citronella A,B <i>Cymbopogon winterianus</i> Organic Rich and sweet with a fresh herbaceous, almost lemony aroma.	1/2 oz. \$5.50	1 oz. \$9.50	2 oz. \$17.25
Clary sage A <i>Salvia sclarea</i> Organic Dry, musky, bittersweet floral.	1/2 oz. \$29.50	1 oz. \$51.00	2 oz. \$92.00
Clove bud A,B,F <i>Syzygium aromaticum</i> Organic Warm, spicy, and woody with a slightly fruity top note.	1/2 oz. \$8.00	1 oz. \$13.50	2 oz. \$24.50
Combava petitgrain A,B <i>Citrus hystrix</i> Organic Soft thick citrus with dry woody back notes.	1/2 oz. \$12.50	1 oz. \$21.50	2 oz. \$38.75
Copaiba balsam A,B <i>Copaifera officinalis</i> Organic Soft, sweet scent that is slightly woody.	1/2 oz. \$8.25	1 oz. \$14.00	2 oz. \$25.25
Coriander seed <i>Coriandrum sativum</i> Organic Sweet, soft spice notes that have a slightly fruity top aroma.	1/2 oz. \$12.50	1 oz. \$21.50	2 oz. \$38.75
Cornmint A,B <i>Mentha arvensis</i> Organic Fresh, soft, bittersweet, and minty aroma.	1/2 oz. \$6.75	1 oz. \$11.50	2 oz. \$20.75
Cypress A <i>Cupressus sempervirens</i> Organic Fresh, evergreen aroma with balsamic undertones.	1/2 oz. \$11.00	1 oz. \$19.00	2 oz. \$34.25
Davana A <i>Artemisia pallens</i> Organic Unique, rich, sweet, and fruity scent.	1/2 oz. \$45.75	1 oz. \$79.50	4 oz. \$258.00
Dill seed <i>Anethum graveolens</i> Organic Dry, soft, characteristic dill aroma.	1/2 oz. \$8.25	1 oz. \$14.00	2 oz. \$25.25

ESSENTIAL OILS

Douglas fir A,B <i>Pseudotsuga douglasii</i> Organic Crisp, fresh, green, and uplifting.	1/2 oz. \$15.75	1 oz. \$27.00	2 oz. \$48.75
Elemi <i>Canarium luzonicum</i> Fresh, lemony, and slightly spicy.	1/2 oz. \$9.50	1 oz. \$16.50	2 oz. \$29.75
Eucalyptus A,B,E <i>Eucalyptus globulus</i> Organic Strong penetrating scent that is woody and camphoraceous.	1/2 oz. \$4.50	1 oz. \$7.50	2 oz. \$13.50
Eucalyptus, lemon A,E <i>Eucalyptus citriodora</i> Organic Fresh and medicinal with a heavy lemon aroma.	1/2 oz. \$5.00	1 oz. \$8.50	2 oz. \$15.50
Fennel A,B,C,G <i>Foeniculum vulgare</i> Organic Sweet and earthy with an anise-like note.	1/2 oz. \$11.00	1 oz. \$19.00	2 oz. \$34.25
Fir needle B <i>Abies balsamea</i> Organic Soft-balsamic evergreen scent.	1/2 oz. \$8.00	1 oz. \$13.50	2 oz. \$24.50
Frankincense <i>Boswellia carteri</i> Organic Fresh and woody with a citrus top note.	1/2 oz. \$37.00	1 oz. \$64.00	2 oz. \$115.25
Geranium A,B <i>Pelargonium graveolens</i> Organic Heavy with a strong sweet, floral aroma.	1/2 oz. \$20.75	1 oz. \$36.00	2 oz. \$65.00
Ginger B,D <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	2 oz. \$41.50
Ginger, fresh <i>Zingiber officinale</i> Organic Fresh, warm, and woody with a sweet bright top note.	1/2 oz. \$21.75	1 oz. \$37.50	2 oz. \$67.50
Grand fir B <i>Abies grandis</i> Organic Fresh, green, and coniferous with a slightly sweet citrusy top note.	1/2 oz. \$45.00	1 oz. \$78.00	2 oz. \$140.50
Grapefruit B,D <i>Citrus paradisi</i> Organic Fresh and tangy citrus that smells like cutting into a juicy grapefruit.	1/2 oz. \$15.25	1 oz. \$26.50	2 oz. \$47.75
Helichrysum <i>Helichrysum italicum</i> Organic Sweet and earthy green-floral.	1/8 oz. \$34.75	1/4 oz. \$60.25	1/2 oz. \$104.75
Ho wood <i>Cinnamomum camphora</i> Bright, warm, and slightly woody.	1/2 oz. \$5.50	1 oz. \$9.50	2 oz. \$17.25
Hops flower B,G <i>Humulus lupulus</i> Dry, rich, and floral.	1/8 oz. \$21.00	1/4 oz. \$36.50	1/2 oz. \$63.25
Hyssop A,C <i>Hyssopus officinalis</i> Organic Sweet herbaceous scent that is slightly camphoraceous.	1/2 oz. \$12.75	1 oz. \$22.00	2 oz. \$39.75
Jasmine absolute A <i>Jasminum grandiflorum</i> Solvent extracted Warm, rich, deep-floral.	1/8 oz. \$82.25	1/4 oz. \$142.75	1/2 oz. \$248.25
Juniper berry B,F <i>Juniperus communis</i> Organic Fresh, green, and fruity with a balsamic undertone.	1/2 oz. \$14.00	1 oz. \$24.00	2 oz. \$43.25
Lavender <i>Lavandula angustifolia</i> Organic Herbaceous-floral with sweet top notes.	1/2 oz. \$13.25	1 oz. \$23.00	2 oz. \$41.50
Lavender, spike A,B <i>Lavandula latifolia</i> Organic Fresh, spicy-floral that is slightly camphoraceous.	1/2 oz. \$12.50	1 oz. \$21.50	2 oz. \$38.75
Lavender 40-42 blend <i>Lavandula</i> spp. Fresh, slightly spicy, and herbaceous-floral.	1/2 oz. \$5.75	1 oz. \$10.00	2 oz. \$18.00
Lemon B,D <i>Citrus limon</i> Organic Slightly sugary citrus that has strong sour notes characteristic of a fresh lemon.	1/2 oz. \$7.25	1 oz. \$12.50	2 oz. \$22.50
Lemon balm (Melissa) B <i>Melissa officinalis</i> Organic Light and fresh, green-citrus that has herbaceous undertones.	1/8 oz. \$98.00	1/4 oz. \$170.25	1/2 oz. \$295.75
Lemongrass B <i>Cymbopogon flexuosus</i> Organic Heavy, green, herbaceous, lemon-like aroma.	1/2 oz. \$5.25	1 oz. \$9.00	2 oz. \$16.25
Lime peel D <i>Citrus aurantifolia</i> Organic Tart, sour citrus that has a fresh and bright top note.	1/2 oz. \$11.00	1 oz. \$19.00	2 oz. \$34.25
Litsea cubeba B <i>Litsea cubeba</i> Organic Heavy, sweet citrus with herbaceous undertones.	1/2 oz. \$5.50	1 oz. \$9.50	2 oz. \$17.25
Mandarin <i>Citrus reticulata</i> Organic Light, fruity citrus that is slightly sweet.	1/2 oz. \$17.00	1 oz. \$29.50	2 oz. \$53.25
Manuka <i>Leptospermum scoparium</i> Rich, sweet, and herbaceous.	1/2 oz. \$35.50	1 oz. \$61.50	2 oz. \$110.75
Marjoram, Spanish A,B <i>Thymus mastichina</i> Organic Bright and camphoraceous with a dry base note and slightly sweet middle note.	1/2 oz. \$17.75	1 oz. \$30.50	2 oz. \$55.00

ESSENTIAL OILS

Marjoram, sweet A <i>Origanum majorana</i> Organic Sweet herbaceous scent with slight camphoraceous notes.	1/2 oz. \$14.50	1 oz. \$25.00	2 oz. \$45.00
Myrrh A <i>Commiphora myrrha</i> Organic Dry, creamy, resinous aroma.	1/2 oz. \$50.75	1 oz. \$88.00	2 oz. \$158.50
Myrtle <i>Myrtus communis</i> Organic Sweet and camphoraceous.	1/2 oz. \$26.25	1 oz. \$45.50	2 oz. \$82.00
Neroli <i>Citrus aurantium</i> Organic Light, sweet-floral fragrance.	1/8 oz. \$95.00	1/4 oz. \$165.00	1/2 oz. \$286.75
Niaouli <i>Melaleuca viridiflora</i> Organic Sweet, fresh, and camphoraceous.	1/2 oz. \$5.75	1 oz. \$10.00	2 oz. \$18.00
Nutmeg P <i>Myristica fragrans</i> Organic Spicy and warm with characteristic nutmeg notes.	1/2 oz. \$11.00	1 oz. \$19.00	2 oz. \$34.25
Oak moss absolute A,B,C <i>Evernia prunastri</i> Solvent extracted Dry, earthy, and bark-like.	1/2 oz. \$28.50	1 oz. \$49.50	2 oz. \$89.25
Oakwood absolute A <i>Quercus robur</i> Solvent extracted Rich smoky wood, reminiscent of whiskey with oaky vanilla undertones.		1/2 oz. \$81.75	1 oz. \$142.00
Opopanax B <i>Commiphora guidottii</i> Organic Bright resinous scent that is dry with long-lasting sweet-balsamic undertones.	1/2 oz. \$21.50	1 oz. \$37.00	2 oz. \$66.75

RECIPE



Harvest Moon MILK BATH

Recipe by: Janice Cox, guest herbalist

Makes 4 servings.

Ingredients

2 cups nonfat organic milk powder or
vegan alternative
1/2 cup finely ground organic almonds or
almond flour
1/2 cup baking soda*
1/4 cup bentonite clay*
5 drops organic lavender essential oil*
5 drops organic rosemary essential oil*
3 drops organic peppermint essential oil*

Directions

Celebrate the full moon that occurs nearest the autumnal equinox with this relaxing bath—the milk and almonds are reminiscent of the large, milky moon and are also renowned for their skin-softening properties. Mix all ingredients well in a large bowl and store in a dry, clean glass pantry jar*. Add 1 cup of mixture to the bath as you fill the tub and stir well. Soak for 20 minutes and then rinse off with a warm shower.

*Offered by Mountain Rose Herbs

Excerpted from Janice's book *Natural Beauty from the Garden*.

ESSENTIAL OILS

Orange, bitter B,D <i>Citrus aurantium</i> Organic Dry citrus that has bitter top notes complemented by a faintly sweet base.	1/2 oz. \$8.25	1 oz. \$14.00	2 oz. \$25.25
Orange, sweet <i>Citrus sinensis</i> Organic Sweet and bright sugary citrus.	1/2 oz. \$4.75	1 oz. \$8.00	2 oz. \$14.50
Oregano A,B <i>Origanum vulgare</i> Organic Warm, spicy-herbaceous scent.	1/2 oz. \$11.25	1 oz. \$19.50	2 oz. \$35.25
Palmarosa <i>Cymbopogon martinii</i> Organic Sweet, floral, and rosy with a geranium-like aroma.	1/2 oz. \$7.00	1 oz. \$12.00	2 oz. \$21.75
Palo santo <i>Bursera graveolens</i> Tenacious, sweet woody citrus with a sharp resinous back note.	1/2 oz. \$28.25	1 oz. \$49.00	2 oz. \$88.25
Parsley seed A,B <i>Petroselinum sativum</i> Soft, warm scent that is woody and herbaceous.	1/2 oz. \$12.00	1 oz. \$20.50	2 oz. \$37.00
Patchouli <i>Pogostemon cablin</i> Organic Earthy, smoky, spicy, and musky.	1/2 oz. \$11.50	1 oz. \$20.00	2 oz. \$36.00
Peppermint A,B,C,E <i>Mentha piperita</i> Organic Fresh, very minty, hot, and herbaceous with a vegetal back note.	1/2 oz. \$9.00	1 oz. \$15.50	2 oz. \$28.00
Peru balsam <i>Myroxylon balsamum</i> Rich and balsamic with a sweet vanilla-like undertone.	1/2 oz. \$11.50	1 oz. \$20.00	2 oz. \$36.00
Petitgrain <i>Citrus aurantium</i> Organic Fresh, floral, citrus scent and a woody-herbaceous undertone.	1/2 oz. \$12.75	1 oz. \$22.00	2 oz. \$39.75
Pink pepper <i>Schinus molle</i> Organic Sweet and spicy, yet fruity with a dry-balsamic peppery back note.	1/2 oz. \$12.50	1 oz. \$21.50	2 oz. \$38.75

RECIPE



Woodland Escape BATHROOM SPRAY

Recipe by: Jessicka, Marketing Strategist

Fills a 2-oz. bottle.

Ingredients

- 1 oz. distilled water
- 1 oz. organic vodka
- 20 drops organic Virginia cedarwood essential oil*
- 15 drops organic vetiver essential oil*
- 10 drops organic bay laurel essential oil*
- 10 drops organic myrtle essential oil*

Directions

Combine all ingredients in a 2-ounce glass bottle with mister top*. Screw on top and shake vigorously for about 30 seconds. The aroma will harmonize over the next few days into a well-balanced walk in the woods. Shake well before each use. Note: due to the higher concentration of essential oils in this blend, it should only be used as a room spray and not topically.

*Offered by Mountain Rose Herbs



ESSENTIAL OILS

Poplar bud absolute A <i>Populus nigra</i> Solvent extracted Rich with balsamic undertones and heavy vanilla honey top notes.	1/2 oz. \$62.25	1 oz. \$108.00	2 oz. \$194.50
Rose absolute A <i>Rosa damascena</i> Solvent extracted Sweet and floral rosy scent that resembles the distilled oil with a fuller body.	1/8 oz. \$53.00	1/4 oz. \$91.75	1/2 oz. \$159.50
Rose, Bulgarian <i>Rosa damascena</i> Organic Sweet and floral with deep round notes and a rich body.	1/8 oz. \$214.00	1/4 oz. \$371.75	1/2 oz. \$646.50
Rosemary A,C,E,G <i>Rosmarinus officinalis</i> Organic Strong, fresh, and camphoraceous with a woody-balsamic undertone.	1/2 oz. \$8.00	1 oz. \$13.50	2 oz. \$24.50
Sage, common A,B,C <i>Salvia officinalis</i> Organic Fresh and herbaceous with warm-spicy notes.	1/2 oz. \$13.00	1 oz. \$22.50	2 oz. \$40.50
Sandalwood, Australian <i>Santalum spicatum</i> Organic Soft, woody, extremely tenacious, and balsamic.	1/8 oz. \$30.00	1/4 oz. \$51.75	1/2 oz. \$89.75
Scotch pine B <i>Pinus sylvestris</i> Organic Strong, dry-balsamic aroma with a turpentine-like note.	1/2 oz. \$8.50	1 oz. \$14.50	2 oz. \$26.25
Spearmint F <i>Mentha spicata</i> Organic Fair trade Warming, fresh, minty scent.	1/2 oz. \$7.50	1 oz. \$13.00	2 oz. \$23.50
St. John's wort A <i>Hypericum perforatum</i> Soft herbal aroma.	1/8 oz. \$23.00	1/4 oz. \$39.75	1/2 oz. \$68.75
Tagetes A,B,D <i>Tagetes minuta</i> Unique bitter-green and herbaceous scent.	1/2 oz. \$13.25	1 oz. \$23.00	2 oz. \$41.50
Tangerine B <i>Citrus reticulata</i> Organic Sweet bright citrus that is orange-like but not as sugary.	1/2 oz. \$12.75	1 oz. \$22.00	2 oz. \$39.75
Tarragon A <i>Artemisia dracunculus</i> Sweet and anise-like with a spicy green aroma.	1/2 oz. \$12.25	1 oz. \$21.00	2 oz. \$38.00
Tea tree A,B <i>Melaleuca alternifolia</i> Organic Warming and fresh with a slightly camphoraceous scent.	1/2 oz. \$8.00	1 oz. \$13.50	2 oz. \$24.50
NEW! Tea tree, lavender <i>Melaleuca ericifolia</i> Soft woody undertones with a rounded floral top.	1/2 oz. \$8.50	1 oz. \$14.50	2 oz. \$26.25
Thyme, red A,B <i>Thymus vulgaris</i> Organic Warm, spicy-herbaceous, and powerful.	1/2 oz. \$19.00	1 oz. \$33.00	2 oz. \$59.50
Turmeric A,B <i>Curcuma longa</i> Organic Fresh, spicy, and woody.	1/2 oz. \$16.50	1 oz. \$28.50	2 oz. \$51.50
Valerian B <i>Valeriana</i> sp. Warm and woody with a musky-earth base note.	1/2 oz. \$47.25	1 oz. \$82.00	2 oz. \$147.75
Vanilla absolute <i>Vanilla planifolia</i> Organic Solvent extracted Rich, sweet, and balsamic.	1/8 oz. \$78.25	1/4 oz. \$136.00	1/2 oz. \$236.50
Vetiver <i>Vetiveria zizanioides</i> Organic Rich, earthy scent that is slightly sweet and woody.	1/2 oz. \$34.00	1 oz. \$59.00	2 oz. \$106.25
Vitex A,G <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. \$50.75	1 oz. \$88.00	2 oz. \$158.50
Western red cedar A,B <i>Thuja plicata</i> Organic Sharp, fresh, and camphoraceous with green, forest-like undertones.	1/2 oz. \$43.50	1 oz. \$75.50	2 oz. \$136.00
Ylang ylang, complete A <i>Cananga odorata</i> Organic Rich, sweet-floral.	1/2 oz. \$15.00	1 oz. \$26.00	2 oz. \$47.00

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., 1 oz., and 2 oz. sizes are fit with a euro reducer. 4 oz. and 16 oz. bottles come with a standard screw cap. Store in a cool, dry place out of reach of children and pets.

GENERAL PRECAUTIONS

Never use undiluted, in eyes, or on mucus membranes. Do not take internally unless working with a qualified healthcare practitioner. If applying an essential oil to your skin, always perform a small patch test before use.

PRECAUTIONS KEY

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

ESSENTIAL OIL ROLL-ONS

Our new line of pre-diluted essential oils and absolutes are packaged in 10-mL glass bottles with a convenient roll-top applicator for easy use. Contains 2% essential oil.

NEW! Australian Sandalwood Roll-On | Organic | 10 mL \$10.50

Fractionated coconut MCT oil° and Australian sandalwood essential oil°.

NEW! Bulgarian Rose Roll-On | Organic | 10 mL \$26.50

Fractionated coconut MCT oil° and Bulgarian rose essential oil°.

NEW! Frankincense Roll-On | Organic | 10 mL \$8.50

Fractionated coconut MCT oil° and frankincense essential oil°.

NEW! Helichrysum Roll-On | Organic | 10 mL \$12.50

Fractionated coconut MCT oil° and helichrysum essential oil°.

NEW! Jasmine Roll-On | 10 mL \$19.50

Fractionated coconut MCT oil° and jasmine absolute.

NEW! Lavender Roll-On | Organic | 10 mL \$8.50

Fractionated coconut MCT oil° and lavender essential oil°.

NEW! Lemon Balm Roll-On | Organic | 10 mL \$19.50

Fractionated coconut MCT oil° and lemon balm essential oil°.

NEW! Neroli Roll-On | Organic | 10 mL \$19.50

Fractionated coconut MCT oil° and neroli essential oil°.

NEW! Palo Santo Roll-On | 10 mL \$8.50

Fractionated coconut MCT oil° and palo santo essential oil.

NEW! Peppermint Roll-On | Organic | 10 mL \$8.50

Fractionated coconut MCT oil° and peppermint essential oil°.

NEW! Roman Chamomile Roll-On | Organic | 10 mL \$12.50

Fractionated coconut MCT oil° and Roman chamomile essential oil°.

NEW! Tea Tree Roll-On | Organic | 10 mL \$8.50

Fractionated coconut MCT oil° and tea tree essential oil°.

NEW! Ylang Ylang Roll-On | Organic | 10 mL \$8.50

Fractionated coconut MCT oil° and ylang ylang essential oil°.

SAMPLER KITS

Our essential oil sampler sets are a great way to try multiple essential oils without committing to our smallest size offering. Each kit is packaged in a reusable tin and comes with detailed oil descriptions and suggested uses.

Aphrodite Sampler | Organic | \$62.25

This intoxicating sampler was created to arouse feelings of love and passion. It 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 | \$52.25

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 | \$36.25

This collection of organic essential oils is designed to introduce you to the art of aromatherapy. It 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.

Organic HYDROSOLS

Easy to use! These high-quality aromatic waters have similar properties to essential oils but are not as concentrated and even more versatile. Delicately scented, they make wonderful perfumes, linen and aromatherapy sprays, facial toners, and ingredients for DIY body care. You can even add them to a pot of water and simmer on the stove for an aromatic “humidifier” in the winter months.

Blood Orange | *Citrus x 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. \$18.25 16 oz. \$31.50 64 oz. \$113.50

Calendula | *Calendula officinalis* | Organic

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. \$20.25 16 oz. \$35.00 64 oz. \$126.00

Catnip | *Nepeta cataria* | Organic

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

3 oz. \$7.25 8 oz. \$16.25 16 oz. \$28.00 64 oz. \$101.00

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

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. \$8.00 8 oz. \$18.25 16 oz. \$31.50 64 oz. \$113.50

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. \$12.50 8 oz. \$28.50 16 oz. \$49.50 64 oz. \$178.25

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. \$8.00 8 oz. \$18.25 16 oz. \$31.50 64 oz. \$113.50

Eucalyptus | *Eucalyptus globulus*

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

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

Frankincense | *Boswellia carteri* | Organic

A powerful hydrosol used for 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. \$6.50 8 oz. \$14.75 16 oz. \$25.50 64 oz. \$92.00

Ginger | *Zingiber officinale* | Organic

This spicy hydrosol imparts the warm and zesty aroma of fresh ginger root. It may be used in place of water in any body care formulation, in DIY cleaning recipes, or as an uplifting aroma spray in combination with your favorite essential oils.

3 oz. \$8.75 8 oz. \$19.75 16 oz. \$34.00 64 oz. \$112.50



ORGANIC HYDROSOLS

Helichrysum | *Helichrysum italicum* | Organic

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

3 oz. \$10.50 8 oz. \$24.25 16 oz. \$42.00 64 oz. \$151.25

Lavandin | *Lavandula x intermedia* | Organic

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

3 oz. \$4.00 8 oz. \$8.75 16 oz. \$15.00 64 oz. \$54.00

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

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

Lemon Verbena | *Aloysia citriodora* | Organic

Revitalizing for all skin types, this hydrosol is lightly stimulating and uplifting on gloomy days. A great pick-me-up in a bottle.

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

Lime | *Citrus latifolia* | Organic

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

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

Neroli (Orange Blossom) | *Citrus aurantium*

Calming and grounding with a delightfully complex aroma. This hydrosol is a milder version of its essential oil counterpart with similar aroma notes. Organic neroli hydrosol and sodium benzoate.

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. \$7.25 8 oz. \$16.25 16 oz. \$28.00 64 oz. \$101.00

Rose | *Rosa damascena* | Organic

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

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

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. \$4.75 8 oz. \$15.00 16 oz. \$18.50 64 oz. \$66.75

Rose Geranium | *Pelargonium* spp. | Organic

A wonderful balancer for combination skin. This intoxicating hydrosol has a strong tenacious, sweet-floral scent that can be overpowering when blending.

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

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. \$16.75 16 oz. \$29.00 64 oz. \$104.50

Sage | *Salvia officinalis* | Organic

Distilled from culinary sage, this hydrosol has a strong aroma that is bright and green 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. \$16.75 16 oz. \$29.00 64 oz. \$104.50





NEW! Sweetgrass | *Hierochloe odorata* | Organic

Subtle and honeyed with a green undertone, this refreshing botanical water can be used as a room spray or in homemade body mists.

3 oz. \$10.00 8 oz. \$22.75 16 oz. \$39.50 64 oz. \$142.25

Tulsi (Holy Basil) | *Ocimum spp.* | Organic

Warm, soothing, and slightly spicy, this hydrosol is wonderful to spray directly on the face or body.

3 oz. \$8.00 8 oz. \$18.25 16 oz. \$31.50 64 oz. \$113.50

Turmeric | *Curcuma longa* | Organic

With a faintly spicy and earthy aroma, turmeric hydrosol makes a lovely facial toner for a radiant complexion. Blend it into your favorite facial mask recipe or add to a bath after a long day of hiking or sports.

3 oz. \$9.00 8 oz. \$20.50 16 oz. \$35.50 64 oz. \$128.00

NEW! White Sage | *Salvia apiana* | Organic

A gentler scent than the pungent leaves of white sage, this crisp and subtle hydrosol is excellent for clearing energy in spaces. A smokeless alternative to white sage bundles.

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

Ylang Ylang | *Cananga odorata*

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. Organic ylang ylang hydrosol and sodium benzoate.

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

RECIPE



Beach Waves

SOFT HAIRSPRAY

Recipe by: Heather Irvine, guest herbalist

Fills a 3-ounce bottle.

Ingredients

3 oz. organic rose hydrosol*

1 1/2 tsp. Himalayan pink salt*

1-2 tsp. Non-GMO Project Verified aloe vera gel*

10-20 drops organic lavender or geranium essential oil*

Directions

This gentle hairspray smells amazing. We have suggested essential oils, but feel free to customize with your favorite scents. If you have purchased our hydrosol in a 3-ounce bottle, simply use that container for this recipe.

Otherwise, in a 4-ounce glass bottle with spray top*, remove the top and add salt to the hydrosol, a little bit at a time. Shake after each addition to ensure salt dissolves. Add the aloe vera gel and shake again to combine. Then add essential oil. For those in dry climates, opt for the smaller amount of essential oil. For those in humid climates (especially those with curly hair), try the full 20 drops. Shake well before use.

*Offered by Mountain Rose Herbs



**Aromatherapy
Fan Diffuser**



**Ceramic
Diffuser**



**Electric
Diffuser**



**Light House
Ultrasonic Diffuser**



**Supernova
Ultrasonic Diffuser**



**Terra Cotta
Diffusers**



**Terra Cotta
Tea Light Diffuser**



**Ziba Waterless
Diffuser**

DIFFUSERS & CANDLES

Aromatherapy Fan Diffuser | \$17.99

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 1 3/4". (5 replacement pads | \$3.50)

Ceramic Diffuser | \$18.00

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 | \$4.50)

NEW! Light House Ultrasonic Diffuser | \$34.95

This versatile diffuser is great for use in the home or office. Featuring a reproduced wood grain, continuous or intermittent time settings, an auto shut off, and optional light. 5 3/4" x 3 1/2". Includes an AC adaptor.

NEW! Supernova Ultrasonic Diffuser | \$69.95

This beautiful ceramic diffuser provides up to seven hours of aromatic goodness. Continuous and intermittent settings can be set to shut off at different intervals or auto shut off. 7 1/2" x 5". Includes an AC adaptor.

Terra Cotta Diffusers | \$3.75 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.

Terra Cotta Tea Light Diffuser | \$16.00

This one-piece terra cotta diffuser is ideal for small spaces. Tea light not included. 3 1/2" x 3 1/2".

Ziba 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 | \$23.00)

Beeswax Candles

Classic candles made in the U.S. from pure beeswax.

Pillar 3 1/2" x 3", burns for 60 hours | **\$16.00**

Column 4" x 1 1/2", burns for 20 hours | **\$7.25**

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

Tea Lights

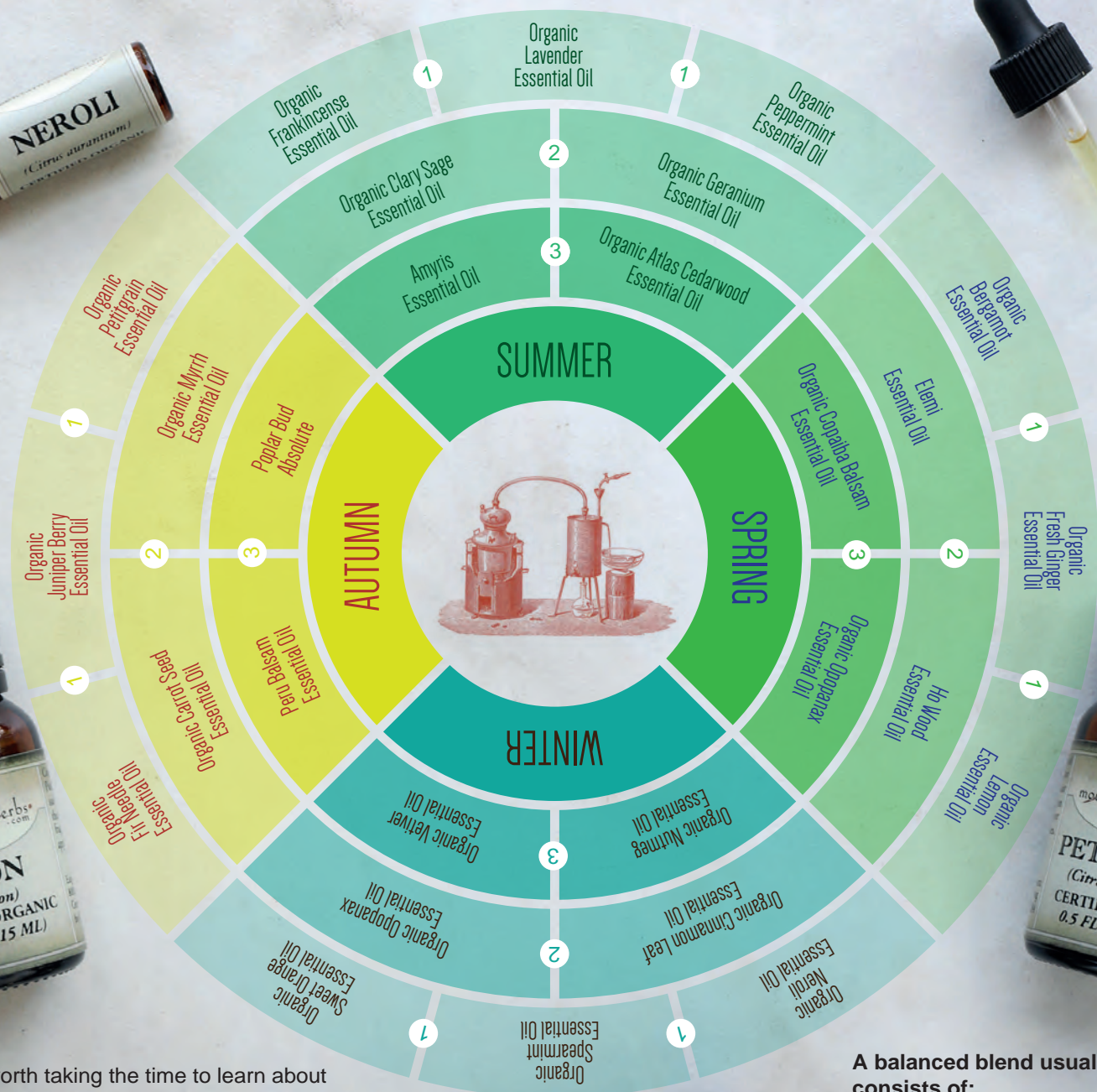
Our favorite candles for aroma diffusers. 1 1/2" in diameter with an average burn time of four hours.

Beeswax Tea Lights (6 pack) | **\$7.25**

Soy Tea Lights (4 pack) | **\$4.90**

Essential Oils FOR THE SEASONS

Blending essential oils is year-round fun. With the different seasons come different scents that comfort us, uplift us, and keep us grounded. Follow our guide to create your own seasonal essential oil combinations. Not all oils need to be used—just experiment and trust your nose!



It's worth taking the time to learn about fragrance notes, as it will help create a more well-rounded "scent story." Balanced blends that mix top, middle, and base notes mean you'll enjoy the fragrance throughout all stages of evaporation.

Looking for more blending inspiration?
www.mrh.life/Essentialinfo

A balanced blend usually consists of:

- 1 30-70% top notes
- 2 20-40% middle notes
- 3 10-30% base notes

AROMA SPRAYS

All of our aroma sprays are packaged in frosted glass bottles with misters.

Aphrodite Aroma Spray | 2 oz. \$9.50

This sensual blend is rosy and grounding with sweet floral top notes that excite the senses. Distilled water, witch hazel extract°, palmarosa essential oil°, patchouli essential oil°, Australian sandalwood essential oil°, rose absolute, and geranium essential oil°.

Cascadia Aroma Spray | 2 oz. \$8.50

Inspired by the Pacific Northwest, this blend is green and resinous with a slight floral top note. Distilled water, witch hazel extract°, lavender essential oil°, juniper berry essential oil°, Douglas fir essential oil°, and poplar bud absolute.

Citrus Mint Bathroom Spray | Organic | 2 oz. \$8.50

With a fresh, clean aroma, this mist is perfect for spaces that need a lifting spritz. Distilled water, witch hazel extract°, grapefruit essential oil°, tangerine essential oil°, elemi essential oil, copaiba balsam essential oil°, and peppermint essential oil°.

Invigorate Aroma Spray | Organic | 2 oz. \$8.50

This synergistic blend is slightly minty, slightly spicy, and completely rejuvenating! Distilled water, witch hazel extract°, fresh ginger essential oil°, Atlas cedarwood essential oil°, rosemary essential oil°, black pepper essential oil°, and spearmint essential oil°.

Uplifting Aroma Spray | 2 oz. \$11.50

Bring a smile to your face with a spritz of rich jasmine undertones and sweet floral top notes. Distilled water, witch hazel extract°, jasmine absolute, amyris essential oil, lavender essential oil°, and clary sage essential oil°.

Lavender Twist Linen Spray | Organic | 2 oz. \$8.50

Freshen your linens with this floral, citrusy spray that has a twist of forest-green notes. Distilled water, witch hazel extract°, lemon essential oil°, fir needle essential oil°, and lavender essential oil°.

Reflection Aroma Spray | Organic | 2 oz. \$8.50

Take a moment to pause with this grounding blend that is rich and resinous with tenacious undertones. Distilled water, witch hazel extract°, frankincense essential oil°, palmarosa essential oil°, davana essential oil°, and vetiver essential oil°.

Relaxing Blossoms Aroma Spray | Organic | 2 oz. \$9.50

Refresh and relax with this sweet floral blend filled with some of our favorite flower oils. Distilled water, witch hazel extract°, clary sage essential oil°, Roman chamomile essential oil°, carrot seed essential oil°, and ylang ylang essential oil°.

RECIPE



Minty Sage

ROOM SPRAY

Recipe by: Christine, Products Manager

Fills a 3-oz. bottle.

Ingredients

3 oz. organic sage hydrosol*

12 drops organic peppermint essential oil*

8 drops organic ginger essential oil*

4 drops organic sage essential oil*

Directions

This refreshing aroma blend makes a delightful room spray, especially around the office or anywhere you need a focusing pick-me-up. Carefully add essential oils directly to a 3-ounce bottle of organic sage hydrosol* (our 3-ounce size already comes with a mister). Shake well before each use and mist, as needed.

**Offered by Mountain Rose Herbs*



AROMA OILS

All of our aroma oils are now packaged in roll-top bottles for easy use.

Amber Aroma Oil | 10 mL \$14.50

An earthy yet sweet perfume. Sunflower oil°, rock rose and agarwood extracts, amber resin essential oil, vanilla extract, sandalwood essential oil, frankincense extract, patchouli essential oil, sea buckthorn extract, spikenard, myrrh, davana, nagarmotha, vetiver, liquidambar, Himalayan cedarwood and Atlas cedarwood essential oils, cardamom extract, black pepper essential oil, and ginger extract.

Aphrodite Aroma Oil | 10 mL \$12.50

This intoxicating blend has a sensuous and spicy aroma with floral undertones. Fractionated coconut MCT oil°, palmarosa essential oil°, patchouli essential oil°, Australian sandalwood essential oil°, rose absolute, and geranium essential oil°.

Heart Aroma Oil | 10 mL \$10.50

Warming, balancing, and full of gentle, inspiring joy; a wonderful scent for a rough day or the blues. Fractionated coconut MCT oil°, lavender essential oil°, ylang ylang essential oil°, Roman chamomile essential oil°, and sweet marjoram essential oil°.

Patchouli Amber Oil | 10 mL \$12.50

This alluring, earthy blend of botanicals is delightfully intriguing with a hint of spice. Sunflower oil°, patchouli, vetiver and sandalwood essential oils, cardamom and rock rose extracts, frankincense, myrrh, liquidambar, Himalayan cedarwood, black pepper, and amber resin essential oils.

Sandalwood Aroma Oil | 10 mL \$14.50

This exquisite oil highlights the soft, woody aroma of sandalwood with resinous, balsamic undertones that are subtle and empowering. Fractionated coconut MCT oil°, Australian sandalwood essential oil°, amyris essential oil, Atlas cedarwood essential oil°, and myrrh essential oil°.

Sleep Ease Oil | 10 mL \$10.50

This soothing, relaxing blend has a mellow, slightly sweet floral fragrance that has a pleasant bittersweet undertone. Fractionated coconut MCT oil°, clary sage essential oil°, bergamot essential oil°, lavender essential oil°, sweet marjoram essential oil°, and Roman chamomile essential oil°.

Spirit Aroma Oil | 10 mL \$10.50

A oil for ritual and meditation that has a cool, clear, uplifting aroma and smooth, earthy base. Fractionated coconut MCT oil°, lavender essential oil°, Australian sandalwood essential oil°, Atlas cedarwood essential oil°, sweet marjoram essential oil°, fir needle essential oil°, cypress essential oil°, and sage essential oil°.

OTHER AROMATICS

Cedar Smudge Sticks | \$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. 6-9" 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 can be moistened and let dry to enjoy 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.

Quality Comes from Blending HEALTH & HARMONY

Time-tested recipes handcrafted in small batches make our teas and body care offerings extraordinary.



(Opposite page): The two Julies (our Production Manager on left and Co-owner on right) take a break to enjoy one of our handcrafted herbal tea blends.

While leading women's backpacking trips into northern California's wilderness areas in the late 1980s, Mountain Rose Herbs' co-owner Julie wanted to create a tea blend that would help hikers relax at the end of an active day. That's how "Sleeping on Rocks" (now dubbed Fiddleneck Nighttime Tea) was born.

"A lot of our tea blends were inspired by my personal experience," Julie said. "Originally, I just wanted to support friends and community."

Many of the teas still offered in our shop are Julie's brainchild. Some, like our Peace Tea, even predate her arrival. This original blend was inherited from the recipe vaults of Rosemary Gladstar, a renowned herbalist who founded the beginnings of the company that later became Mountain Rose Herbs.

"In those days, there weren't a lot of brands offering loose-leaf tea," Julie said. "Especially where you could see and recognize the ingredients. It was fun to make the blends aromatic, visually appealing, and, most of all, tasty."

Julie formulated our 21st Century Tea around the turn-of-this century, an antidote to modern day stress and inspired by the zaniness of Y2K. Persephone's Tea was created for her dancer friends whose bodies needed a pick-me-up. And Julie's 5th Chakra Tea provided throat care for the many singers in her life.

While co-owner Julie no longer oversees our tea blending process, another Julie, our Production Manager, does. You'll find her signature gracing the top of every Mountain Rose Herbs tea box. She also created the recipes for our line of organic spice blends. Her background in nutrition and herbal therapy has brought ancient wisdom and her own personal experience to our formulations over the years.

"Infusions and decoctions are a gentle, easy way to absorb an herb's nutrients," Julie said. "Drinking the tea also creates a ritual. I just love it."

Many years ago, while breastfeeding her son, Julie was looking to kick her coffee habit. That's when she created our Herbal Coffee, which provides energy sans caffeine and features liver-supporting herbs that can augment any wellness regimen. While many who seek a coffee replacement simply brew chicory, Julie wanted to create something a bit more appealing to the palate. The addition of roasted dandelion root brings a welcome nuttiness, and the maca adds micronutrients and creaminess.

We offer over 85 certified organic teas, 50 of which feature multiple ingredients blended in small batches at our Eugene, Oregon headquarters. In the same way that we never offer an inferior botanical in our online shop, we select only the cream of the crop for our tea crafting. But tea and spice blends aren't all we make in-house.

"Thirty years ago, the market was full of complicated body care products stuffed with extra ingredients so companies could claim expensive, proprietary formulas," co-owner Julie said. "I wanted to offer something that was way less expensive and way simpler to make. Why add a bunch of stuff you don't need? My approach has always been to offer a high-quality product that uses the



fewest ingredients possible."

Toni, Production Kitchen Manager, now oversees the crafting of our body care products, which are still based on Julie's original (and simple) recipes. Each item is carefully handcrafted in small batches, hand-poured into containers, and hand-labeled.

"It's essentially how someone would make a recipe in their home," Toni said. "If you're using automated equipment, you're not visually inspecting each pour. It means more to us that we're doing everything by hand, ensuring every customer gets a high-quality product."

While "The Kitchen" is larger than what you'd find in many homes, we use accessories familiar to any home cook.

Until 2015, we even used a 10-speed Oster blender to create our popular skin creams. When our batch sizes needed to increase, we invested in a new commercial-grade electric emulsifier. We spent three months in research and development to ensure our skin creams made with the new emulsifier would feel identical to those we'd previously whipped up in the blender. After lots of experimentation, we simply increased the lecithin. The original skin care recipe remains otherwise untouched.

Paige, one of three Kitchen staff, now makes the bulk of our creams. She underwent a one-and-a-half-year apprenticeship in The Kitchen before she was ready to take on full-time body care crafting.

After blending oil and hydrosol mixtures in the emulsifier, Paige uses a French frosting gun to pipe finished cream into jars. Using a floret tip on the pastry gun, she creates a pretty design, showcasing the cream's smooth texture. Piping little by little, she shakes each jar to eliminate air bubbles. One batch of skin cream makes about 40 two-ounce glass jars, and Paige will make cream about three times a week to keep up with customer demand.

"Because we don't use preservatives, we don't have a lot of finished products sitting around," Toni said. "Essentially, these items are made to order."

Much of what we offer are raw ingredients to empower customers to make their own herbal blends and natural body care products. But we continue to craft high-quality, organic herbal teas, skin creams, balms, and other handmade items for those who are too busy or don't have the inclination to do it themselves.

"We love what we do in The Kitchen," Toni said. "Some days we laugh that we get paid for it." 🍋



Bulk HERBS & SPICES

Herbs are our passion. We care deeply about offering only the best organic or consciously wildcrafted dried botanicals. The Mountain Rose Herbs' 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 (gum arabic) powder <i>Acacia senegal</i> Organic USA		\$5.00	\$8.25	\$14.00
Acai berry powder <i>Euterpe oleracea</i> Organic Brazil		\$20.00	\$33.25	\$57.50
Acerola berry powder <i>Malpighia emarginata</i> Organic Brazil		\$18.50	\$30.50	\$53.00
Agrimony <i>Agrimonia eupatoria</i> Organic USA		\$6.75	\$11.00	\$19.00
Ajwain seed whole <i>Trachyspermum ammi</i> Organic India		\$3.50	\$5.50	\$9.50
Alfalfa leaf <i>Medicago sativa</i> Organic USA		\$5.25	\$8.75	\$15.00
Alfalfa powder <i>Medicago sativa</i> Organic USA		\$5.75	\$9.25	\$16.00
Alkanet root 4,5,6 <i>Alkanna tinctoria</i> Wildharvested Pakistan		\$5.25	\$8.75	\$15.00
Alkanet root powder 4,5,6 <i>Alkanna tinctoria</i> Wildharvested Pakistan		\$5.75	\$9.25	\$16.00
Allspice whole <i>Pimenta dioica</i> Organic Guatemala		\$5.25	\$8.50	\$14.50
Allspice powder <i>Pimenta dioica</i> Organic Mexico		\$5.50	\$9.00	\$15.50
Aloe vera leaf 7 <i>Aloe vera</i> Organic India		\$10.00	\$16.50	\$28.50
Aloe vera leaf powder 7 <i>Aloe vera</i> Organic India		\$10.25	\$17.00	\$29.50
Amla whole <i>Phyllanthus emblica</i> Organic India		\$3.00	\$4.75	\$8.00
Amla powder <i>Phyllanthus emblica</i> Organic India		\$3.50	\$5.75	\$10.00
Amla dehydrated <i>Phyllanthus emblica</i> Organic India		\$3.50	\$5.75	\$10.00
Ancho pepper powder <i>Capsicum annuum</i> Organic USA		\$6.50	\$10.75	\$18.50
Angelica root 6 <i>Angelica archangelica</i> Organic Germany		\$10.25	\$17.00	\$29.50
Angelica root powder 6 <i>Angelica archangelica</i> Organic Germany		\$10.75	\$17.75	\$30.50
Anise seed whole <i>Pimpinella anisum</i> Organic Egypt		\$3.50	\$5.75	\$10.00
Anise seed powder <i>Pimpinella anisum</i> Organic Egypt		\$4.00	\$6.50	\$11.00
Anise star pods whole <i>Illicium verum</i> Organic China		\$8.50	\$14.00	\$24.00
Anise star pod powder <i>Illicium verum</i> Organic China		\$9.00	\$15.00	\$26.00
Annatto seed whole <i>Bixa orellana</i> Organic India		\$4.25	\$7.00	\$12.00
Annatto seed powder <i>Bixa orellana</i> Organic India		\$5.00	\$8.25	\$14.00
Arjuna bark powder 6 <i>Terminalia arjuna</i> Organic Fair trade India		\$4.50	\$7.25	\$12.50
Arnica flowers whole 4,5,8 <i>Arnica montana</i> Organic Bosnia Herzegovina	\$12.75	\$39.00	\$64.75	\$112.50
Artichoke leaf <i>Cynara scolymus</i> Organic Austria		\$4.25	\$6.75	\$11.50
Ashwagandha root 6 <i>Withania somnifera</i> Organic India		\$6.50	\$10.50	\$18.00
Ashwagandha root powder 6 <i>Withania somnifera</i> Organic India		\$6.75	\$11.00	\$19.00
Astragalus root <i>Astragalus membranaceus</i> Organic China		\$5.75	\$9.25	\$16.00
Astragalus root powder <i>Astragalus membranaceus</i> Organic China		\$6.00	\$10.00	\$17.00
Astragalus root slices <i>Astragalus membranaceus</i> Organic China		\$8.00	\$13.25	\$23.00
Barberry root 6 <i>Berberis vulgaris</i> Organic Croatia		\$7.50	\$12.25	\$21.00
Barberry root powder 6 <i>Berberis vulgaris</i> Organic Croatia		\$8.00	\$13.25	\$23.00
Barley grass powder <i>Hordeum vulgare</i> Organic Non-GMO USA		\$7.75	\$12.75	\$22.00
Basil leaf <i>Ocimum basilicum</i> Organic Egypt		\$5.25	\$8.75	\$15.00
Bay leaf whole <i>Laurus nobilis</i> Organic Turkey	\$4.00	\$12.00	\$20.00	\$34.50
Bayberry root bark <i>Morella cerifera</i> Wildharvested USA		\$16.00	\$26.50	\$46.00
Bayberry root bark powder <i>Morella cerifera</i> Wildharvested USA		\$16.50	\$27.50	\$47.50
Bee pollen granules Organic Spain		\$15.25	\$25.25	\$43.50
Beet root powder <i>Beta vulgaris</i> Organic Non-GMO Egypt		\$4.25	\$6.75	\$11.50
Benzoin gum powder 5 <i>Styrax benzoin</i> Wildharvested Singapore		\$4.50	\$7.50	\$13.00
Bilberry fruit whole <i>Vaccinium myrtillus</i> Organic Albania		\$18.00	\$29.75	\$51.50
Bilberry leaf <i>Vaccinium myrtillus</i> Organic Albania		\$4.25	\$6.75	\$11.50
Birch bark <i>Betula lenta</i> Wildharvested USA		\$6.25	\$10.25	\$17.50
Birch bark powder <i>Betula lenta</i> Wildharvested USA		\$6.75	\$11.00	\$19.00
Birch leaf <i>Betula pendula</i> Organic Bulgaria		\$4.00	\$6.50	\$11.00
Bitter melon fruit <i>Momordica charantia</i> Organic India		\$5.25	\$8.75	\$15.00
Black cohosh root, Forest Grown 6 <i>Actaea racemosa</i> Organic USA	\$8.75	\$26.25	\$43.75	n/a
Black cohosh root 6 <i>Actaea racemosa</i> Organic USA		\$8.00	\$13.00	\$22.50
Black cohosh root powder 6 <i>Actaea racemosa</i> Organic USA		\$8.25	\$13.75	\$23.50
Black haw bark 10 <i>Viburnum prunifolium</i> Wildharvested USA		\$13.50	\$22.50	\$39.00
Black seed whole 6 <i>Nigella sativa</i> Organic Egypt		\$3.50	\$5.75	\$10.00
Black walnut hull powder 10 <i>Juglans nigra</i> Organic USA		\$5.00	\$8.25	\$14.00
Black walnut leaf 10 <i>Juglans nigra</i> Wildharvested USA		\$7.00	\$11.50	\$20.00
Blackberry leaf <i>Rubus sp.</i> Organic Bulgaria		\$3.50	\$5.75	\$10.00
Blackberry root <i>Rubus armeniacus</i> Organic USA		\$10.25	\$17.00	\$29.50

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
Blessed thistle 8 <i>Cnicus benedictus</i> Organic USA		\$6.75	\$11.00	\$19.00
Bloodroot 4,6,10 <i>Sanguinaria canadensis</i> Wildharvested USA	\$10.75	\$32.75	\$54.25	\$94.00
Bloodroot powder 4,6,10 <i>Sanguinaria canadensis</i> Wildharvested USA	\$10.75	\$33.00	\$54.75	\$95.00
Blue cohosh root 6 <i>Caulophyllum thalictroides</i> Wildharvested USA		\$9.75	\$16.25	\$28.00
Blue cohosh root powder 6 <i>Caulophyllum thalictroides</i> Wildharvested USA		\$11.00	\$18.00	\$31.00
Blue flag root 6 <i>Iris versicolor</i> Organic Germany		\$7.50	\$12.25	\$21.00
Blue vervain 6 <i>Verbena hastata</i> Organic USA		\$8.00	\$13.25	\$23.00
Boldo leaf 10 <i>Peumus boldus</i> Organic Chile		\$3.50	\$5.50	\$9.50
Boldo leaf powder 10 <i>Peumus boldus</i> Organic Chile		\$3.75	\$6.25	\$10.50
Boneset <i>Eupatorium perfoliatum</i> Organic USA		\$6.50	\$10.75	\$18.50
Borage 4,5,6 <i>Borago officinalis</i> Organic Poland		\$9.50	\$15.75	\$27.00
Brahmi <i>Bacopa monnieri</i> Organic Fair trade India		\$4.00	\$6.50	\$11.00
Brahmi powder <i>Bacopa monnieri</i> Organic Fair trade India		\$4.25	\$7.00	\$12.00
Buchu leaf whole 6,10 <i>Agathosma betulina</i> Organic South Africa		\$22.50	\$37.50	\$65.00
Buckthorn bark 2,6 <i>Frangula alnus</i> Organic Croatia		\$3.75	\$6.25	\$10.50
Buckthorn bark powder 2,6 <i>Frangula alnus</i> Organic Hungary		\$4.50	\$7.50	\$13.00
Bugleweed 10 <i>Lycopus americanus</i> Organic USA		\$9.25	\$15.25	\$26.50
Bupleurum root <i>Bupleurum chinense</i> Organic China		\$10.25	\$17.00	\$29.50
Bupleurum root powder <i>Bupleurum chinense</i> Organic China		\$10.75	\$17.75	\$30.50
Burdock root <i>Arctium lappa</i> Organic USA		\$6.75	\$11.00	\$19.00
Burdock root powder <i>Arctium lappa</i> Organic USA		\$7.25	\$12.00	\$20.50
Butcher's broom root <i>Ruscus aculeatus</i> Organic Albania		\$4.25	\$7.00	\$12.00
Butcher's broom root powder <i>Ruscus aculeatus</i> Organic Albania		\$5.00	\$7.50	\$13.00
Cacao beans whole raw 10 <i>Theobroma cacao</i> Organic Fair trade Peru		\$4.00	\$6.50	\$11.00
Cacao powder raw 10 <i>Theobroma cacao</i> Organic Fair trade Peru		\$4.50	\$7.25	\$12.50
Cacao nibs roasted 10 <i>Theobroma cacao</i> Organic Fair trade Peru		\$4.25	\$7.00	\$12.00
Cacao powder roasted 10 <i>Theobroma cacao</i> Organic Fair trade Peru		\$4.50	\$7.50	\$13.00
Cacao shells roasted 10 <i>Theobroma cacao</i> Organic Bolivia		\$4.25	\$6.75	\$11.50
Calamus root 5,10 <i>Acorus calamus</i> Organic Poland		\$4.50	\$7.50	\$13.00
Calamus root powder 5,10 <i>Acorus calamus</i> Organic Poland		\$5.50	\$9.00	\$15.50
Calendula flowers whole, North American 8 <i>Calendula officinalis</i> Organic USA	\$8.00	\$24.50	\$40.75	\$70.50
Calendula flowers whole 8 <i>Calendula officinalis</i> Organic Egypt		\$7.75	\$12.75	\$22.00
Calendula flower powder 8 <i>Calendula officinalis</i> Organic Egypt		\$8.00	\$13.25	\$23.00
California poppy 6 <i>Eschscholzia californica</i> Organic USA		\$12.50	\$20.75	\$36.00
Camu camu powder <i>Myrciaria dubia</i> Organic Peru		\$11.00	\$18.25	\$31.50
Caraway seed whole <i>Carum carvi</i> Organic Egypt		\$3.00	\$4.75	\$8.00
Cardamom hulled <i>Elettaria cardamomum</i> Organic Guatemala		\$12.75	\$21.00	\$36.50
Cardamom powder <i>Elettaria cardamomum</i> Organic Guatemala		\$13.50	\$22.50	\$39.00
Cardamom pod whole <i>Elettaria cardamomum</i> Organic Guatemala		\$13.25	\$21.75	\$37.50
Carob raw <i>Ceratonia siliqua</i> Organic Morocco		\$3.25	\$5.25	\$9.00
Carob powder raw <i>Ceratonia siliqua</i> Organic Morocco		\$3.75	\$6.25	\$10.50
Carob roasted <i>Ceratonia siliqua</i> Organic Portugal		\$4.25	\$7.00	\$12.00
Cascara sagrada bark 10 <i>Frangula purshiana</i> Wildharvested USA		\$4.25	\$7.00	\$12.00
Cascara sagrada bark powder 10 <i>Frangula purshiana</i> Wildharvested USA		\$5.00	\$8.00	\$13.50
Cat's claw bark 6 <i>Uncaria tomentosa</i> Wildharvested Peru		\$3.25	\$5.25	\$9.00
Cat's claw bark powder 6 <i>Uncaria tomentosa</i> Wildharvested Peru		\$3.50	\$5.75	\$10.00
Catnip <i>Nepeta cataria</i> Organic USA		\$8.75	\$14.25	\$24.50
Cayenne powder 3,4 <i>Capsicum annuum</i> Organic Fair trade India		\$4.25	\$7.00	\$12.00
Cayenne powder, smoked 3,4 <i>Capsicum annuum</i> Organic Fair trade India		\$4.25	\$7.00	\$12.00
Cedar berry whole 6,10 <i>Juniperus monosperma</i> Wildharvested USA		\$16.75	\$27.75	\$48.00
Cedar leaf whole 6,10 <i>Thuja plicata</i> Wildharvested USA		\$7.75	\$12.75	\$22.00
Celandine herb 10 <i>Chelidonium majus</i> Organic Croatia		\$5.75	\$9.50	\$16.50
Celery seed whole 10 <i>Apium graveolens</i> Organic India		\$3.50	\$5.75	\$10.00
Celery seed powder 10 <i>Apium graveolens</i> Organic India		\$4.25	\$6.75	\$11.50
Centaury <i>Centaureum erythraea</i> Organic Croatia		\$4.50	\$7.25	\$12.50
Chaga mushroom <i>Inonotus obliquus</i> Organic Canada		\$18.25	\$30.25	\$52.50
Chaga mushroom powder <i>Inonotus obliquus</i> Organic Canada		\$18.75	\$31.00	\$53.50
Chamomile flowers whole 8,10 <i>Matricaria recutita</i> Organic Hungary		\$9.00	\$15.00	\$26.00

HERBS & SPICES

	1 oz.	4 oz.	8 oz.	1 lb.
Chamomile flower powder 8,10 <i>Matricaria recutita</i> Organic Croatia		\$9.50	\$15.75	\$27.00
Chaparral leaf 6,10 <i>Larrea tridentata</i> Organic Mexico		\$3.00	\$5.00	\$8.50
Chia seed <i>Salvia hispanica</i> Organic Peru		\$2.75	\$4.25	\$7.00
Chickweed <i>Stellaria media</i> Organic Bulgaria		\$4.50	\$7.50	\$13.00
Chickweed powder <i>Stellaria media</i> Organic Croatia		\$5.00	\$8.25	\$14.00
Chicory root roasted <i>Cichorium intybus</i> Organic India		\$3.75	\$6.25	\$10.50
Chicory root powder roasted <i>Cichorium intybus</i> Organic India		\$4.25	\$6.75	\$11.50
Chili flakes 3,4 <i>Capsicum annuum</i> Organic Fair trade India		\$3.75	\$6.25	\$10.50
Chili flakes, smoked 3,4 <i>Capsicum annuum</i> Organic Fair trade India		\$3.00	\$5.00	\$8.50
Chili whole 3,4 <i>Capsicum annuum</i> Organic Fair trade India		\$3.25	\$5.25	\$9.00
Chili bird's eye whole 3,4 <i>Capsicum annuum</i> Organic Fair trade India		\$8.25	\$13.75	\$23.50
Chili bird's eye powder 3,4 <i>Capsicum annuum</i> Organic Fair trade India		\$8.75	\$14.50	\$25.00
Chili powder roasted, red 3,4 <i>Capsicum annuum</i> Organic USA		\$4.50	\$7.25	\$12.50
Chipotle powder 3,4 <i>Capsicum annuum</i> Organic Mexico		\$8.25	\$13.75	\$23.50
Chive rings <i>Allium schoenoprasum</i> Organic Austria	\$5.50	\$16.50	\$27.25	\$47.00
Chlorella powder, Indian 10 <i>Chlorella vulgaris</i> Organic Non-GMO India		\$14.25	\$23.75	\$41.00
Chlorella powder, Japanese 10 <i>Chlorella vulgaris</i> Cultivated without Chemicals Japan		\$10.50	\$17.25	\$30.00
Cilantro leaf <i>Coriandrum sativum</i> Organic Israel		\$7.50	\$12.50	\$21.50
Cinnamon chips, cassia 6 <i>Cinnamomum burmanni</i> Organic Indonesia		\$4.50	\$7.25	\$12.50
Cinnamon powder, cassia 6 <i>Cinnamomum burmanni</i> Organic Indonesia		\$5.00	\$8.00	\$13.50
Cinnamon sticks, cassia 6 <i>Cinnamomum burmanni</i> Organic Indonesia		\$6.50	\$10.75	\$18.50
Cinnamon chips, sweet <i>Cinnamomum verum</i> Organic Fair trade Sri Lanka		\$7.50	\$12.50	\$21.50
Cinnamon powder, sweet <i>Cinnamomum verum</i> Organic Fair trade Sri Lanka		\$8.00	\$13.00	\$22.50
Cinnamon sticks, sweet <i>Cinnamomum verum</i> Organic Fair trade Sri Lanka		\$11.50	\$19.00	\$33.00
Cleavers <i>Galium aparine</i> Organic Bulgaria		\$4.25	\$6.75	\$11.50
Cloves whole 1,10 <i>Syzygium aromaticum</i> Organic Fair trade Sri Lanka		\$9.50	\$15.75	\$27.00
Clove powder 1,10 <i>Syzygium aromaticum</i> Organic Fair trade India		\$9.75	\$16.25	\$28.00
Codonopsis root <i>Codonopsis pilosula</i> Organic China		\$15.25	\$25.25	\$43.50
Coltsfoot 4,5,6 <i>Tussilago farfara</i> Organic Albania		\$4.50	\$7.25	\$12.50
Comfrey leaf 10 <i>Symphytum officinale</i> Organic Bulgaria		\$5.25	\$8.75	\$15.00
Comfrey root 10 <i>Symphytum officinale</i> Organic Bulgaria		\$4.25	\$7.00	\$12.00
Comfrey root powder 10 <i>Symphytum officinale</i> Organic Hungary		\$5.25	\$8.75	\$15.00

RECIPE



REST & RESTORE TEA

Recipe by: Elise, Products Coordinator

Ingredients

- 2 parts organic oatstraw*
- 2 parts organic skullcap*
- 2 parts organic passionflower*
- 1 part organic peppermint leaf*
- 1 part organic chamomile flowers*

Directions

Blending a recipe in parts allows you to make as much or as little as you want. Blend all herbs together. Choose an airtight container like our glass pantry jar* for larger batches if you plan to store your blend for future use. For a single mug of tea, fill a tea strainer* with 1 tablespoon of tea blend, place strainer in mug, add hot water, and let steep for 10 minutes. Enjoy in the evening or anytime you are seeking relaxation.

*Offered by Mountain Rose Herbs

HERBS & SPICES	4 oz.	8 oz.	1 lb.
Copal resin pieces 5 <i>Shorea javanica</i> Wildharvested Indonesia	\$4.25	\$6.75	\$11.50
Cordyceps mushroom powder <i>Cordyceps militaris</i> Organic USA	\$12.25	\$20.25	\$35.00
Coriander seed whole <i>Coriandrum sativum</i> Organic Bulgaria	\$3.25	\$5.25	\$9.00
Coriander seed powder <i>Coriandrum sativum</i> Organic Egypt	\$3.75	\$6.25	\$10.50
Cramp bark <i>Viburnum opulus</i> Organic Croatia	\$13.00	\$21.50	\$37.00
Cramp bark powder <i>Viburnum opulus</i> Organic Croatia	\$14.00	\$23.00	\$40.00
Cranberry powder <i>Vaccinium macrocarpon</i> Organic USA	\$25.00	\$41.50	\$72.00
Cranesbill root <i>Geranium maculatum</i> Wildharvested USA	\$12.00	\$20.00	\$34.50
Cumin seed whole <i>Cuminum cyminum</i> Organic Egypt	\$5.25	\$8.75	\$15.00
Cumin seed powder <i>Cuminum cyminum</i> Organic India	\$5.75	\$9.25	\$16.00
Curry leaf <i>Murraya koenigii</i> Organic Fair trade India	\$3.25	\$5.25	\$9.00
Damiana leaf <i>Turnera diffusa</i> Organic Mexico	\$9.00	\$15.00	\$26.00
Damiana leaf powder <i>Turnera diffusa</i> Organic Mexico	\$9.50	\$15.75	\$27.00
Dandelion leaf <i>Taraxacum officinale</i> Organic USA	\$6.50	\$10.50	\$18.00
Dandelion root <i>Taraxacum officinale</i> Organic USA	\$9.50	\$15.75	\$27.00
Dandelion root powder <i>Taraxacum officinale</i> Organic USA	\$10.25	\$17.00	\$29.50
Dandelion root roasted <i>Taraxacum officinale</i> Organic China	\$7.50	\$12.25	\$21.00
Dandelion root roasted powder <i>Taraxacum officinale</i> Organic China	\$8.50	\$14.00	\$24.00
Devil's claw root <i>Harpagophytum procumbens</i> Organic Namibia	\$8.75	\$14.25	\$24.50
Devil's claw root powder <i>Harpagophytum procumbens</i> Organic Namibia	\$9.50	\$15.75	\$27.00
Dill seed whole <i>Anethum graveolens</i> Organic Tunisia	\$3.00	\$4.75	\$8.00
Dill weed <i>Anethum graveolens</i> Organic Israel	\$8.00	\$13.00	\$22.50
Dog grass (couch grass) root <i>Elymus repens</i> Organic Albania	\$4.00	\$6.50	\$11.00
Dong quai root 6,10 <i>Angelica sinensis</i> Organic China	\$14.25	\$23.50	\$40.50
Dong quai root powder 6,10 <i>Angelica sinensis</i> Organic China	\$14.50	\$24.00	\$41.50
Dragons blood resin 5 <i>Daemonorops draco</i> Wildharvested Indonesia	\$31.25	\$51.75	\$90.00
Echinacea angustifolia root 10 Organic USA	\$12.75	\$21.00	\$36.50
Echinacea angustifolia root powder 10 Organic USA	\$13.75	\$22.75	\$39.50
Echinacea purpurea herb 10 Organic USA	\$5.50	\$9.00	\$15.50
Echinacea purpurea herb powder 10 Organic USA	\$6.50	\$10.50	\$18.00
Echinacea purpurea root 10 Organic USA	\$11.50	\$19.00	\$33.00
Echinacea purpurea root powder 10 Organic USA	\$12.50	\$20.50	\$35.50
Elder berries 10 <i>Sambucus nigra</i> Organic Bulgaria	\$8.00	\$13.25	\$23.00
Elder berry powder 10 <i>Sambucus nigra and Sambucus ebulus</i> Organic Bulgaria	\$8.50	\$14.00	\$24.00
Elder flowers 10 <i>Sambucus nigra</i> Organic Hungary	\$8.50	\$14.00	\$24.00
Elecampane root 8,10 <i>Inula helenium</i> Organic Bulgaria	\$6.00	\$10.00	\$17.00
Elecampane root powder 8,10 <i>Inula helenium</i> Organic Bulgaria	\$6.75	\$11.25	\$19.50
Eleuthero root <i>Eleutherococcus senticosus</i> Organic China	\$3.50	\$5.75	\$10.00
Eleuthero root powder <i>Eleutherococcus senticosus</i> Organic China	\$4.25	\$6.75	\$11.50
Epazote 1 <i>Dysphania ambrosioides</i> Organic USA	\$8.00	\$13.25	\$23.00
Epimedium leaf <i>Epimedium grandiflorum</i> Organic China	\$8.00	\$13.00	\$22.50
Epimedium leaf powder <i>Epimedium grandiflorum</i> Organic China	\$8.25	\$13.75	\$23.50
Eucalyptus leaf <i>Eucalyptus globulus</i> Organic India	\$3.50	\$5.50	\$9.50
Eucalyptus leaf powder <i>Eucalyptus globulus</i> Organic India	\$3.75	\$6.25	\$10.50
Fennel seed whole <i>Foeniculum vulgare</i> Organic Egypt	\$3.00	\$4.75	\$8.00
Fennel seed powder <i>Foeniculum vulgare</i> Organic Egypt	\$3.50	\$5.75	\$10.00
Fenugreek seed whole 6 <i>Trigonella foenum-graecum</i> Organic India	\$2.50	\$3.75	\$6.50
Fenugreek seed powder 6 <i>Trigonella foenum-graecum</i> Organic India	\$2.75	\$4.50	\$7.50
Feverfew 6,8 <i>Tanacetum parthenium</i> Organic USA	\$7.25	\$12.00	\$20.50
Figwort <i>Scrophularia nodosa</i> Organic USA	\$6.00	\$10.00	\$17.00
Flax seed whole 7,10 <i>Linum usitatissimum</i> Organic Non-GMO India	\$2.50	\$3.00	\$6.50
Flax meal 7,10 <i>Linum usitatissimum</i> Organic Non-GMO Canada	\$2.75	\$4.50	\$7.50
Fo-Ti root 10 <i>Polygonum multiflorum</i> Organic China	\$6.50	\$10.75	\$18.50
Fo-Ti root powder 10 <i>Polygonum multiflorum</i> Organic China	\$6.75	\$11.25	\$19.50
Frankincense resin 5,6 <i>Boswellia sacra</i> Organic Somalia	\$9.25	\$15.25	\$26.50
Frankincense powder 5,6 <i>Boswellia sacra</i> Organic Somalia	\$10.25	\$17.00	\$29.50
Fringe tree bark <i>Chionanthus virginicus</i> Wildharvested USA	\$22.75	\$37.75	\$65.50
Galangal root <i>Alpinia officinarum</i> Organic China	\$5.00	\$8.25	\$14.00

HERBS & SPICES

	1 oz.	4 oz.	8 oz.	1 lb.
Galangal root powder <i>Alpinia officinarum</i> Organic China		\$5.25	\$8.75	\$15.00
Garcinia fruit whole <i>Garcinia indica</i> Organic Fair trade India		\$3.50	\$5.75	\$10.00
Garcinia fruit powder <i>Garcinia indica</i> Organic Fair trade India		\$4.00	\$6.50	\$11.00
Garlic granules 10 <i>Allium sativum</i> Organic USA		\$6.25	\$10.25	\$17.50
Garlic minced 10 <i>Allium sativum</i> Organic USA		\$6.25	\$10.25	\$17.50
Garlic powder 10 <i>Allium sativum</i> Organic USA		\$6.25	\$10.25	\$17.50
Gentian root 10 <i>Gentiana lutea</i> Organic France		\$8.00	\$13.00	\$22.50
Gentian root powder 10 <i>Gentiana lutea</i> Organic France		\$8.75	\$14.50	\$25.00
Ginger root <i>Zingiber officinale</i> Organic Peru		\$5.75	\$9.25	\$16.00
Ginger root powder <i>Zingiber officinale</i> Organic Peru		\$6.00	\$10.00	\$17.00
Ginkgo leaf 10 <i>Ginkgo biloba</i> Organic China		\$5.00	\$8.00	\$13.50
Ginkgo leaf powder 10 <i>Ginkgo biloba</i> Organic China		\$5.25	\$8.50	\$14.50
Ginkgo leaf, fall gold 10 <i>Ginkgo biloba</i> Organic USA		\$5.75	\$9.25	\$16.00
NEW! Ginseng root slices, red 10 <i>Panax ginseng</i> Organic China	\$24.25	\$74.25	\$123.50	\$214.50
Ginseng root whole, red 10 <i>Panax ginseng</i> Organic China	\$15.75	\$48.00	\$80.00	\$139.00
Goats rue <i>Galega officinalis</i> Organic Italy		\$4.50	\$7.25	\$12.50
Goldenrod 8 <i>Solidago gigantea</i> Organic Bulgaria		\$3.50	\$5.75	\$10.00
Goldenseal leaf 6 <i>Hydrastis canadensis</i> Organic USA		\$11.00	\$18.00	\$31.00
Goldenseal leaf powder 6 <i>Hydrastis canadensis</i> Organic USA		\$11.25	\$18.50	\$32.00
Goldenseal root 6 <i>Hydrastis canadensis</i> Organic USA	\$23.75	\$72.75	\$121.25	\$210.50
Goldenseal root powder 6 <i>Hydrastis canadensis</i> Organic USA	\$23.75	\$72.75	\$121.25	\$210.50
Gotu kola <i>Centella asiatica</i> Organic India		\$8.75	\$14.25	\$24.50
Gotu kola powder <i>Centella asiatica</i> Organic India		\$9.00	\$14.75	\$25.50
Grains of paradise whole <i>Aframomum melegueta</i> Wildharvested Burkina Faso		\$9.25	\$15.25	\$26.50
Grapefruit peel <i>Citrus x paradisi</i> Organic Spain		\$6.00	\$10.00	\$17.00
Grapefruit peel powder <i>Citrus x paradisi</i> Organic USA		\$6.75	\$11.25	\$19.50
Gravel root 4,5,6 <i>Eupatorium purpureum</i> Wildharvested USA		\$9.25	\$15.25	\$26.50
Gravel root powder 4,5,6 <i>Eupatorium purpureum</i> Wildharvested USA		\$10.25	\$17.00	\$29.50

FOREST GROWN GINSENG LEAF & ROOT

We are proud to offer the first Forest Grown Verified American ginseng in partnership with the nonprofit United Plant Savers. This project brings us organically grown American ginseng that is cultivated in its native ecosystem. The leaves and roots are consciously collected from private forests under stewardship from farmers dedicated to preserving this important plant for the future.

We donate 5% from every sale of this ginseng to the United Plant Savers. We believe that supporting their efforts can change the culture of ginseng harvesting throughout Appalachia and beyond, creating a stewarded forest crop with sustainability as its guiding force.

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**

To learn more visit: www.mrh.life/ForestGinseng



HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
Guarana seed whole 10 <i>Paullinia cupana</i> Organic Brazil		\$10.25	\$17.00	\$29.50
Guarana seed powder 10 <i>Paullinia cupana</i> Organic Brazil		\$11.25	\$18.50	\$32.00
Guggul gum 6 <i>Commiphora wightii</i> Organic India		\$22.25	\$37.00	\$64.00
Gymnema leaf <i>Gymnema sylvestre</i> Organic Fair trade India		\$3.50	\$5.75	\$10.00
Gymnema leaf powder <i>Gymnema sylvestre</i> Organic Fair trade India		\$4.00	\$6.50	\$11.00
Habanero powder 10 <i>Capsicum chinense</i> Organic USA		\$15.50	\$25.75	\$44.50
Hawthorn berries whole 10 <i>Crataegus monogyna</i> Organic Hungary		\$4.25	\$7.00	\$12.00
Hawthorn berry powder 10 <i>Crataegus monogyna</i> Organic Bulgaria		\$4.50	\$7.50	\$13.00
Hawthorn leaf and flower <i>Crataegus laevigata</i> Organic Chile		\$4.25	\$6.75	\$11.50
Heather flowers <i>Calluna vulgaris</i> Organic France		\$7.25	\$12.00	\$20.50
Helichrysum flowers whole <i>Helichrysum arenarium</i> Organic Croatia		\$11.00	\$18.25	\$31.50
Hemp seed hulled <i>Cannabis sativa</i> Organic Non-GMO USA		\$7.50	\$12.25	\$21.00
Hibiscus flowers 10 <i>Hibiscus sabdariffa</i> Organic Burkina Faso		\$4.50	\$7.50	\$13.00
Hibiscus flower powder 10 <i>Hibiscus sabdariffa</i> Organic Egypt		\$5.00	\$8.25	\$14.00
Hibiscus flowers whole 10 <i>Hibiscus sabdariffa</i> Organic India		\$4.25	\$7.00	\$12.00
Holy basil, Krishna <i>Ocimum tenuiflorum</i> Organic Fair trade India		\$4.50	\$7.50	\$13.00
Holy basil, Rama <i>Ocimum tenuiflorum</i> Organic India		\$5.25	\$8.75	\$15.00
Holy basil, Vana <i>Ocimum sp.</i> Organic Fair trade India		\$4.50	\$7.50	\$13.00
Hops flowers whole <i>Humulus lupulus</i> Organic USA	\$5.00	\$15.00	\$24.75	\$43.00
Horehound 6 <i>Marrubium vulgare</i> Organic Poland		\$5.50	\$9.00	\$15.50
Horse chestnut 10 <i>Aesculus hippocastanum</i> Organic Hungary		\$4.00	\$6.50	\$11.00
Horseradish root powder 3,4 <i>Armoracia rusticana</i> Organic China		\$4.50	\$7.50	\$13.00
Horsetail (Shavegrass) 10 <i>Equisetum spp.</i> Organic Bulgaria		\$4.25	\$6.75	\$11.50
Horsetail powder 10 <i>Equisetum arvense</i> Organic Albania		\$4.50	\$7.25	\$12.50
Hydrangea root <i>Hydrangea arborescens</i> Wildharvested USA		\$8.50	\$14.00	\$24.00
Hydrangea root powder <i>Hydrangea arborescens</i> Wildharvested USA		\$11.00	\$18.00	\$31.00
Hyssop 6 <i>Hyssopus officinalis</i> Organic USA		\$6.75	\$11.00	\$19.00
Job's Tears <i>Coix lacryma-jobi</i> Organic China		\$4.50	\$7.50	\$13.00
Juniper berries whole 6,10 <i>Juniperus communis</i> Organic Hungary		\$4.25	\$7.00	\$12.00
Kava Kava root 10 <i>Piper methysticum</i> Cultivated Vanuatu	\$9.25	\$27.75	\$46.00	\$80.00
Kava Kava root powder 10 <i>Piper methysticum</i> Cultivated Vanuatu	\$9.25	\$28.25	\$46.75	\$81.00
Kola nut 10 <i>Cola nitida</i> Cultivated Brazil		\$3.50	\$5.75	\$10.00
Kola nut powder 10 <i>Cola nitida</i> Wildharvested Brazil		\$4.00	\$6.50	\$11.00
Kudzu root <i>Pueraria montana var. lobata</i> Organic China		\$3.50	\$5.50	\$9.50
Kudzu root powder <i>Pueraria lobata</i> Organic China		\$4.00	\$6.50	\$11.00
Lady's mantle <i>Alchemilla vulgaris</i> Organic Croatia		\$6.25	\$10.25	\$17.50
Lavandin (Lavender) flowers <i>Lavandula x intermedia</i> Organic France		\$8.75	\$14.50	\$25.00
Lavandin (Lavender) flower powder <i>Lavandula x intermedia</i> Organic France		\$9.00	\$15.00	\$26.00
Lavender flowers, English <i>Lavandula angustifolia</i> Organic Albania		\$11.25	\$18.50	\$32.00
Lemon balm <i>Melissa officinalis</i> Organic USA		\$8.50	\$14.00	\$24.00
Lemon peel <i>Citrus x limon</i> Organic USA		\$6.75	\$11.25	\$19.50
Lemon peel powder <i>Citrus x limon</i> Organic USA		\$7.25	\$12.00	\$20.50
Lemon thyme whole <i>Thymus x citriodorus</i> Organic Portugal		\$10.25	\$17.00	\$29.50
Lemon verbena <i>Aloysia citriodora</i> Organic Portugal		\$8.25	\$13.75	\$23.50
Lemon verbena powder <i>Aloysia citriodora</i> Organic Portugal		\$9.00	\$15.00	\$26.00
Lemongrass <i>Cymbopogon citratus</i> Organic Egypt		\$4.25	\$7.00	\$12.00
Lemongrass powder <i>Cymbopogon citratus</i> Organic India		\$4.50	\$7.50	\$13.00
Licorice root 6,10 <i>Glycyrrhiza glabra</i> Organic Uzbekistan		\$6.00	\$10.00	\$17.00
Licorice root powder 6,10 <i>Glycyrrhiza glabra</i> Organic Egypt		\$6.50	\$10.50	\$18.00
Licorice root slices, Chinese 6,10 <i>Glycyrrhiza uralensis</i> Organic China		\$5.75	\$9.25	\$16.00
Lime peel powder <i>Citrus x aurantifolia</i> Organic Sri Lanka		\$5.25	\$8.75	\$15.00
Linden leaf and flower <i>Tilia sp.</i> Organic Bulgaria		\$9.00	\$15.00	\$26.00
Lobelia 6,10 <i>Lobelia inflata</i> Organic USA		\$16.50	\$27.25	\$47.00
Lotus leaf 10 <i>Nelumbo nucifera</i> Organic China	\$2.00	\$5.25	\$8.50	\$14.50
Lotus stamens 10 <i>Nelumbo nucifera</i> Cultivated China		\$14.75	\$24.50	\$42.50
Lovage root 6 <i>Levisticum officinale</i> Organic USA		\$7.75	\$12.75	\$22.00
Lungwort 4,5,6 <i>Pulmonaria officinalis</i> Organic Poland		\$7.50	\$12.50	\$21.50
Lycii (Goji) berries whole <i>Lycium barbarum</i> Organic China		\$8.00	\$13.00	\$22.50

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
Maca powder <i>Lepidium meyenii</i> Organic Peru		\$4.25	\$7.00	\$12.00
Mace ground <i>Myristica fragrans</i> Organic Fair trade India		\$19.00	\$31.50	\$54.50
Madder root 5 <i>Rubia tinctoria</i> Wildharvested Morocco		\$7.25	\$12.00	\$20.50
Maitake mushroom <i>Grifola frondosa</i> Organic USA	\$10.25	\$31.25	\$51.75	\$90.00
Maqui berries whole <i>Aristotelia chilensis</i> Organic Chile		\$13.25	\$22.00	\$38.00
Maqui berry powder <i>Aristotelia chilensis</i> Organic Chile		\$14.25	\$23.50	\$40.50
Marjoram <i>Origanum majorana</i> Organic Egypt		\$4.25	\$6.75	\$11.50
Marshmallow leaf 7,10 <i>Althaea officinalis</i> Organic USA		\$7.25	\$12.00	\$20.50
Marshmallow root 7,10 <i>Althaea officinalis</i> Organic USA		\$8.25	\$13.75	\$23.50
Marshmallow root powder 7,10 <i>Althaea officinalis</i> Organic USA		\$9.00	\$15.00	\$26.00
Mayapple root 5 <i>Podophyllum peltatum</i> Wildharvested USA		\$11.00	\$18.00	\$31.00
Meadowsweet herb 10 <i>Filipendula ulmaria</i> Organic Hungary		\$8.00	\$13.00	\$22.50
Meadowsweet herb powder 10 <i>Filipendula ulmaria</i> Organic Hungary		\$8.25	\$13.75	\$23.50
Meadowsweet flowers 10 <i>Filipendula ulmaria</i> Organic Hungary		\$8.75	\$14.25	\$24.50
Mesquite powder <i>Prosopis pallida</i> Organic Peru		\$4.50	\$7.25	\$12.50
Milk thistle seed whole 8 <i>Silybum marianum</i> Organic Croatia		\$5.75	\$9.50	\$16.50
Milk thistle seed powder 8 <i>Silybum marianum</i> Organic Croatia		\$6.25	\$10.25	\$17.50
Mistletoe 6,10 <i>Viscum album</i> Organic Poland		\$4.25	\$7.00	\$12.00
Moringa leaf <i>Moringa oleifera</i> Organic Sri Lanka		\$5.25	\$8.75	\$15.00
Moringa leaf powder <i>Moringa oleifera</i> Organic Sri Lanka		\$6.00	\$10.00	\$17.00
Motherwort 6 <i>Leonurus cardiaca</i> Organic Poland		\$8.00	\$13.00	\$22.50
Mugwort 6 <i>Artemisia vulgaris</i> Organic USA		\$6.75	\$11.25	\$19.50
Muiru puama bark <i>Croton echinoides</i> Wildharvested Brazil		\$3.50	\$5.75	\$10.00
Muiru puama bark powder <i>Croton echinoides</i> Wildharvested Brazil		\$4.50	\$7.25	\$12.50
Mullein leaf 10 <i>Verbascum thapsus</i> Organic Chile	\$2.00	\$5.25	\$8.75	\$15.00
Mustard seed whole, brown <i>Brassica juncea</i> Organic India		\$3.00	\$4.75	\$8.00
Mustard seed whole, yellow <i>Brassica alba</i> Organic USA		\$3.00	\$4.75	\$8.00
Mustard seed ground, yellow <i>Brassica alba</i> Organic Canada		\$3.25	\$5.25	\$9.00
Myrrh gum resin 6,10 <i>Commiphora myrrha</i> Organic Somalia		\$11.25	\$18.75	\$32.50
Myrrh gum powder 6,10 <i>Commiphora myrrha</i> Organic Somalia		\$12.50	\$20.50	\$35.50
Myrtle leaf <i>Myrtus communis</i> Organic Turkey		\$3.50	\$5.50	\$9.50

RECIPE



BRAINIAC BONBONS

Recipe by: Maria Noël Groves, guest herbalist

Makes about 20 bonbons.

Ingredients

2/3 cup organic almond butter
 1/3-1/2 cup raw, local honey, to taste
 1 tsp. organic roasted cacao powder*
 1/2 tsp. organic ashwagandha root powder*
 1/2 tsp. organic gotu kola powder*
 1/2 tsp. organic hawthorn berry powder*
 1/2 tsp. organic maca powder*

For coating (optional):

Organic sesame seeds*
 Organic coconut flakes*
 Extra organic roasted cacao powder*

Directions

Use our powdered herb suggestions as a guide, and feel free to experiment with the combo of herbs that works best for your taste buds and needs. If using, toast sesame seeds in a hot dry frying pan until fragrant and set aside. Combine almond butter, honey, and herbs in a bowl. Mix well to form a paste. Roll into small balls (about 1 teaspoon each). Then roll each ball in your topping of choice until well covered. Store in a tightly sealed container. They'll keep for a few weeks at room temperature or slightly longer in the fridge or freezer. Enjoy one or two a day.

*Offered by Mountain Rose Herbs

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HERBS & SPICES

	4 oz.	8 oz.	1 lb.
Neem leaf 10 <i>Azadirachta indica</i> Organic India	\$3.25	\$5.25	\$9.00
Neem leaf powder 10 <i>Azadirachta indica</i> Organic India	\$3.50	\$5.75	\$10.00
Nettle leaf, North American <i>Urtica dioica</i> Organic USA	\$7.50	\$12.25	\$21.00
Nettle leaf <i>Urtica dioica</i> Organic Bulgaria	\$6.25	\$10.25	\$17.50
Nettle leaf powder <i>Urtica dioica</i> Organic Croatia	\$6.50	\$10.75	\$18.50
Nettle root <i>Urtica dioica</i> Organic Poland	\$8.75	\$14.25	\$24.50
Nettle root powder <i>Urtica dioica</i> Organic USA	\$9.75	\$16.00	\$27.50
Noni powder 9,10 <i>Morinda citrifolia</i> Organic India	\$2.75	\$4.25	\$7.00
Nutmeg whole <i>Myristica fragrans</i> Organic Fair trade Sri Lanka	\$10.75	\$17.75	\$30.50
Nutmeg powder <i>Myristica fragrans</i> Organic Fair trade India	\$11.25	\$18.75	\$32.50
Oat tops whole <i>Avena sativa</i> Organic USA	\$10.00	\$16.50	\$28.50
Oatstraw <i>Avena sativa</i> Organic Croatia	\$5.75	\$9.25	\$16.00
Oatstraw powder <i>Avena sativa</i> Organic Croatia	\$6.00	\$10.00	\$17.00
Olive leaf <i>Olea europaea</i> Organic Spain	\$4.50	\$7.25	\$12.50
Olive leaf powder <i>Olea europaea</i> Organic Tunisia and Spain	\$5.00	\$8.00	\$13.50
Onion granules <i>Allium cepa</i> Organic USA	\$3.75	\$6.25	\$10.50
Onion minced <i>Allium cepa</i> Organic USA	\$3.75	\$6.25	\$10.50
Onion powder <i>Allium cepa</i> Organic Egypt	\$3.75	\$6.25	\$10.50
Opopanax resin 5 <i>Commiphora guidottii</i> Organic Somalia	\$7.25	\$12.00	\$20.50
Orange peel <i>Citrus sinensis</i> Organic USA	\$6.25	\$10.25	\$17.50
Orange peel powder <i>Citrus sinensis</i> Organic Spain	\$6.50	\$10.75	\$18.50
Orange peel, bitter 10 <i>Citrus x aurantium</i> Organic Morocco	\$3.50	\$5.75	\$10.00
Orange peel powder, bitter 10 <i>Citrus x aurantium</i> Organic Morocco	\$4.00	\$6.50	\$11.00
Oregano leaf <i>Origanum vulgare</i> Organic Italy	\$5.00	\$8.25	\$14.00
Oregano leaf powder <i>Origanum onites</i> Organic Turkey	\$5.75	\$9.25	\$16.00
Oregano, Mexican leaf <i>Lippia graveolens</i> Organic Mexico	\$4.25	\$7.00	\$12.00
Oregon grape root 6 <i>Berberis aquifolium</i> Organic USA	\$9.50	\$15.75	\$27.00
Oregon grape root powder 6 <i>Berberis aquifolium</i> & <i>Berberis nervosa</i> Organic USA	\$9.75	\$16.25	\$28.00
Orris root <i>Iris germanica</i> Organic Morocco	\$8.00	\$13.25	\$23.00

RECIPE



ELDER-ROSEHIP OXYMEL

Recipe by: Maria Noël Groves,
guest herbalist

Makes about 8 ounces.

Ingredients

- 1/4 cup organic elder berries*
- 1/4 cup organic rosehips*
- 1/2 cup organic apple cider vinegar (preferably raw)
- 1/2 cup raw, local honey

Directions

This sweet-tart, vinegar-honey extract is perfect for people who want a relatively shelf-stable elderberry syrup without any alcohol or refined sugars. Combine herbs in a 12-ounce glass jar* with a plastic cap, cover with vinegar, then add honey. Shake or stir well to combine. Let macerate (steep) for 2-4 weeks, shaking every day or two. Strain using a cheesecloth* and press out every drop of liquid from the herbs into a 16-ounce glass jar. Because of the vinegar, which can corrode metal lids, we like to store with a plastic lid. Store in a cool, dark, dry place or fridge. Take 1/2-1 teaspoon daily as needed. This oxymel is also delicious when added to sparkling water, herbal tea, or salad dressing.

*Offered by Mountain Rose Herbs

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HERBS & SPICES				1 oz.	4 oz.	8 oz.	1 lb.
Orris root powder <i>Iris germanica</i> Organic Morocco					\$8.50	\$14.00	\$24.00
Papaya leaf 6 <i>Carica papaya</i> Organic Non-GMO Sri Lanka					\$4.50	\$7.25	\$12.50
Paprika powder <i>Capsicum annuum</i> Organic Israel					\$5.00	\$8.00	\$13.50
Paprika powder, smoked <i>Capsicum annuum</i> Organic Spain					\$6.75	\$11.00	\$19.00
Parsley leaf <i>Petroselinum crispum</i> Organic Israel					\$5.75	\$9.25	\$16.00
Parsley root 10 <i>Petroselinum crispum</i> Organic USA					\$7.25	\$12.00	\$20.50
Partridgeberry <i>Mitchella repens</i> Wildharvested USA					\$19.50	\$32.50	\$56.50
Passionflower <i>Passiflora incarnata</i> Organic Italy					\$5.75	\$9.25	\$16.00
Passionflower powder <i>Passiflora incarnata</i> Organic Italy					\$6.75	\$11.00	\$19.00
Patchouli leaf 5 <i>Pogostemon cablin</i> Organic India					\$5.00	\$8.00	\$13.50
Pau d'Arco bark <i>Tabebuia impetiginosa</i> Wildharvested Brazil					\$3.50	\$5.75	\$10.00
Pau d'Arco bark powder <i>Tabebuia impetiginosa</i> Wildharvested Brazil					\$4.25	\$6.75	\$11.50
Pennyroyal 10 <i>Mentha pulegium</i> Organic Croatia					\$4.25	\$6.75	\$11.50
Peppercorns whole, black 1 <i>Piper nigrum</i> Organic Fair trade Sri Lanka					\$8.00	\$13.00	\$22.50
Peppercorns whole, black smoked 1 <i>Piper nigrum</i> Organic Fair trade India					\$8.50	\$14.00	\$24.00
Peppercorns whole, green 1 <i>Piper nigrum</i> Organic Fair trade Sri Lanka					\$14.00	\$23.00	\$40.00
Peppercorns whole, long 1 <i>Piper longum</i> Organic Fair trade India					\$9.75	\$16.00	\$27.50
Peppercorns whole, pink 1 <i>Schinus terebinthifolius</i> Organic Brazil					\$32.75	\$54.25	\$90.00
Peppercorns whole, rainbow 1 4 pepper blend Organic Blended in the USA					\$14.25	\$23.75	\$41.00
Peppercorns whole, white 1 <i>Piper nigrum</i> Organic Fair trade Sri Lanka					\$9.50	\$15.75	\$27.00
Pepper cracked, black 1 <i>Piper nigrum</i> Organic Fair trade India					\$8.25	\$13.75	\$23.50
Pepper ground, black 1 <i>Piper nigrum</i> Organic Fair trade Sri Lanka					\$8.25	\$13.75	\$23.50
Pepper ground, white 1 <i>Piper nigrum</i> Organic Fair trade India					\$10.00	\$16.50	\$28.50
Peppermint leaf <i>Mentha x piperita</i> Organic USA					\$6.00	\$10.00	\$17.00
Periwinkle <i>Vinca minor</i> Organic Croatia					\$6.75	\$11.25	\$19.50
Pipsissewa <i>Chimaphila umbellata</i> Wildharvested USA					\$12.00	\$19.75	\$34.00
Plantain leaf <i>Plantago lanceolata</i> Organic USA					\$9.00	\$15.00	\$26.00
Plantain leaf powder <i>Plantago major</i> Organic USA					\$9.75	\$16.00	\$27.50
Pleurisy root 6 <i>Asclepias tuberosa</i> Wildharvested USA					\$20.00	\$33.25	\$57.50
Poke root 10 <i>Phytolacca americana</i> Organic USA					\$7.25	\$12.00	\$20.50
Poke root powder 10 <i>Phytolacca americana</i> Organic USA					\$7.50	\$12.50	\$21.50
Poppy seed whole <i>Papaver somniferum</i> Organic Turkey					\$4.00	\$6.50	\$11.00
Prickly ash bark 6 <i>Zanthoxylum clava-herculis</i> Wildharvested USA					\$9.50	\$15.75	\$27.00
Prickly ash bark powder 6 <i>Zanthoxylum clava-herculis</i> Wildharvested USA					\$9.75	\$16.25	\$28.00
Psyllium husk 7,10 <i>Plantago ovata</i> Organic India					\$4.00	\$6.50	\$11.00
Psyllium husk powder 7,10 <i>Plantago ovata</i> Organic India					\$4.25	\$7.00	\$12.00
Psyllium seed whole 7,10 <i>Plantago ovata</i> Organic India					\$2.75	\$4.25	\$7.00
Psyllium seed powder 7,10 <i>Plantago ovata</i> Organic India					\$3.00	\$4.75	\$8.00
Raspberry leaf <i>Rubus idaeus</i> Organic Poland					\$5.00	\$8.25	\$14.00
Red clover blossoms <i>Trifolium pratense</i> Organic Poland				\$4.00	\$12.00	\$19.75	\$34.00
Red clover herb <i>Trifolium pratense</i> Organic USA					\$6.50	\$10.50	\$18.00
Red root <i>Ceanothus americanus</i> Wildharvested USA					\$9.75	\$16.25	\$28.00
Red root powder <i>Ceanothus americanus</i> Wildharvested USA					\$11.00	\$18.00	\$31.00
Red sage (Dan Shen) root 6,10 <i>Salvia miltiorrhiza</i> Organic China					\$6.00	\$10.00	\$17.00
Rehmannia root slices <i>Rehmannia glutinosa</i> Organic China					\$4.50	\$7.25	\$12.50
Reishi mushroom whole <i>Ganoderma lucidum</i> Organic China					\$9.00	\$14.75	\$25.50
Reishi mushroom slices <i>Ganoderma lucidum</i> Organic China				\$3.25	\$9.75	\$16.00	\$27.50
Rhodiola root, North American <i>Rhodiola rosea</i> Organic Canada				\$11.75	\$36.00	\$59.75	\$103.50
Rhodiola root powder, North American <i>Rhodiola rosea</i> Organic Canada				\$11.75	\$36.00	\$59.75	\$103.50
Rosehips <i>Rosa canina</i> and <i>Rosa rubiginosa</i> Organic Chile					\$4.25	\$7.00	\$12.00
Rosehip powder <i>Rosa canina</i> and <i>Rosa rubiginosa</i> Organic Chile					\$4.50	\$7.50	\$13.00
Rosemary leaf whole <i>Rosmarinus officinalis</i> Organic Morocco					\$4.00	\$6.50	\$11.00
Rosemary leaf powder <i>Rosmarinus officinalis</i> Organic Italy					\$4.25	\$7.00	\$12.00
Rose buds whole <i>Rosa canina</i> Organic France					\$17.25	\$28.75	\$50.00
Rose petals, pink <i>Rosa damascena</i> Organic Morocco					\$15.75	\$26.00	\$45.00
Rose petal powder, pink <i>Rosa damascena</i> Organic Morocco					\$16.75	\$27.75	\$48.00
Rose petals, red <i>Rosa damascena</i> Organic India					\$8.00	\$13.00	\$22.50

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
Rue 6,10 <i>Ruta graveolens</i> Organic Poland		\$8.75	\$14.50	\$25.00
Safflower threads 6,10 <i>Carthamus tinctorius</i> Organic China		\$12.50	\$20.75	\$36.00
Saffron whole stigma <i>Crocus sativus</i> Organic Spain	0.375 gram	\$8.00	1 gram	\$16.00
Sage leaf 10 <i>Salvia officinalis</i> Organic Italy		\$6.00	\$10.00	\$17.00
Sarsaparilla root, Jamaican <i>Smilax regelii</i> Wildharvested Jamaica		\$9.00	\$14.75	\$25.50
Sarsaparilla root powder, Jamaican <i>Smilax regelii</i> Wildharvested Jamaica		\$9.25	\$15.25	\$26.50
Sassafras bark 6,10 <i>Sassafras albidum</i> Wildharvested USA		\$18.00	\$29.75	\$51.50
Sassafras leaf 6,10 <i>Sassafras albidum</i> Organic USA		\$5.25	\$8.50	\$14.50
Savory summer <i>Satureja hortensis</i> Organic Italy		\$10.50	\$17.25	\$30.00
Savory winter <i>Satureja montana</i> Organic Bulgaria		\$4.00	\$6.50	\$11.00
Saw palmetto berries <i>Serenoa repens</i> Organic USA		\$17.75	\$29.25	\$50.50
Saw palmetto berry powder <i>Serenoa repens</i> Organic USA		\$18.00	\$29.75	\$51.50
Schisandra berry whole 10 <i>Schisandra chinensis</i> Organic China		\$15.50	\$25.75	\$44.50
Schisandra berry powder 10 <i>Schisandra chinensis</i> Organic China		\$16.00	\$26.50	\$46.00
Sea buckthorn fruit powder <i>Hippophae rhamnoides</i> Organic China		\$8.75	\$14.25	\$24.50
Self heal (Heal all) <i>Prunella vulgaris</i> Organic Bulgaria		\$5.75	\$9.25	\$16.00
Senna leaf whole 10 <i>Senna alexandrina</i> Organic India		\$3.00	\$4.75	\$8.00
Senna leaf powder 10 <i>Senna alexandrina</i> Organic India		\$3.25	\$5.25	\$9.00
Senna pods whole 10 <i>Senna alexandrina</i> Organic India		\$3.50	\$5.50	\$9.50
Sesame seed 10 <i>Sesamum indicum</i> Organic India		\$3.00	\$4.75	\$8.00
Shatavari root <i>Asparagus racemosus</i> Organic India		\$4.50	\$7.25	\$12.50
Shatavari root powder <i>Asparagus racemosus</i> Organic India		\$5.00	\$8.00	\$13.50
Sheep sorrel 10 <i>Rumex acetosella</i> Organic USA		\$6.75	\$11.25	\$19.50
Sheep sorrel powder 10 <i>Rumex acetosella</i> Organic Bulgaria		\$8.00	\$13.00	\$22.50
Sheep sorrel blend, ultra 10 <i>Rumex acetosella</i> Organic USA		n/a	n/a	\$29.00
Shepherd's purse 6 <i>Capsella bursa pastoris</i> Organic Bulgaria		\$3.50	\$5.75	\$10.00
Shiitake mushroom whole <i>Lentinula edodes</i> Organic USA	\$6.50	\$19.25	\$31.75	\$55.00
Shiitake mushroom powder <i>Lentinula edodes</i> Organic China		\$20.25	\$33.50	\$58.00
Skullcap <i>Scutellaria lateriflora</i> Organic USA		\$12.50	\$20.75	\$36.00
Slippery elm bark 7,10 <i>Ulmus rubra</i> Organic USA		\$9.50	\$15.75	\$27.00
Slippery elm bark powder 7,10 <i>Ulmus rubra</i> Organic USA		\$9.75	\$16.25	\$28.00
Soap nuts deseeded 5 <i>Sapindus mukorossi</i> Organic India		\$2.50	\$3.75	\$6.50
Solomon's seal root <i>Polygonatum biflorum</i> Wildharvested USA		\$21.25	\$35.25	\$61.00
Solomon's seal root powder <i>Polygonatum biflorum</i> Wildharvested USA		\$23.25	\$38.75	\$67.00
Spearmint leaf <i>Mentha x spicata</i> Organic USA		\$6.50	\$10.50	\$18.00
Speedwell <i>Veronica chamaedrys</i> Organic Croatia		\$5.25	\$8.50	\$14.50
Spikenard root 6 <i>Aralia racemosa</i> Wildharvested USA		\$15.75	\$26.00	\$45.00
Spinach flakes <i>Spinacia oleracea</i> Organic Germany		\$5.75	\$9.50	\$16.50
Spinach powder <i>Spinacia oleracea</i> Organic Germany		\$6.75	\$11.00	\$19.00
Spirulina powder 10 <i>Arthrospira platensis</i> Organic Non-GMO India		\$11.00	\$18.00	\$31.00
St. John's wort 10 <i>Hypericum perforatum</i> Organic Chile		\$5.25	\$8.75	\$15.00
St. John's wort powder 10 <i>Hypericum perforatum</i> Organic Chile		\$5.75	\$9.25	\$16.00
St. John's wort, North American 10 <i>Hypericum perforatum</i> Organic USA		\$7.00	\$11.50	\$20.00
Stevia leaf <i>Stevia rebaudiana</i> Organic India		\$4.50	\$7.50	\$13.00
Stevia leaf powder <i>Stevia rebaudiana</i> Organic India		\$5.00	\$8.25	\$14.00
Stone root <i>Collinsonia canadensis</i> Wildharvested USA		\$9.00	\$15.00	\$26.00
Strawberry leaf <i>Fragaria vesca</i> Organic Albania		\$4.50	\$7.50	\$13.00
Suma root <i>Pfaffia paniculata</i> Wildharvested Brazil		\$7.00	\$11.50	\$20.00
Suma root powder <i>Pfaffia paniculata</i> Wildharvested Brazil		\$8.75	\$14.25	\$24.50
Sweet woodruff <i>Galium odoratum</i> Organic Poland		\$8.75	\$14.25	\$24.50
Szechuan pepper whole 10 <i>Zanthoxylum bungeanum</i> Organic China		\$15.00	\$24.75	\$43.00
Tansy 6 <i>Tanacetum vulgare</i> Organic Hungary		\$4.00	\$6.50	\$11.00
Tarragon <i>Artemisia dracunculus</i> Organic Greece		\$12.75	\$21.00	\$36.50
Teasel root <i>Dipsacus fullonum</i> Wildharvested USA		\$24.50	\$40.75	\$70.50
Thyme leaf 10 <i>Thymus vulgaris</i> Organic Greece		\$5.25	\$8.75	\$15.00
Tribulus (Puncture vine) whole 6 <i>Tribulus terrestris</i> Organic India		\$3.25	\$5.25	\$9.00
Tribulus (Puncture vine) powder 6 <i>Tribulus terrestris</i> Organic India		\$4.00	\$6.50	\$11.00
NEW! Triphala guggulu powder Ayurvedic blend Organic India	\$9.75	\$29.50	\$49.00	\$85.00

HERBS & SPICES	1 oz.	4 oz.	8 oz.	1 lb.
Triphala powder Ayurvedic blend Organic India		\$3.25	\$5.25	\$9.00
Turkey rhubarb root 10 <i>Rheum palmatum</i> Organic USA		\$9.00	\$14.75	\$25.50
Turkey rhubarb root powder 10 <i>Rheum palmatum</i> Organic USA		\$9.25	\$15.25	\$26.50
Turmeric root <i>Curcuma longa</i> Organic Fair trade India		\$3.50	\$5.75	\$10.00
Turmeric root powder <i>Curcuma longa</i> Organic Fair trade India		\$4.00	\$6.50	\$11.00
Umckaloabo root <i>Pelargonium sidoides</i> Wildharvested Lesotho		\$11.00	\$18.25	\$31.50
Usnea whole <i>Usnea spp.</i> Wildharvested USA	\$4.50	\$13.50	\$22.25	n/a
Uva ursi leaf <i>Arctostaphylos uva ursi</i> Organic Croatia		\$5.25	\$8.75	\$15.00
Valerian root 10 <i>Valeriana officinalis</i> Organic USA		\$12.50	\$20.75	\$36.00
Valerian root powder 10 <i>Valeriana officinalis</i> Organic USA		\$13.50	\$22.50	\$39.00
Vanilla bean whole <i>Vanilla planifolia</i> Organic Mexico	\$70.25	\$215.50	\$359.00	\$624.00
Vanilla bean powder <i>Vanilla planifolia</i> Organic Indonesia	\$61.25	\$188.25	\$313.50	\$545.00
Violet leaf <i>Viola tricolor</i> Organic Bulgaria		\$4.50	\$7.50	\$13.00
Vitex (Chaste tree) berries whole 10 <i>Vitex agnus-castus</i> Organic Turkey		\$3.50	\$5.75	\$10.00
Vitex (Chaste tree) berry powder 10 <i>Vitex agnus-castus</i> Organic Turkey		\$4.00	\$6.50	\$11.00
Wheatgrass powder <i>Triticum aestivum</i> Organic Non-GMO USA		\$12.75	\$21.00	\$36.50
White mulberry leaf <i>Morus alba</i> Organic Bulgaria		\$4.00	\$6.50	\$11.00
White oak bark <i>Quercus alba</i> Organic USA		\$4.25	\$7.00	\$12.00
White oak bark powder <i>Quercus alba</i> Organic USA		\$5.25	\$8.50	\$14.50
White peony root <i>Paeonia lactiflora</i> Organic China		\$6.50	\$10.50	\$18.00
White sage whole, cultivated 5 <i>Salvia apiana</i> Organic USA	\$4.25	\$12.50	\$20.50	\$35.50
White sage whole 5 <i>Salvia apiana</i> Wildharvested USA	\$3.25	\$9.50	\$15.75	\$27.00
White sage powder 5 <i>Salvia apiana</i> Wildharvested USA		\$10.25	\$17.00	\$29.50
White willow bark 10 <i>Salix alba</i> Organic Bulgaria		\$4.25	\$6.75	\$11.50
White willow bark powder 10 <i>Salix alba</i> Organic Bulgaria		\$4.50	\$7.25	\$12.50
Wild cherry bark <i>Prunus serotina</i> Organic USA		\$7.50	\$12.25	\$21.00
Wild cherry bark powder <i>Prunus serotina</i> Organic USA		\$8.75	\$14.25	\$24.50
Wild Indigo root 6 <i>Baptisia tinctoria</i> Wildharvested USA		\$25.25	\$41.75	\$72.50
Wild lettuce <i>Lactuca virosa</i> Organic Albania		\$5.00	\$8.25	\$14.00
Wild yam root <i>Dioscorea villosa</i> Wildharvested USA		\$8.25	\$13.75	\$23.50
Wild yam root powder <i>Dioscorea villosa</i> Wildharvested USA		\$8.75	\$14.25	\$24.50
Witch hazel bark <i>Hamamelis virginiana</i> Organic USA		\$6.00	\$10.00	\$17.00
Witch hazel bark powder <i>Hamamelis virginiana</i> Organic USA		\$6.50	\$10.50	\$18.00
Witch hazel leaf <i>Hamamelis virginiana</i> Organic USA		\$5.25	\$8.50	\$14.50
Witch hazel leaf powder <i>Hamamelis virginiana</i> Organic USA		\$6.00	\$10.00	\$17.00
Wood betony <i>Stachys officinalis</i> Organic Bulgaria		\$5.00	\$8.25	\$14.00
Wormwood 10 <i>Artemisia absinthium</i> Organic USA		\$5.75	\$9.25	\$16.00
Yacon root powder <i>Smallanthus sonchifolius</i> Organic Peru		\$8.75	\$14.50	\$25.00
Yarrow leaf & flower 6,8,10 <i>Achillea millefolium</i> Organic Hungary		\$5.00	\$8.25	\$14.00
Yarrow leaf & flower powder 6,8,10 <i>Achillea millefolium</i> Organic Hungary		\$5.75	\$9.25	\$16.00
Yellow dock root <i>Rumex crispus</i> Organic Poland		\$5.75	\$9.50	\$16.50
Yellow dock root powder <i>Rumex crispus</i> Organic Poland		\$6.75	\$11.25	\$19.50
Yerba santa leaf 6,10 <i>Eriodictyon californicum</i> Wildharvested USA		\$11.00	\$18.00	\$31.00
Yucca root 10 <i>Yucca glauca</i> Wildharvested USA		\$5.25	\$8.75	\$15.00
Yucca root powder 10 <i>Yucca glauca</i> Wildharvested USA		\$5.75	\$9.75	\$16.00

SEAWEEDS

Bladderwrack 9 <i>Fucus vesiculosus</i> Organic USA	\$6.50	\$10.50	\$18.00
Bladderwrack powder 9 <i>Fucus vesiculosus</i> Organic Canada	\$7.25	\$12.00	\$20.50
Dulse flakes 9 <i>Palmaria palmata</i> Organic USA	\$13.25	\$21.75	\$37.50
Dulse powder 9 <i>Palmaria palmata</i> Organic USA	\$14.25	\$23.50	\$40.50
Irish moss 9 <i>Chondrus crispus</i> Organic Canada	\$10.25	\$16.75	\$29.00
Irish moss powder 9 <i>Chondrus crispus</i> Organic Canada	\$10.50	\$17.25	\$30.00
Kelp powder 9 <i>Ascophyllum nodosum</i> Organic Iceland	\$2.50	\$3.50	\$6.00
Kombu flakes 9 <i>Saccharina latissima</i> Organic USA	\$13.25	\$21.75	\$37.50
Nori flakes 9 <i>Porphyra umbilicalis</i> Organic USA	\$16.00	\$26.50	\$46.00
Sea lettuce flakes 9 <i>Ulva lactuca</i> Organic USA	\$13.00	\$21.50	\$37.00
Wakame flakes 9 <i>Alaria esculenta</i> Organic USA	\$13.00	\$21.50	\$37.00

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, allergies, and possible health conditions. While we do have trained herbalists on staff, we are not healthcare practitioners, and we are therefore unable to provide you with any medical advice, dosages, potential reactions, or 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 products would be suitable 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, 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 (AHPA), 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 AHPA and its Botanical Safety Handbook. These basic safety and caution guidelines are based on industry recommendations, and they are not intended as a complete, conclusive, or up-to-date list. For more information, contact AHPA, the FDA, 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 catalog have been evaluated by the Food and Drug Administration.

HERBAL SEED PACKETS

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

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

Certified organic seed packet °

SEED PACKET SETS

Butterfly Lover Set | 8 seed packets | **\$19.95**

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

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

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

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 seed 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, Broadleaf 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, marshmallow, lemon balm, nettle, and temperate tulsi.

Agricultural Innovation IN THE BALKANS

A new approach to this centuries-old trade has taken root, creating opportunities and ensuring high-quality herbs continue to thrive in this pristine land.



When it comes to biodiversity, Bulgaria is one of the richest countries in Europe. Its abundant botanical offerings are protected by a unique and strictly enforced government system designed to ensure the survival of its habitats, flora, and fauna. Many of its rural residents work within these regulations to make their living from this natural bounty, upholding the region's longstanding wildcrafting and farming traditions. However, a new approach to agriculture is creating opportunities for human and plant communities across the Balkans.

Amidst the stunning foliage of a golden autumn, our Chief Operations Officer, Jennifer, and nonprofit United Plant Savers' Executive Director, Susan, journeyed through Bulgaria's agrarian villages situated in lush valleys and verdant mountains. While they stopped at farm fields along the way, their destination was a unique cultivation center housing a state-of-the-art tissue culture propagation laboratory. Here, Margarita, a local botanical expert who works in the plant lab, applies the types of precision methods typically reserved for internationally prized botanicals like vanilla and cacao to her own regional plant communities. This new world science is helping to create a brighter future for local farmers and the region's precious wild botanicals.



Agriculturalists have been propagating seeds and starts in sheltered environments for millennia. However, their time-honored processes leave considerable room for variability, and many species do not reproduce easily. By harnessing carefully controlled, pristine environments and modern tools, Margarita's horticultural team generates plant seeds and starts with success levels that far exceed the possibilities of traditional methods.

New generation plant propagation techniques remove uncertainty factors, using sterile environments to protect against fungi and harmful microbes while isolated tissue cultures keep plant starts from being susceptible to cross-pollination from the surrounding environment. Plant parts are cut, sterilized, and placed on an agar medium blended with natural hormones to encourage cell growth in a completely controlled setting tailor-made for each species. From this precisely cultivated tissue,



plants can reproduce, then be transitioned into a greenhouse, and then eventually nursery rows, where they gain the hardiness to weather the elements when transplanted into the field.

Such careful cultivation is beneficial to the local growers and allows Mountain Rose Herbs to continue to offer consistently high-quality botanicals in our shop. Now Bulgarian growers can create a surplus of quality plant material rapidly while simultaneously ensuring species consistency across all plants propagated.

Ultimately, the established botanicals will be dispersed to the facility's regional farmer network for organic cultivation, empowering these growers to specialize in crops that could not previously flourish at scale. Farmers have recently begun to reap the financial benefits of tarragon, a crop notoriously difficult to propagate or germinate from seed.

Bulgaria's human communities are not the only beneficiaries of this investment in agricultural innovation. With the assistance and support of nonprofit and longtime Mountain Rose Herbs collaborator, United Plant Savers, researchers are applying modern growing techniques to address botanical conservation challenges across the globe.

After leaving Margarita and her team, Jennifer and Susan passed an occasional horse-drawn wooden cart on their way out of the mountains. This corner of the world feels like it has supported agriculture since the beginning of time, yet our travels demonstrate how gracefully it has also adapted to modern challenges, forging a way forward that promises to enrich its people and its ecosystems. 🍷

(Opposite page): On our travels to Bulgaria, we met with wild-collectors who handpicked organic juniper berries that had ripened in the autumnal sun. (This page, left to right): Susan, the Executive Director of nonprofit United Plant Savers, and Jennifer, Mountain Rose Herbs COO, travel into the Balkans at the peak of harvest to visit our organic farm partners in the Bulgarian countryside. Jars of tarragon are cultivated through tissue culture propagation for eventual placement in the field. This innovative practice ensures species identification, allows the propagation of many individuals at one time, and facilitates germination of tough-to-grow plants.

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 color, unbelievable fragrance, and robust flavor, these ingredients are sure to liven up your dinner fare. Mountain Rose Herbs' culinary oils are packaged in reusable glass bottles. The smallest size of peppercorns come in a refillable glass bottle with grinder for easy use, and our smallest size of spice blends and salts are packaged in a refillable glass bottle with a shaker top and pour spout.

CULINARY OILS

Avocado Oil | Organic | 8.5 oz. \$11.50

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. \$20.00

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. \$29.00

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 | Non-GMO | 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 dressings.

Pumpkin Seed Oil | Organic | 8.5 oz. \$12.50

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 as a drizzle over a warm baguette.

Sesame Oil | Organic | Non-GMO | 8.5 oz. \$6.00

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 for a gentle cooking oil for sweet or savory dishes.

Find bulk sizes of these delicious oils starting on page 62.



SALTS & PEPPERCORNS

Black Lava Salt

Infused with activated charcoal, this salt is packed with essential minerals.

Spice bottle \$4.90 1 lb. \$10.00 5 lb. \$40.00

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. \$4.75 1 lb. \$9.00

Cyprus Flake Salt

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

Spice bottle \$5.75 1 lb. \$29.50 5 lb. \$118.00

Himalayan Pink Salt

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

Spice bottle \$4.90 1 lb. \$7.00 5 lb. \$28.00

Kiawe Smoked Sea Salt

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

Spice bottle \$5.50 1 lb. \$15.00 5 lb. \$60.00

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. \$9.50 5 lb. \$38.00

Seasoning Salt | Organic

A tabletop essential. Sea salt, garlic granules°, onion granules°, celery seed powder°, coriander seed powder°, yellow mustard seed ground°, paprika powder°, turmeric root powder°+, black pepper ground°+, and parsley leaf°.

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. \$13.00 5 lb. \$52.00

Black Peppercorns | Organic | Fair trade

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

Spice bottle \$4.90 8 oz. \$13.00 1 lb. \$22.50

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 \$4.90 8 oz. \$23.00 1 lb. \$40.00

Long Pepper | Organic | Fair trade

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

Spice bottle \$6.00 8 oz. \$16.00 1 lb. \$27.50

Pink Peppercorns | Organic

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

Spice bottle \$12.25 8 oz. \$54.25 1 lb. \$94.00

Rainbow Peppercorns | Organic

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

Spice bottle \$7.00 8 oz. \$23.75 1 lb. \$41.00

Smoked Black Peppercorns | Organic | Fair trade

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

Spice bottle \$5.25 8 oz. \$14.00 1 lb. \$24.00

White Peppercorns | Organic | Fair trade

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

Spice bottle \$6.25 8 oz. \$15.75 1 lb. \$27.00

Find ground pepper on page 47.

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



One pound salts do not qualify for our bulk discount.



ORGANIC SPICE BLENDS

All Purpose Seasoning | Organic

This versatile blend is the perfect flavoring for any dish. Basil leaf°, celery seed powder°, garlic granules°, onion granules°, oregano leaf°, yellow mustard seed ground°, black pepper ground°+, parsley leaf°, lemon peel granules°, paprika powder°, licorice root powder°, and cayenne powder°+. Salt-free.

Spice bottle \$4.90

8 oz. \$9.25

1 lb. \$16.00

Cajun Seasoning | Organic

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

Spice bottle \$4.90

8 oz. \$8.25

1 lb. \$14.00

Chili Powder Blend | Organic

This spicy blend captures the flavors of Mexican and Southwestern dishes. Paprika powder°, cumin seed powder°, garlic granules°, cayenne powder°+, sea salt, and oregano leaf powder°.

Spice bottle \$4.90

8 oz. \$7.50

1 lb. \$13.00

Chinese 5 Spice Blend | Organic | Fair Trade Ingredients

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

Spice bottle \$4.90

8 oz. \$9.25

1 lb. \$16.00

Curry Powder Blend | Organic | Fair trade Ingredients

Colorful, fragrant, and incredibly rich, this blend is a key ingredient in many classic Indian dishes. Coriander seed powder°, turmeric root powder°+, fenugreek seed powder°, ginger root powder°, cumin seed powder°, yellow mustard seed ground°, black pepper ground°+, cardamom powder°, anise seed powder°, cayenne powder°+, clove powder°+, and allspice powder°. Salt-free.

Spice bottle \$4.90

8 oz. \$7.00

1 lb. \$12.00

Garam Masala Blend | Organic | Fair Trade Ingredients

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

Spice bottle \$4.90

8 oz. \$12.00

1 lb. \$20.50

Garlic Pepper | Organic | Fair Trade Ingredients

This quintessential blend has the perfect amount of garlicky flavor needed for any dish. Black pepper cracked°+, garlic granules°, onion granules°, sea salt, lemon peel granules°, and parsley leaf°.

Spice bottle \$4.90

8 oz. \$9.50

1 lb. \$16.50

Grilling Herbs | Organic

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

Spice bottle \$4.90

8 oz. \$9.00

1 lb. \$15.50

Herbs De Provence | Organic

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

Spice bottle \$4.90

8 oz. \$10.25

1 lb. \$17.50

Italian Seasoning | Organic

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

Spice bottle \$4.90

8 oz. \$9.25

1 lb. \$16.00

Lemon Pepper Organic	Spice bottle \$4.90	8 oz. \$8.75	1 lb. \$15.00
This citrus seasoning will add a bright taste to any dish without overpowering other flavors. Onion granules°, garlic granules°, black pepper cracked°+, lemon peel granules°, sea salt, and cayenne powder°+.			
Mediterranean Seasoning Organic	Spice bottle \$4.90	8 oz. \$8.25	1 lb. \$14.00
Add classic Mediterranean flavors to your culinary creations. Oregano leaf°, garlic granules°, rosemary leaf°, fennel seed°, and thyme°. Salt-free.			
Mesquite Seasoning Organic	Spice bottle \$4.90	8 oz. \$8.25	1 lb. \$14.00
This smoky seasoning is a must-have for barbecue season. Paprika powder°, cumin seed powder°, garlic granules°, onion granules°, mesquite powder°, smoked sea salt, roasted red chili powder°, chipotle powder°, rosemary leaf°, marjoram°, sage leaf°, black pepper ground°+, and yellow mustard seed ground°.			
Mexican Seasoning Organic	Spice bottle \$4.90	8 oz. \$9.25	1 lb. \$16.00
A fiesta for the taste buds! This invigorating blend is ideal for sauces and proteins. Cilantro leaf°, onion granules°, rosemary leaf°, thyme°, cumin seed powder°, lemon peel granules°, and chili flakes°+. Salt-free.			
Pickling Spice Organic	Spice bottle \$4.90	8 oz. \$6.75	1 lb. \$11.50
This sweet and savory blend is a classic addition to homemade pickles. Cassia cinnamon chips°, yellow mustard seed°, brown mustard seed°, coriander seed°, allspice°, black peppercorns°+, dill seed°, fennel seed°, cloves°+, celery seed°, juniper berries°, bay leaf°, ginger root°, and chili flakes°+. Salt-free.			
Pumpkin Pie Spice Organic	Spice bottle \$4.90	8 oz. \$10.00	1 lb. \$17.00
This delightful blend has become an American tradition for flavoring pumpkin pies and baked goods. Cassia cinnamon powder°, ginger root powder°, nutmeg powder°+, allspice powder°, clove powder°+, and cardamom powder°. Salt-free.			
Thai Curry Blend Organic	Spice bottle \$4.90	8 oz. \$8.50	1 lb. \$14.50
With rich, complex flavors, this seasoning will give your Thai and Szechuan recipes a spicy kick. Cilantro leaf°, garlic granules°, onion granules°, coriander seed powder°, ginger root powder°, lemon peel granules°, chili flakes°+, sea salt, cumin seed powder°, and black pepper ground°+.			
West Indies Rub Organic Fair Trade Ingredients	Spice bottle \$4.90	8 oz. \$8.00	1 lb. \$12.50
An intoxicating blend traditionally used in Caribbean and Jamaican dishes. Garlic granules°, black pepper cracked°+, turmeric root powder°+, sea salt, ginger root powder°, fenugreek seed powder°, coriander seed powder°, paprika powder°, cayenne powder°+, yellow mustard seed ground°, cumin seed powder°, cardamom powder°, anise seed powder°, clove powder°+, and allspice powder°.			



RECIPE



Berberé
SPICE BLEND

Recipe by: Tim, Marketing Assistant

Makes about 3/4 cup.

Ingredients

- 1/2 cup organic cayenne powder*
- 1/4 cup organic chili powder blend*
- 3 tsp. fine sea salt*
- 1 tsp. organic cardamom powder*
- 1 tsp. organic coriander powder*
- 1 tsp. organic garlic powder*
- 1 tsp. organic ginger root powder*
- 1 tsp. organic onion powder*
- 1/4 tsp. organic allspice powder*
- 1/4 tsp. organic sweet cinnamon powder*
- 1/4 tsp. organic clove powder*
- 1/4 tsp. organic nutmeg powder*

Directions

This hard-to-find blend popular in Ethiopian cuisine can be easily made at home. Stir all ingredients until spices are well incorporated. Store in an airtight glass storage jar* in a cool, dark, dry place. Sprinkle atop white rice, cooked chickpeas, roasted veggies, or any savory dish for an extra pop of spicy flavor.

**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 | \$3.25

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

Sprouting Kit | \$43.00

This complete kit produces up to three different sprouts at once. Sprinkle seeds onto the trays, add water, and watch your sprouts grow! Measures 6" x 7 3/4".

SPROUTING SEEDS

	4 oz.	8 oz.	1 lb.
Leafy sprouting seed blend Organic Blended in the USA	\$5.25	\$8.75	\$15.00
Spicy sprouting seed blend Organic Blended in the USA	\$7.50	\$12.25	\$21.00
Alfalfa seed <i>Medicago sativa</i> Organic Canada	\$4.50	\$7.25	\$12.50
Broccoli seed <i>Brassica oleracea</i> Organic Non-GMO Italy	\$10.00	\$16.50	\$28.50
Daikon radish seed <i>Raphanus sativus</i> Organic USA	\$4.50	\$7.25	\$12.50
Rambo radish seed <i>Raphanus sativus</i> Organic Italy	\$8.50	\$14.00	\$24.00
Red clover seed <i>Trifolium pratense</i> Organic Canada	\$3.50	\$5.75	\$10.00
Red lentil seed <i>Lens culinaris</i> Organic Canada	\$2.75	\$4.25	\$7.00
Wheatgrass seed <i>Triticum aestivum</i> Organic Non-GMO USA	\$2.50	\$3.00	\$5.00

3 Ways To

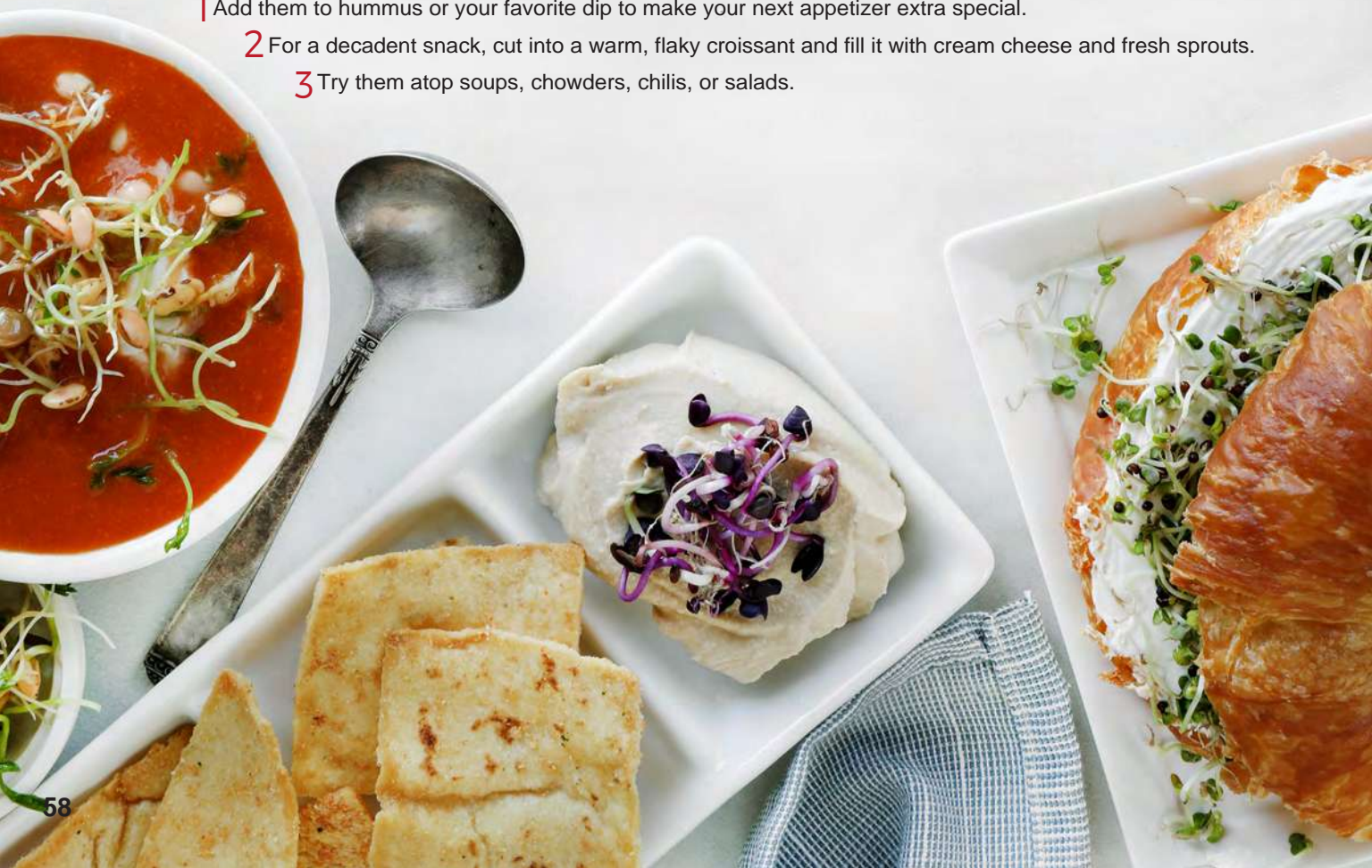
EAT YOUR SPROUTS

Even after our gardens go dormant for the season, we can still incorporate fresh greens into our diet with sprouts. They're a cinch to grow indoors—no soil required! Just pick up these sprouts and sprout-growing tools, and in less than a week, you'll be able to add a bold and healthful crunch to your dinner table fare. (From left to right): red lentil, rambo radish, broccoli sprouts.

1 Add them to hummus or your favorite dip to make your next appetizer extra special.

2 For a decadent snack, cut into a warm, flaky croissant and fill it with cream cheese and fresh sprouts.

3 Try them atop soups, chowders, chilis, or salads.





Vase Spice Grinder



Spice Grater



Nutmeg Grater



Mezzaluna Chopper



Marble Mortar and Pestle



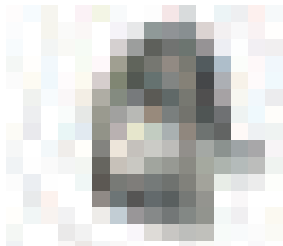
Suribachi



Double Boiler Insert



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

Twisting ceramic grinder.

Mini Available in red or black, 4 3/4". | **\$16.00**

Large Black only, 5 1/2". | **\$20.00**

Spice Grater | \$8.75

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

Nutmeg Grater | \$2.75

Measures 5 1/2". Dishwasher safe.

Mezzaluna Chopper | \$9.00

Double 6" blades with plastic handle.

Marble Mortar and Pestle | \$15.00

Pure polished marble. 4" diameter.

Suribachi | \$19.00

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

Cheesecloth | \$3.75

Two square yards of unbleached organic cotton.

Double Boiler Insert

Stainless steel. Handwash only.

2 cup 4 1/2" diameter x 2 3/8" depth. | **\$14.00**

3 quart 9" diameter x 5" depth. | **\$35.00**

Mesh Strainers

Stainless steel.

Small 3" diameter. | **\$5.00**

Large 4" diameter. | **\$6.75**

Stainless Steel Funnel with Strainer | \$11.50

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

Stainless Steel Funnels (set of 3) | \$13.00

Dishwasher safe.

Plastic Funnels (set of 3) | \$2.75

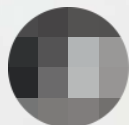
Dishwasher safe.

Wooden Scoops (set of 3) | \$6.00

Crafted from solid pine.

Head-to-Toe Organic BODY CARE RECIPES

Skin is our largest organ. That's why it's so important to treat what we put *on* our bodies with the same thoughtfulness we practice when deciding what we put *in* them. We've created four new head-to-toe recipes, so you can treat yourself to some well-deserved (and synthetic-free) self-care.



Nettle-Infused

SHAMPOO BARS

Recipe by: Jamie, Claims and Returns Manager

Makes 14 ounces, about 5 standard-sized bars.

Ingredients

- 5 oz. purified water, room temperature or cold
- 2 tsp. organic nettle leaf*
- 2 oz. lye
- 5 oz. organic Non-GMO Project Verified unrefined coconut oil*
- 3 oz. organic babassu oil*
- 3 oz. organic olive oil*
- 2 oz. organic jojoba oil*
- 1 oz. organic castor oil*
- 5 drops organic lavender essential oil*
- 10 drops organic rosemary essential oil*

Tools Needed

- Cheesecloth*
- Tempered glass measuring cups
- Stainless steel pot
- Gloves and goggles
- Thermometer
- Kitchen whisk
- White vinegar for lye spills
- Kitchen scale
- Soap mold of your choice

Directions

The night prior, add nettle leaf to water and infuse overnight. The next day, set up a work area in a well-ventilated space. Using cheesecloth*, strain 4 ounces of nettle infusion into a tempered glass measuring cup—be sure to squeeze out every drop of herby goodness. While wearing safety goggles and gloves, add lye to infusion and stir well (always add lye into the liquid, not the other way around). Adding lye will warm the mixture, so set aside and allow to cool to 100°-125° F. Keep in mind that pets and children should not be within reach of lye at any time. Combine oils and heat gently in a stainless steel pot. Once oils are melted, allow temperature to drop to 100°-125° F. Combine lye solution and melted oils, being careful not to splash. Whisk the mixture until it starts to turn into a pudding-like texture and stir marks remain in the mixture for several seconds (a.k.a. “tracing”). Typically, this will take no more than 15 minutes. If it hasn't reached desired consistency, take a break for 15 minutes and then try stirring again for another 5. Add essential oils and stir until combined. Pour raw soap into molds, according to mold manufacturer instructions. Check hardness after a few days. Once hard, remove from mold and cut the soap into bars (if needed) while wearing gloves. Place bars on a cooling rack or another surface that will allow them to breathe. Rotate every few days to allow for even curing. Cure for at least 4 weeks before using.

*Offered by Mountain Rose Herbs





Rose-Kissed LIP SHINE

Recipe by: Chloe, Customer Service Representative

Fills 6, 10-milliliter roll-top bottles.

Ingredients

18-24 whole organic rose buds*

1/4 cup organic jojoba oil*

2 Tbsp. organic fractionated (MCT) coconut oil*

1/4 tsp. Non-GMO Project Verified vitamin E oil*

Directions

Fill each 10-milliliter roll-top bottle* with 3-4 rose buds. Combine jojoba oil, coconut oil, and vitamin E in a jar or pourable measuring cup and shake/mix well. Pour into bottles. Shake before each use and enjoy!



Invigorating Citrus MASSAGE OIL

Recipe by: Megan, Claims and Returns Representative

Makes 1 ounce.

Ingredients

1/2 oz. organic fractionated (MCT) coconut oil*

1/2 oz. organic jojoba oil*

6 drops organic pink peppercorn essential oil*

6 drops organic sweet orange essential oil*

Directions

Combine coconut oil with jojoba oil in a 1-ounce bottle with treatment pump*. Add essential oils and shake well before each use. Best enjoyed right after a shower or as a massage oil.



Cleansing Bentonite FOOT MASK

Recipe by: Courtney, Claims and Returns Representative

Makes 1 foot mask.

Ingredients

3 Tbsp. bentonite clay*

3-4 Tbsp. raw, organic apple cider vinegar

5 drops organic tea tree essential oil*

Directions

Find a place where you can put your feet up and sit comfortably for 15-30 minutes. Prepare a wash basin with warm water and place near your designated space with some towels and a pair of socks. Measure bentonite clay into a glass or ceramic mixing bowl. Add apple cider vinegar, 1 tablespoon at a time, and continuously mix until desired texture is reached. Add essential oil and mix well. Apply a thin layer to tops and bottoms of feet and in between toes. Leave on for 15-30 minutes. Soak feet in wash basin and use a washcloth to help remove the clay. If needed, rinse off in shower. We recommend dumping the basin water outside as large volumes of clay can cause drain clogs. Even after removing the mask, there can be some residual clay that makes for slippery feet. Wear socks until clay is completely gone.





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. 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.

Apricot Kernel Oil | Organic | *Prunus armeniaca* 4 oz. \$11.75 8 oz. \$20.25 16 oz. \$35.00 64 oz. \$126.00
This mild, moisturizing oil has a lovely aroma and is ideal for sensitive and mature skin. Cosmetic use. Cold-pressed & unrefined. Glass packaging.

Argan Oil | Organic | *Argania spinosa* 2 oz. \$16.00 4 oz. \$27.50 8 oz. \$47.75 16 oz. \$83.00
Skin-loving and easily absorbed, argan oil is light and often used in skin, nail, and hair care formulas. Cosmetic use. Cold-pressed & unrefined. Glass packaging.

Avocado Oil | Organic | *Persea americana* 8 oz. \$10.25 16 oz. \$17.50 64 oz. \$63.00 1 gal.* \$113.50
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. Plastic packaging.

Babassu Oil | Organic | *Orbignya oleifera* 32 oz. \$26.50 1 gal.* \$92.00
Solid at room temperature, babassu oil is similar to coconut oil in its applications and appearance. This oil is firming, moisturizing, and has a mild, neutral fragrance and a light consistency that absorbs easily into the skin. Cosmetic use. Organic babassu oil and non-GMO citric acid. Expeller-pressed & refined. Plastic containers.

Baobab Oil | Organic | *Adansonia digitata* 4 oz. \$15.00 8 oz. \$25.75 16 oz. \$44.50 64 oz. \$160.25
This exquisite oil absorbs quickly and is wonderful in moisturizing skin recipes and hair care formulations. Cosmetic use. Cold-pressed & unrefined. Glass packaging.

Black Cumin Seed Oil | Organic | *Nigella sativa* 4 oz. \$13.75 8 oz. \$23.75 16 oz. \$41.00 64 oz. \$147.75
A nutritive oil containing vitamins, minerals, and fatty acids. Refrigeration recommended after opening. May cause skin irritation. Food & cosmetic use. Cold-pressed & unrefined. Glass packaging.

Borage Seed Oil | Organic | *Borago officinalis* 4 oz. \$18.25 8 oz. \$31.50 16 oz. \$54.50 64 oz. \$196.25
Prized for its gamma linolenic acid (GLA) content, borage oil is used in culinary, wellness, and cosmetic preparations. Refrigeration recommended after opening. Food & cosmetic use. Cold-pressed & unrefined. Glass packaging.

Camelina Oil Organic <i>Camelina sativa</i>	8 oz. \$12.50	16 oz. \$21.50	64 oz. \$77.50	1 gal.* \$139.50
Similar to flax in appearance and properties, this stable oil is great for the skin and hair. Food & cosmetic use. Cold-pressed & unrefined. Plastic packaging.				
Camellia Seed Oil Organic <i>Camellia oleifera</i>	4 oz. \$16.50	8 oz. \$28.50	16 oz. \$49.50	64 oz. \$178.25
Also known as “tea seed oil,” this lightweight and silky oil is traditionally used for hair and skin care. It is a gentle moisturizer and can be used by itself or blended into custom formulations. Cosmetic use. Cold-pressed & unrefined. Glass packaging.				
Castor Oil Organic <i>Ricinus communis</i>	16 oz. \$10.00	64 oz. \$36.00	1 gal.* \$65.00	5 gal.* \$308.75
This thick, shiny oil softens and moisturizes dry skin, making a wonderful addition to skin care recipes. Cosmetic use. Expeller-pressed & refined. Plastic packaging.				
Chia Seed Oil Organic <i>Salvia hispanica</i>	8 oz. \$18.25	16 oz. \$31.50	64 oz. \$113.50	1 gal.* \$204.50
This bright golden oil is deeply moisturizing, making it the perfect ingredient for cosmetic formulations. Suitable for all skin types. With a unique flavor, this oil is a popular addition to smoothies, salad dressings, and other culinary creations. Food & cosmetic use. Cold-pressed & unrefined. Plastic packaging.				
Coconut Oil Refined Organic Non-GMO <i>Cocos nucifera</i>	32 oz. \$10.25	1 gal.* \$35.00	5 gal.* \$166.25	
This unscented solid oil is a top pick for moisturizing skin care recipes and as a lather-producing agent in soaps. Food & cosmetic use. Expeller-pressed & refined. Plastic containers.				
Coconut Oil Unrefined Organic Fair trade Non-GMO <i>C. nucifera</i>	32 oz. \$18.50	1 gal.* \$64.00	5 gal.* \$304.00	
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. Plastic containers.				
NEW! Coconut Oil, Fractionated MCT Organic <i>Cocos nucifera</i>	8 oz. \$10.50	16 oz. \$18.00	64 oz. \$65.00	
This clear, odorless liquid coconut oil is comprised of select medium-chain fatty acids. Food & cosmetic use. Separated with cold centrifuge & unrefined. Plastic packaging.				
Cranberry Seed Oil Organic <i>Vaccinium macrocarpon</i>	2 oz. \$25.75	4 oz. \$44.50	8 oz. \$77.00	16oz. \$133.50
Golden to gold-green in color with a lightly sweet and fatty scent, this oil possesses a fine texture that is quickly absorbed into the skin and will not leave you feeling greasy. Food & cosmetic use. Cold-pressed & unrefined. Glass packaging.				
Evening Primrose Oil Organic <i>Oenothera biennis</i>	4 oz. \$11.75	8 oz. \$20.25	16 oz. \$35.00	1 gal.* \$227.00
A natural source of essential fatty acids, this oil has abundant uses. Refrigeration recommended after opening. Food & cosmetic use. Cold-pressed & refined. Glass packaging.				
Grapeseed Oil Organic <i>Vitis vinifera</i>	8 oz. \$18.00	16 oz. \$31.00	64 oz. \$111.75	5 gal.* \$931.00
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. Plastic packaging.				
Hazelnut Oil Organic <i>Corylus avellana</i>	4 oz. \$18.50	8 oz. \$32.00	16 oz. \$55.50	64 oz. \$200.00
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. Glass packaging.				
Hemp Seed Oil Organic Non-GMO <i>Cannabis sativa</i>	8 oz. \$10.00	16 oz. \$17.00	64 oz. \$61.25	1 gal.* \$110.25
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. Plastic packaging.				
Jobba Oil Organic <i>Simmondsia chinensis</i>	4 oz. \$12.75	8 oz. \$22.00	16 oz. \$38.00	64 oz. \$137.00
This stable carrier oil is actually a liquid wax ester that is similar to our own skin's sebum. Cosmetic use. Cold-pressed & unrefined. Glass packaging.				
Kukui Nut Oil <i>Aleurites moluccans</i>	8 oz. \$8.00	16 oz. \$13.50	64 oz. \$48.75	1 gal.* \$87.75
This oil has high penetrability and smoothing skin properties, making it a wonderful addition to skin care creations or when used as a stand-alone moisturizer. Cosmetic use. Cold-pressed & refined. Plastic packaging.				
Macadamia Nut Oil Organic <i>Macadamia integrifolia</i>	4 oz. \$15.00	8 oz. \$26.00	16 oz. \$45.00	64 oz. \$162.00
This flavorful oil is a tasty addition to salad dressings and cold dishes. Food & cosmetic use. Expeller-pressed & unrefined. Glass packaging.				
Marula Oil Organic <i>Sclerocarya birrea</i>	2 oz. \$12.00	4 oz. \$20.75	8 oz. \$35.75	16oz. \$62.00
Fast-absorbing, lightweight, and silky, this luxurious oil has been traditionally used for skin and hair care. It hydrates the skin and promotes elasticity and an even, balanced complexion. Cosmetic use. Cold-pressed & unrefined. Glass packaging.				
Moringa Seed Oil Organic <i>Moringa oleifera</i>	2 oz. \$15.00	4 oz. \$26.00	8 oz. \$45.00	16oz. \$78.00
Also known as “ben oil,” this delightful oil is deeply nourishing for skin and hair. It is gentle enough to be used directly on the skin or as a base for blends. Cosmetic use. Cold-pressed & unrefined. Glass packaging.				
Neem Oil Blend Organic <i>Azadirachta indica</i>	4 oz. \$5.00	8 oz. \$8.50	16 oz. \$14.25	64 oz. \$50.75
Used widely in creams and hair care products. Cosmetic & garden use. Cold-pressed & unrefined, mixed with 15% olive oil* for easy pouring. Glass packaging.				
Olive Oil Extra Virgin Organic Non-GMO <i>Olea europaea</i>	16 oz. \$10.00	64 oz. \$36.00	1 gal.* \$65.00	
This classic oil is an excellent base for herbal oils, body care, salad dressings, and cooking. Food & cosmetic use. Cold-pressed & unrefined. Plastic packaging.				
Pomegranate Seed Oil Organic <i>Punica granatum</i>	2 oz. \$15.25	4 oz. \$26.25	8 oz. \$45.50	16oz. \$79.00
This luxurious oil has a slightly fruity flavor and scent, making it wonderful for cosmetics. Food & cosmetic use. Cold-pressed & unrefined. Glass packaging.				

Pumpkin Seed Oil Organic <i>Cucurbita pepo</i>	8 oz. \$11.00	16 oz. \$19.00	64 oz.* \$68.50	1 gal.* \$123.50
Also known as "green gold," this oil is pressed from raw pumpkin seeds and has a pleasant, rich aroma and deep flavor. Food & cosmetic use. Cold-pressed & unrefined. Plastic packaging.				
Rosehip Seed Oil Organic <i>Rosa</i> sp.	2 oz. \$20.25	4 oz. \$35.00	8 oz. \$60.50	16 oz. \$105.00
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. Glass packaging.				
Sacha Inchi Oil Organic <i>Plukenetia volubilis</i>	4 oz. \$13.00	8 oz. \$22.25	16 oz. \$38.50	64 oz. \$138.75
Derived from a traditional food for communities throughout the Amazon, this delectable oil is ideal for blending in culinary and cosmetic creations. Food & cosmetic use. Cold-pressed & unrefined. Plastic packaging.				
Safflower Oil Organic <i>Carthamus tinctorius</i>	8 oz. \$7.50	16 oz. \$13.00	64 oz. \$47.00	1 gal.* \$84.74
This high-linoleic oil is deeply moisturizing and ideal for general skin care. Food & cosmetic use. Expeller-pressed & unrefined. Plastic packaging.				
Sea Buckthorn Oil Organic <i>Hippophae rhamnoides</i>	2 oz. \$33.25	4 oz. \$57.75	8 oz. \$100.25	16 oz. \$174.00
This prized skin care oil is a natural source of essential fatty acids. May temporarily stain skin. Cosmetic use. Cold-pressed & unrefined. Glass packaging.				
Sesame Oil Organic Non-GMO <i>Sesamum indicum</i>	16 oz. \$9.00	64 oz. \$32.50	1 gal.* \$58.50	5 gal.* \$278.00
This golden-colored and nutty flavored oil provides a stable base for body care products. Food & cosmetic use. Expeller-pressed & unrefined. Plastic packaging.				
Shea Nut Oil Organic <i>Vitellaria paradoxa</i>	8 oz. \$9.25	16 oz. \$16.00	64 oz. \$57.75	1 gal.* \$104.00
This thicker oil is beneficial for dry skin and used as a protective agent in harsh weather. Cosmetic use. Expeller-pressed & unrefined. Plastic packaging.				
Soybean Oil Organic Non-GMO <i>Glycine max</i>	16 oz. \$5.50	64 oz. \$20.00	1 gal.* \$36.00	5 gal.* \$171.00
This easily absorbed oil has a smooth, non-greasy feel. Food & cosmetic use. Expeller-pressed & refined. Plastic packaging.				
Sunflower Oil Organic Non-GMO <i>Helianthus annuus</i>	16 oz. \$8.00	64 oz. \$29.00	1 gal.* \$52.25	5 gal.* \$248.25
Moisturizing and smoothing, this oil is ideal for dry skin recipes and massage oil bases. Food & cosmetic use. Expeller-pressed & refined. Plastic packaging.				
Sweet Almond Oil Unrefined Organic <i>Prunus dulcis</i>	4 oz. \$17.00	8 oz. \$29.25	16 oz. \$50.50	64 oz. \$182.00
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. Glass packaging.				
Sweet Almond Oil Refined <i>Prunus dulcis</i>	8 oz. \$7.00	16 oz. \$12.00	64 oz. \$43.25	1 gal.* \$78.00
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. Plastic packaging.				
Tamanu Oil Organic <i>Calophyllum inophyllum</i>	4 oz. \$14.75	8 oz. \$25.50	16 oz. \$44.00	64 oz. \$158.50
With a rich deep scent, this dark oil can be used directly on the skin or added to formulations. Cosmetic use. Cold-pressed & unrefined. Glass packaging.				

RECIPE



Cayenne-Infused MUSCLE RUB

Recipe by: Faliesha, Creative Assistant

Makes about 12 ounces.

Ingredients

1/2 cup Non-GMO Project Verified unrefined coconut oil*
 2 1/2 Tbsp. organic cayenne powder*
 1/4 cup organic, unrefined shea butter*
 3 Tbsp. beeswax pastilles*
 1/4 cup organic sea buckthorn oil*
 30 drops organic peppermint essential oil*
 30 drops organic eucalyptus essential oil*
 20 drops organic copaiba balsam essential oil*
 20 drops organic juniper berry essential oil*
 5 drops Non-GMO Project Verified vitamin E oil*

Directions

Infuse coconut oil with cayenne powder by mixing both in a double boiler* over medium heat until melted. Once melted, remove from heat and let mixture sit for 30 minutes, allowing cayenne to infuse. Once infused, use a cheesecloth* to strain the mixture over a measuring cup. Next, combine shea butter and beeswax in a double boiler over medium heat until melted. While stirring, add sea buckthorn oil then coconut oil/cayenne infusion. Remove from heat and stir in essential oils and vitamin E oil. Immediately, pour into 3, 4-ounce glass jars*. Let cool completely before use. Store in a cool, dark, dry place for up to six months. Note: sea buckthorn oil may stain clothes or skin.

*Offered by Mountain Rose Herbs



OTHER INGREDIENTS

Aloe Vera Gel Non-GMO	8 oz. \$4.75	16 oz. \$8.00	64 oz. \$29.00	1 gal.* \$52.25
Made from organically grown <i>Aloe vera</i> plants. <i>Aloe vera</i> inner fillet, potassium sorbate, ascorbic acid, citric acid, and xanthan gum. May contain pulp. Refrigeration recommended after opening. Food & cosmetic use.				
Arrowroot Powder Organic		1 lb. \$8.00	5 lb.* \$32.00	55 lb.* \$291.00
An edible starch that can also be used as a thickener and absorbing agent in your favorite body care creations. Food & cosmetic use. <i>Maranta arundinacea</i>				
Baking Soda		1 lb. \$3.50	5 lb.* \$14.00	50 lb.* \$112.00
This naturally sourced sodium bicarbonate is a common ingredient in body care recipes, adding a smooth texture to creams and lotions. Baking soda also acts as a wonderful pH stabilizer. Food & cosmetic use.				
Borax		1 lb. \$3.50	5 lb.* \$14.00	55 lb.* \$123.50
Borax (sodium borate) is an emulsifier, natural preservative, and buffering agent. May irritate sensitive skin. Cosmetic use.				
Buckwheat Hulls Organic		1 lb. \$6.00	5 lb.* \$30.25	50 lb.* \$242.00
These hard outer shells are wonderful for filling pillows, especially when combined with fragrant herbs. External use.				
Castile Soap Liquid Organic Ingredients Non-GMO	8 oz. \$4.25	16 oz. \$7.00	64 oz. \$25.25	1 gal.* \$45.50
A favorite unscented soap or shampoo base. Water, coconut oil°, sunflower oil°, castor oil°, potassium hydroxide (saponification agent), citric acid, and rosemary extract°. Cosmetic use.				
Citric Acid Non-GMO		1 lb. \$7.00	5 lb.* \$28.00	50 lb.* \$224.00
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.				
Coconut Flakes Organic		1 lb. \$8.00	5 lb.* \$32.00	25 lb.* \$128.00
A perfect addition to exfoliating body care recipes, tasty tea blends, and other culinary delights. Food & cosmetic use.				
Dead Sea Salt		1 lb. \$5.00	5 lb.* \$20.00	55 lb.* \$176.00
This luxurious solar-dried sea salt is perfect for bath products and scrubbing blends. Cosmetic use.				
Epsom Salt		1 lb. \$4.00	5 lb.* \$16.00	50 lb.* \$128.00
Soak and relax with this classic bath salt. Use by itself or blend with essential oils for a splendid soak. Cosmetic use.				
Guar Gum Powder Organic		1 lb. \$16.00	5 lb.* \$64.00	50 lb.* \$512.00
A water-soluble fiber used as a binder, thickener, and volume enhancer in food preparations and gluten-free recipes. Food & cosmetic use. <i>Cyamopsis tetragonolobus</i>				
Lecithin Powder, Soy Organic	4 oz. \$14.25	8 oz. \$23.50	1 lb. \$39.00	5 lb.* \$156.00
This granular, waxy powder is used as a thickening agent, emulsifier, and mild preservative. Food & cosmetic use.				
Lecithin Liquid, Soy Organic		8 oz. \$14.75	16 oz. \$25.50	1 gal.* \$165.75
Easily blended emulsifier and thickening agent. Centrifuge-extracted (without utilizing alcohol or solvents) from soybean oil. Food & cosmetic use.				
Menthol Crystals Organic Fair trade	4 oz. \$21.25	8 oz. \$35.25	1 lb. \$61.00	5 lb.* \$244.00
Extracted from <i>Mentha arvensis</i> , these crystals are used in cosmetics and balms. Food & cosmetic use.				
Rosemary Antioxidant Organic	2 oz. \$24.75	4 oz. \$43.00	8 oz. \$74.50	16 oz. \$129.50
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.				
Sea Salt		1 lb. \$4.00	5 lb.* \$16.00	50 lb.* \$128.00
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.				
Stearic Acid		1 lb. \$6.00	5 lb.* \$24.00	55 lb.* \$211.00
These white, waxy flakes are used as an emulsifying agent in lotions, deodorants, and natural body care. Cosmetic use.				
Vegetable Glycerine Organic		8 oz. \$8.25	16 oz. \$14.00	64 oz. \$50.50
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.				
Vitamin E Oil Non-GMO	2 oz. \$12.75	4 oz. \$22.00	8 oz. \$38.25	16 oz. \$66.50
This natural antioxidant preservative is made from soy sources. 7,500 I.U./oz. mixed tocopherols. Food & cosmetic use.				
Witch Hazel Extract Organic		8 oz. \$4.75	16 oz. \$8.00	64 oz. \$29.00
This double-distilled extract contains 86% distilled organic witch hazel and 14% organic alcohol. Cosmetic use.				

Please note that these ingredients cannot be combined for our bulk discount.

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

BUTTER, WAX & CLAY

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

These convenient 1" wafers make melting and blending easy. Food & cosmetic use. Expeller-pressed & unrefined. *Theobroma cacao*

1 lb. \$15.00 5 lb.* \$60.00 35 lb.* \$336.00

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. \$9.00 8 oz. \$15.00 1 lb. \$26.00 1 gal.* \$168.75

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. \$11.00 8 oz. \$18.50 1 lb. \$32.00 1 gal.* \$206.00

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

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. \$20.00 5 lb.* \$90.00

Beeswax Pastilles

These pure beeswax pastilles make measuring and blending easy. No more grating! About 3 mm in diameter. Cosmetic use.

1 lb. \$17.50 5 lb.* \$70.00

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. \$32.00 5 lb.* \$128.00 55 lb.* \$1,126.00

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. \$8.00 5 lb.* \$32.00 55 lb.* \$281.50

Bentonite Clay

A naturally occurring volcanic ash clay for cosmetics. USP grade. Cosmetic use.

1 lb. \$8.00 5 lb.* \$32.00 50 lb.* \$240.00

French Green Clay

An excellent facial clay that tones and stimulates. Cosmetic use.

1 lb. \$13.00 5 lb.* \$52.00 55 lb.* \$289.00

Fullers Earth Clay

This absorbent clay is ideal for oily skin types. Cosmetic use.

1 lb. \$7.00 5 lb.* \$28.00 50 lb.* \$210.00

Rhassoul Clay

This exquisite clay is collected in Morocco. Cosmetic use.

1 lb. \$10.00 5 lb.* \$40.00 55 lb.* \$330.00

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.* \$180.00

Please note that these ingredients cannot be combined for our bulk discount.

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

A GUIDE TO CLAYS

Cosmetic clays have long been known to be beneficial for an array of skin types. There are so many cosmetic clays available, it can be overwhelming to choose the one that's right for you. Cosmetic clays are commonly used in facial masks, DIY soaps, dry shampoos, and even homemade baby powder. They can also be added to the bath for a mineral-infused soak. And they're not just for skin care! Having bentonite and Fuller's earth clay at home can come in handy for cleaning up oily messes on carpets and clothing. Enjoy this guide to our most popular cosmetic clays:

FULLER'S EARTH

Best for very oily skin. Fuller's earth was named several hundred years ago when wool textile workers or "fullers" created a time-saving concoction to remove the dense oils from wool. This clay has mild natural bleaching properties. Because it has such strong absorption properties, it's often combined with bentonite. Fuller's is also helpful in stain removal.

RHASSOUL

Best for sensitive or mature skin. This fine clay from the Atlas Mountains in Morocco has been used for centuries for natural skin care, as it blends well with water. While it will still absorb oils from the skin, it is much gentler than many other clays.

WHITE COSMETIC (KAOLIN CLAY)

Best for dry or sensitive skin. This fine and light-colored clay has the mildest absorption properties of all our clays, making it very versatile. Often this clay is found as an ingredient in mineral-based makeup, soaps, scrubs, poultices, deodorants, facial powders, and masks.

FRENCH GREEN

Best for average to oily skin. It's so named because some of the first recorded deposits of this clay were discovered in France, although it's now found across the globe. This fine-textured clay takes its verdant color from decomposed plant matter. Many people find French green clay helpful for occasional blemishes.

BENTONITE

Best for oily skin. Composed of volcanic ash sediments that have been weathered over a long period of time, bentonite is known for its swelling properties, acting like a sponge when mixed with water. This clay is very popular for facial masks, foot baths, or bath soak blends. It's also excellent for cleaning up oily messes on carpets and clothing.





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.	\$0.80	\$8.25*	\$14.25*
1/8 oz.	\$0.90	\$9.25*	\$15.75*
1/4 oz.	\$1.05	\$10.75*	\$18.50*
1/2 oz.	\$1.35	\$14.00*	\$24.00*
1 oz.	\$1.05	\$10.75*	\$18.50*
2 oz.	\$1.25	\$12.75*	\$21.75*
4 oz.	\$1.55	\$16.00*	\$27.25*
8 oz.	\$2.50	\$25.50*	\$43.50*
16 oz.	\$2.85	\$29.25*	\$49.75*

with Droppers

1/8 oz.	\$1.15	\$11.75	\$20.00*
1/4 oz.	\$1.35	\$14.00*	\$24.00*
1/2 oz.	\$1.55	\$16.00*	\$27.25*
1 oz.	\$1.05	\$10.75*	\$18.50*
2 oz.	\$1.35	\$14.00*	\$24.00*
4 oz.	\$1.85	\$19.00*	\$32.50*

with Treatment Pumps

1 oz.	\$1.05	\$10.75*	\$18.50*
2 oz.	\$1.35	\$14.00*	\$24.00*

with Black Misters

1 oz.	\$1.05	\$10.75*	\$18.50*
2 oz.	\$1.35	\$14.00*	\$24.00*

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.)	\$1.25	\$12.75*	\$21.75*
30 mL (1 oz.)	\$1.35	\$14.00*	\$24.00*

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.	\$1.55	\$16.00*	\$27.25*
1 oz.	\$1.85	\$19.00*	\$32.50*
2 oz.	\$1.85	\$19.00*	\$32.50*
4 oz.	\$2.05	\$21.00*	\$35.75*
8 oz.	\$2.60	\$26.75*	\$45.50*
16 oz.	\$3.35	\$34.25*	\$58.25*

with Droppers

1/2 oz.	\$1.85	\$19.00*	\$32.50*
1 oz.	\$1.85	\$19.00*	\$32.50*
2 oz.	\$1.85	\$19.00*	\$32.50*

with Treatment Pumps

1 oz.	\$1.85	\$19.00*	\$32.50*
2 oz.	\$1.85	\$19.00*	\$32.50*

with Black Misters

1 oz.	\$1.85	\$19.00*	\$32.50*
2 oz.	\$1.85	\$19.00*	\$32.50*
4 oz.	\$2.05	\$21.00*	\$35.75*

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.	\$1.85	\$19.00*	\$32.50*
2 oz.	\$1.95	\$20.00*	\$34.00*
4 oz.	\$2.95	\$30.25*	\$51.50*

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	\$1.85	\$19.00*	\$32.50*
4 oz.	\$2.05	\$21.00*	\$35.75*
9 oz.	\$2.75	\$28.25*	\$48.25*

From left to right: Amber Glass Bottles and Treatment Pump, Clear Glass Jar, Amber Glass Jars, Cobalt Glass Bottles, Glass Dropper, Spice Bottle with Cork Top, White Lip Balm Tube, Cork Top Glass Bottle, Roll-Top Bottles, Metal Tins, Roll-Top Bottle, Powder Container, Glass Dropper.



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	\$1.85	\$19.00*	\$32.50*
1/4 kg	\$2.60	\$26.75*	\$45.50*

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
5 mL	\$1.25	\$12.75*	\$21.75*
10 mL	\$1.25	\$12.75*	\$21.75*
1 oz.	\$2.65	\$27.25*	\$46.50*

Glass Pantry Jars

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

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

Spice Jars with Shaker

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

\$1.55 each	\$16.00 for 12*	\$27.25 for 24*
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Glass Spice Bottles with Cork Top

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

\$1.85 each	\$19.00 for 12*	\$32.50 for 24*
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Cork Top Glass Bottles

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

Size	per item	case 12	case 24
Small 4 oz.	\$1.85	\$19.00*	\$32.50*
Medium 10 oz.	\$2.25	\$23.00*	\$39.25*
Large 20 oz.	\$2.35	\$24.00*	\$41.00*

Wide Mouth Cork Top Jar | \$5.00 each

These glass jars are manufactured in Spain using 100% recycled glass. Holds approximately 8-16 oz. of dry material.

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.	\$0.60	\$6.25	\$10.75*
1 oz.	\$0.65	\$6.75	\$11.50*
2 oz.	\$0.80	\$8.25	\$14.25*
4 oz.	\$0.95	\$9.75	\$16.75*

Powder Containers

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

Holds approximately 3-4 oz. of dry material.

\$1.85 each	\$19.00 for 12	\$32.50 for 24*
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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.	\$0.85	\$8.75	\$15.00*
1/4 oz.	\$0.70	\$7.25	\$12.50*
1/2 oz.	\$0.65	\$6.75	\$11.50*
1 oz.	\$0.55	\$5.75	\$10.00*
2 oz.	\$0.55	\$5.75	\$10.00*
4 oz. (amber bottle only)	\$0.65	\$6.75	\$11.50*

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.

\$0.45 each	\$4.75 for 12	\$8.25 for 24
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Fingertip Misters

These mister spray pumps are available in your choice of black or white. Fit 1 oz. and 2 oz. amber or cobalt glass bottles.

\$0.70 each	\$7.25 for 12	\$12.50 for 24
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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.

\$0.35 each	\$7.50 for 25	\$12.75 for 50
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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 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 the Mountain Rose Herbs website for a complete selection of goodies.

SKIN CARE

Cucumber Cream | Organic ingredients | 2 oz. \$15.75

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. \$14.75

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. \$16.25

This cream has a light aroma and is ideal for sensitive skin. 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. \$18.75

Our most popular cream has a rich rose scent. Olive oil°, sesame oil°, sunflower oil°, aloe vera gel, rose hydrosol°, coconut oil°, beeswax, vitamin E, soy lecithin powder°, and rose absolute.

Sandalwood Patchouli Cream | Organic ingredients | 2 oz. \$16.25

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. \$14.25

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

Relaxing Bath Herbs | Organic

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

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

Baby's Bath Herbs | Organic

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

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



from MOUNTAIN ROSE HERBS

Lemon Face Wash | Organic ingredients | 8 oz. with pump \$11.25

This refreshing, deep-cleansing wash is ideal for normal to oily skin. Castille soap (coconut oil°, olive oil°, jojoba oil°, rosemary extract°, aloe vera°, and potassium hydroxide), lavender hydrosol°, calendula flower extract°, burdock root extract°, red clover blossoms extract°, lavender essential oil°, lemon essential oil°, tea tree essential oil°, and thyme essential oil°.

Rose Face Wash | Organic ingredients | 8 oz. with pump \$16.25

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 (coconut oil°, olive oil°, jojoba oil°, rosemary extract°, aloe vera°, and potassium hydroxide), rose hydrosol°, vegetable glycerine°, calendula extract°, rose absolute, Australian sandalwood essential oil°, and Roman chamomile essential oil°.

Classic Rose Facial Oil | 1 oz. with pump \$18.25

This luxurious oil is nourishing and moisturizing. Rosehip seed oil°, kukui nut oil, olive oil° infused with calendula flowers°, carrot seed essential oil°, helichrysum essential oil°, neroli essential oil°, Australian sandalwood essential oil°, frankincense essential oil°, and lavender essential oil°.

Wild Rose Facial Oil | Organic | 1 oz. with pump \$14.25

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

Wild Rose Facial Toner | Organic | 2 oz. with mister \$13.25

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

Facial Scrub

This deep cleanser is ideal for oily or combination skin. Mix with water or herbal infusion to achieve desired consistency. French green clay, almond meal°, oat bran°, juniper berry essential oil°, lavender essential oil°, and thyme essential oil°.

2 oz. \$8.25 8 oz. \$23.25

Facial Steam | Organic

An enjoyable way to deep clean pores and moisturize. Comfrey leaf°, chamomile flowers°, rose petals°, calendula flowers°, and 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 exfoliate 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, almond meal°, rose powder°, cornmeal°, and lavender 40-42 essential oil.

2 oz. \$7.25 8 oz. \$21.25

Restorative Skin Oil | Organic | 2 oz. with pump \$14.75

A moisturizing and emollient oil, especially good for the hands and elbows. Olive oil° infused with calendula flowers°, rosehip seed oil°, vitamin E oil, lavender essential oil°, carrot seed essential oil°, helichrysum essential oil°, and neroli essential oil°.

HERBAL FACIAL KIT

\$32.25

Pamper yourself with this complete facial rejuvenation treatment, or give as a gift to someone who could use relaxation in their life. Each kit is created with quality herbs, pure essential oils, fine cosmetic clays, and pure rosewater—a pleasurable way to refresh your skin and unwind.

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, and 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 \$14.75

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 flowers°, chamomile flowers°, lavender flowers°, and rose petals°, vitamin E oil, cinnamon leaf essential oil°, lavender essential oil°, vetiver essential oil°, geranium essential oil°, and ylang ylang essential oil°.

Goddess Dreams Massage Oil | Organic | 4 oz. with flip cap \$14.75

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 flowers°, lavender flowers°, rose petals°, damiana leaf°, and rosemary leaf°, vitamin E oil, clary sage essential oil°, lavender essential oil°, palmarosa essential oil°, and neroli essential oil°.

Rose Moon Massage Oil | Organic | 4 oz. with flip cap \$19.75

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 flowers°, chamomile flowers°, lavender flowers°, and rose petals°, vitamin E oil, geranium essential oil°, palmarosa essential oil°, Bulgarian rose essential oil°, and mandarin essential oil°.

Warming Ginger Massage Oil | Organic | 4 oz. with flip cap \$14.75

This permeating massage oil is warming on the skin. Apply to occasional tired muscles to help relax after a strenuous day. Olive oil°, sweet almond oil°, jojoba oil°, olive oil° infused with calendula flowers°, vitamin E oil, ginger essential oil°, Roman chamomile essential oil°, sage essential oil°, and black pepper essential oil°.

HERBAL SALVES

All of our herbal salves are handmade in small batches using our solar-infused herbal oils and the finest botanical ingredients. They are packaged in push-top tins.

Arnica St. John's

A must-have for athletes and anyone who works or plays outdoors. Not for open wounds. Olive oil° infused with calendula flowers°, St. John's wort, and arnica flowers° in a beeswax base with vitamin E oil and lavender essential oil°.

1 oz. \$7.75 2 oz. \$13.75

Baby's Balm

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

1 oz. \$7.25 2 oz. \$12.75

Comfrey St. John's Wort

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 flowers° in a beeswax base with vitamin E oil.

1 oz. \$7.25 2 oz. \$12.75

Dream Balm

This sweet-smelling salve can be applied to your temples or forehead before going to bed. Almond oil° and olive oil° infused with lavender flowers°, mugwort°, chamomile flowers°, hops flowers°, rosemary leaf°, rose petals°, and borage° in a beeswax base with lavender 40-42 essential oil and clary sage essential oil°.

1 oz. \$8.50 2 oz. \$15.25

Goldenseal Myrrh

This emollient salve is a gardener's best friend, especially if you prefer to not wear gloves. Olive oil° infused with myrrh gum resin°, goldenseal root°, calendula flowers°, and St. John's wort in a beeswax base with vitamin E oil.

1 oz. \$7.25 2 oz. \$12.75

Powerful Skin

One of our favorite salves packed with the botanical goodness of tea tree essential oil. Olive oil° infused with black walnut leaf°, chaparral leaf, sage leaf°, and mugwort° in a beeswax base and tea tree essential oil°.

1 oz. \$7.25 2 oz. \$12.75



HERBAL OILS

Our skilled artisans handcraft these herb-infused oils using certified organic botanicals. 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. Olive oil° infused with arnica flowers° and vitamin E oil.

2 oz. \$20.50 4 oz. \$35.00

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. Olive oil° infused with calendula flowers° and vitamin E oil.

2 oz. \$8.75 4 oz. \$14.50

Comfrey Herbal Oil | Organic

Comfrey oil has long been a valued skin care ingredient for occasional use. Cosmetic use. Not to be used on open wounds. Olive oil° infused with comfrey leaf° and comfrey root°, and vitamin E oil.

2 oz. \$8.50 4 oz. \$14.25

Mullein Herbal Oil

Our mullein oil is a popular ingredient in ear care and makes a great topical oil. Cosmetic use. Olive oil° infused with mullein flowers and vitamin E oil.

2 oz. \$9.00 4 oz. \$14.75

Plantain Herbal Oil | Organic

Our plantain oil is a softening emollient that your skin will love and appreciate. Cosmetic use. Olive oil° infused with plantain leaf° and vitamin E oil.

2 oz. \$8.50 4 oz. \$14.25

Rosemary Herbal Oil | Organic

Rosemary oil is traditionally used as a key ingredient in massage oils and hair care. Cosmetic use. Olive oil° infused with rosemary leaf° and vitamin E oil.

2 oz. \$8.75 4 oz. \$14.50

St. John's Wort Herbal Oil

St. John's wort is a superb ally for general skin care. Cosmetic use. Olive oil° infused with St. John's wort flowers 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 flowers°, St. John's wort, and calendula flowers°, lavender essential oil°, and vitamin E oil.


2 oz. \$14.25 4 oz. \$23.75

Ear Oil | Organic | 1 oz. with dropper \$12.75

This solar-infused blend of pure botanicals combines the power of mullein flowers and fresh garlic. Cosmetic use. Olive oil° infused with mullein flowers° and fresh garlic°, and vitamin E oil.

Gentle Oil | Organic | 4 oz. with flip cap \$14.50

A natural emollient, this lubricating oil encourages closeness and awakens arousal. Not for use with latex condoms. Cosmetic use. Almond oil° and jojoba oil° infused with calendula flowers°, plantain leaf°, and marshmallow root°, and vitamin E oil.

 Share your creations!
@mountainroseherbs
#mountainroseherbs



BABIES & CHILDREN

Aloe Baby Wash | 8.3 oz. with foaming pump \$8.00

From *Oregon Soap Company*. This mild and pure wash is formulated for babies and sensitive skin.

Baby Body Oil | 100 mL \$11.99

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 | 4 oz. with shaker \$11.99

From *Wild Carrot Herbals*. This soothing botanical baby powder is talc- and cornstarch-free, with a calming and refreshing aroma.

Baby's Balm

From *Mountain Rose Herbs*. A soothing and gentle balm for dry and sensitive skin. Olive oil[°] infused with calendula flowers[°], St. John's wort, chickweed[°], plantain leaf[°], goldenseal root[°], and myrrh gum resin[°] in a beeswax base with vitamin E oil.

1 oz. \$7.25 2 oz. \$12.75

Baby's Bath Herbs | Organic

From *Mountain Rose Herbs*. This herbal bath blend has a sweet floral aroma that is calming for both infant and adult. These loose bath herbs come with a reusable muslin bag. Calendula flowers[°], chamomile flowers[°], oat tops[°], lavender flowers[°], and rose petals[°].

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

Borage Butter Cream | 2 oz. \$15.99

From *Wild Carrot Herbals*. This gentle cream was formulated for sensitive skin.

Children's Chest Rub | 1 oz. \$6.49

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. \$9.99

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

HERBAL SPRAYS & RUBS

Anti-Itchy Spray | 1 oz. with mister \$11.00

From *Ojas Naturals*. An indispensable and effective ally for occasional skin irritants. This extract and vinegar-based formula works immediately on contact.

NEW! Bug-Off Stick | Organic | 1.5 oz. \$13.25

From *Chagrin Valley Soap & Salve*. Reduce the annoyance of flying insects while enjoying the great outdoors with this certified organic bug-off stick. Great for use in your backyard, while hiking, backpacking, or exploring local woodlands and wetlands.

Herbal Chest Rub | 1 oz. \$9.99

From *Wild Carrot Herbals*. This rub is crafted with herbal-infused olive oil and essential oils. This stronger yet calming version of *Wild Carrot's Children's Chest Rub* is easily applied to the chest for long-lasting comfort.

Menthol Cayenne Spray | Organic | 2 oz. with mister \$9.75

From *Mountain Rose Herbs*. This permeating spray is simultaneously cooling and warming on the skin. It combines the botanical strength of menthol crystals and cayenne powder for pleasant herbal synergy. Corn alcohol[°], distilled water, comfrey root[°], menthol crystals[°]+, *Echinacea purpurea* root[°], calendula flowers[°], and cayenne powder[°]+



Visit our online shop for a complete list of ingredients.

HAIR CARE



Apple Cider Vinger Hair Rinse | Organic | 9 oz. \$17.50

From Chagrin Valley Soap & Salve. This rich and clarifying hair rinse is blended with certified organic herbs and essential oils to naturally revitalize your hair and scalp.

This concentrated liquid needs to be diluted before application.

Choose from: Citrus Mint or Summer Rain

Dry Shampoo | Organic | 4.5 oz. with shaker \$19.50

From Chagrin Valley Soap & Salve. Perfect for all hair types and textures, these dry shampoo powders help restore shine and body to your tresses in between washes.

Sprinkle a small amount directly onto scalp, massage, and brush out.

Choose from: Dark Hair or Light Hair, both in a lavender rosemary scent.

Herbal Hair Color | Organic

From Mountain Rose Herbs. A botanical hair dye used to add color, create highlights, or cover grey. 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. \$7.75 8 oz. \$12.75 1 lb. \$22.00 5 lb. \$88.00

Invigorating Hair Oil | Organic | 2 oz. with pump \$11.25

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^o, basil essential oil^o, lavender essential oil^o, and rosemary essential oil^o.

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 treatment. Olive oil^o infused with rosemary leaf^o, and vitamin E oil.

2 oz. \$8.75 4 oz. \$14.50

NEW! Shampoo Bars | 5.8 oz. \$9.50 each

From Chagrin Valley Soap & Salve. Made from organic ingredients, these botanical shampoo bars are great for the gym, camping, and traveling. They can also double as a body or shaving soap.

Choose from: Ayurvedic Herb, Butter Bar, Coconut Milk, or Herb Garden.

RECIPE



8 Ways to Use JOJOBA OIL

By: Raychel, Marketing Director

After visiting our jojoba farm in Arizona's Sonoran Desert (see pages 2-5 for the full scoop), we became obsessed with our certified organic jojoba oil*. This versatile, sunny-hued, ingredient is non-comedogenic (meaning it won't clog pores) and will leave your hair and skin with a healthy glow. We've been using this shelf-stable ingredient for years in our handcrafted body care products (more about those on pages 36-37) and it's a popular carrier oil for essential oil blends. Jojoba oil also makes an excellent standalone addition to your natural body and hair care routine...no recipe needed!

- 1. Hair Moisturizer:** Put a pea-sized amount of jojoba oil in palm of hand and smooth onto hair or beard to battle dryness.
- 2. Deep Conditioner:** Pour a dime-sized amount of jojoba oil into hands and smooth onto hair, starting at the roots and working downward. Leave on for up to 30 minutes before shampooing.
- 3. Face Moisturizer:** Pour jojoba oil into palm of hand and massage onto face and body. A little goes a long way!
- 4. Lip Treatment:** Fill a roll-top glass bottle* with jojoba oil and roll onto sun-kissed lips.
- 5. Shaving "Cream" or Aftershave:** Massage jojoba oil onto affected area pre- and post-shave to keep skin happy.
- 6. Make-up Remover:** Dab small amount of jojoba oil on cotton ball and rub on face.
- 7. Massage Oil:** Jojoba oil is technically a wax, so it's less likely than other oils to stain your sheets.
- 8. Fountain of Youth:** Massage into face and neck daily to reduce the appearance of fine lines and wrinkles.

from FAWN LILY BOTANICA

Foaming Facial Wash | 8.3 oz. with foaming pump \$20.00 each

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

Tea Tree + Juniper | For oily skin

Vanilla + Elder Flower | For normal to oily skin

Facial Serums | 1 oz. with pump \$24.00 each

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

Geranium Argan | For dry or mature skin

Tea Tree Juniper | For oily skin

Facial Toners | 2 oz. with mister \$17.00 each

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

Lavender + Calendula | For all skin types

Sage + Mint + Yarrow | For normal to oily skin

Botanical Lip Balm | 0.15 oz. tube \$4.50 each

These botanical lip balms are a treat for the lips! Choose from:

Mint + Cocoa, Hibiscus + Ginger, or Spiced Chai.



from WILD ROSE HERBS

Wild Man After Shave | 2 oz. with mister \$11.95

This astringent after shave is infused with a woody yet bright scented blend of organic essential oils. Use post shave to nurture skin and remove stubborn impurities.

Wild Man Beard Wash | 2 oz. \$11.95

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

Wild Man Beard Conditioner | 1 oz. \$11.95

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

Wild Man Beard Cream | 0.85 oz. \$10.95

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

Wild Man Clean Shave Soap | 2 oz. with flip cap \$11.95

This gentle and effective herbal face wash produces a smooth lather for a close shave. Ideal for all skin types, this liquid soap is highly concentrated.

Ink Spray | 1 oz. with mister \$9.95

This simple spray can address discomfort associated with newly inked tattoos and other minor irritations. Made with organic witch hazel extract, this astringent spray may tighten pores and keep your skin dry, helping your ink to set well.



from 'OHANA ORGANICS

Awapuhi Scrub Butter | Organic | 4 oz. \$13.99

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

Neroli Scrub Butter | Organic | 4 oz. \$13.99

Enjoy radiant, smooth skin with this handcrafted neroli scrub butter. Combining the exfoliating power of black lava sea salt with lusciously moisturizing organic and fair trade shea butter, this exquisite scrub is a wonderful way to practice self care.

Tattoo Butter | Organic | 2 oz. \$11.99

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



from MOON VALLEY ORGANICS

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

These cleansing soaps are formulated to nourish and soften. Developed with intention, each body bar is made with organic herbs that are sustainably grown on Moon Valley's own farm in Washington state.

Choose from: Lavender Calendula, Mint & Sea Minerals, or Oatmeal Sage.

Lotion Bar | 1.9 oz. \$11.99 each

These moon melt lotion bars are decadent in every sense of the word. Made with calendula- and comfrey-infused oil to create the perfect emollient for your skin.

Packaged in a reusable tin. Choose from: Coconut Lemon or Lavender.

from WILD CARROT HERBALS

Bath Salts | 15 oz. \$13.99 each

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

Body Butters | 8 oz. \$23.99 each

These rich and luscious body butters are crafted to nourish and smooth your skin. Choose from: Citrus Sunrise or Ginger.

from ALL GOOD

Deodorant | 2.5 oz. stick \$8.99 each

Lovingly handcrafted from organic and natural ingredients, All Good deodorants contain naturally occurring enzymes and essential oils to provide long-lasting coverage, and they are free from aluminum, baking soda, parabens, propylene glycol, and phthalates. Choose from:

Tea Tree & Basil, Cedarwood & Spruce, or Rose Geranium & Jasmine.

Lotion | 6 oz. \$15.99 each

These lotions nurture your skin for a natural, youthful, non-greasy feel. Vegan and biodegradable, they will leave you feeling soft and smooth.

Choose from: Coconut or Lemongrass.

Organic Lip Balm | 0.15 oz. tube \$3.50

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

Zinc Sunstick | 0.6 oz. tube \$8.99 each

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

from OREGON SOAP COMPANY

Bar Soaps | 3.75 oz. \$5.50 each

Luscious, aromatic, and long-lasting. In an effort to honor and protect our natural environment, Oregon Soap Company has committed to planting one tree for every 10 bars of soap sold. Choose from:

Honey Oatmeal, French Green Clay & Geranium, or Tea Tree & Calendula.



GROWING LOCALLY

To find the best herbs for handcrafting our high-quality extracts and elixirs, we look no further than the farmers in our backyard.



It's a perfectly Pacific Northwest day as we follow farm partner Alan into his fields. A moderate drizzle is pierced by sunshine that warms the ground, so that moisture rises upward from the wet soil at about the same rate as it falls from the mottled sky. Damp spring has luxuriated longer than usual this year, but Alan doesn't complain. Our famously wet winter and spring months turn persistently sunny come summer, so growers here are generally grateful for the free irrigation while they can get it.

We've asked Alan to show us where he grows some of the organic herbs that will one day travel from his fields to our Eugene, Oregon extract-making facility down the road.

The quantities required to meet our extract needs are much smaller than for our dried botanicals, empowering us to forge relationships with small-scale growers in our own backyard. Working with farms of this proximity and scale has allowed us to produce extracts from ingredients at their peak freshness and quality while enriching our local community—and minimizing our carbon footprint.



Alan says he will show us the shepherd's purse and dandelion that will soon be ready for harvest. As we walk along his farm, we scan ahead for neat rows of lush leaves or blooming flowers. But all we see are recently seeded or fallow fields, a puzzling scene. Alan finally stops and points to a clump of wild overgrowth on the edge of a seemingly barren plot.

"Here's some shepherd's purse that's about ready," he says, pointing. "And the dandelions are up now, so we'll be digging roots from those for a few months as well." While Alan cultivates many crops, he harvests these herbs wherever they pop up around the farm.

"We just take what nature gives us," Alan says. "This land is certified organic, so when we're working with the annuals we've planted, we're able to set aside any of these useful weeds as an organic crop of their own. Basically, we're able to wildharvest on our own farm."

The simple strategy is quite brilliant—Alan lets nothing go to waste, taking advantage of ready-made permaculture. The black walnut hulls, devil's club root, yellow dock, and yerba santa leaf—all ingredients in our handcrafted herbal extracts—are also collected by Alan wherever they naturally grow wild.



Not all of Alan's crops are so independent, however. We duck inside a humid greenhouse lined with shelves holding rows of emerald green sprouts—the makings of his annual crop of holy basil, a key ingredient in some of our herbal extracts. Alan and his small crew germinate and grow their basil under cover so that it can be transplanted into the field as soon as soil temperatures allow (usually the first week in June). With help from the farm's homemade compost-tea-infused irrigation and the added nutrient boost of bokashi, a Japanese-style fertilizer rich in nourishing biochar (charcoal used as a soil amendment), these aromatic plants will be in pale purple flower by early August.

It's at that time when our nearby extract-making facility will receive a fresh batch of Alan's holy basil. Extractor extraordinaire, Shay, will lead our crew in the time-sensitive work of capturing all that goodness while the plants are at their prime. Our first round of organoleptic testing (using our physical senses) is conducted as soon as the herbs come through our doors, and plants that pass inspection are immediately processed for extraction. After a trip through our grinder, herbal material is transferred into glass jars, covered with organic alcohol and distilled water, and left to infuse for about two months (with daily shakes by our crew) before being pressed and strained into their final form.

After several more rounds of thorough testing in our Quality Control Laboratory, these handcrafted plant potions are packaged into single or combination tinctures ready to support your wellness goals by the dropperful.

We could never make such high-quality extracts without the hard work and tender care of Alan and other local growers.

"This has never been an easy life, and I've sacrificed a lot," Alan says. "But I love it more than anything else I could be doing, and that's made it all worth it." 🌱

(Opposite page): Alan examines the carrot plants he cultivates for seed, a feat possible thanks to the unique, sheltered topography of his land that protects his crops from wild cross-pollination. (This page, left to right): Mountain Rose Herbs farm partner, Alan, grows and collects organic ingredients for our fresh herbal tinctures, like this shepherd's purse. Shay, oversees the crafting of the tinctures we lovingly create in-house.

Herbs FOR HEALTH

We offer many options for supplementing your daily diet with the goodness of herbs. Vegan 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 need to maintain your wellness—and even keep your pets healthy too.



SINGLE HERBAL EXTRACTS

We craft all extracts by hand in Eugene, Oregon for divine and unsurpassed quality. Our 1 oz., 2 oz., and 4 oz. extracts are packaged in amber glass bottles with glass droppers. The 8 oz. is bottled in amber glass with a standard screw cap. 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.
Alfalfa leaf <i>Medicago sativa</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Angelica root 6 <i>Angelica archangelica</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Artichoke leaf <i>Cynara scolymus</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Ashwagandha root <i>Withania somnifera</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Astragalus root 6 <i>Astragalus mongholicus</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Barberry root bark 6 <i>Berberis vulgaris</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Bilberry fruit and leaf <i>Vaccinium myrtillus</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Black cohosh root, Forest Grown 6 <i>Cimicifuga racemosa</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Black walnut fresh green hull 10 <i>Juglans nigra</i> Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
Blessed thistle herb 8 <i>Cnicus benedictus</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Blue cohosh root, Forest Grown 6 <i>Caulophyllum thalictroides</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Blue vervain flowering tops 6 <i>Verbena hastata</i> Organic	\$12.75	\$21.75	\$37.00	\$63.00

SINGLE HERBAL EXTRACTS		1 oz.	2 oz.	4 oz.	8 oz.
Boneset herb	<i>Eupatorium perfoliatum</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Brahmi herb	<i>Bacopa monnieri</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Burdock root	<i>Arctium lappa</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Calendula flower	8 <i>Calendula officinalis</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
California poppy herb	6 <i>Eschscholzia californica</i> Organic	\$12.75	\$21.75	\$37.00	\$63.00
Cascara sagrada bark	10 <i>Frangula purshiana</i> Wildharvested	\$9.75	\$16.75	\$28.50	\$48.50
Cat's claw bark	6 <i>Uncaria tomentosa</i> Wildharvested	\$9.75	\$16.75	\$28.50	\$48.50
Catnip herb	<i>Nepeta cataria</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Cayenne pepper	3,4 <i>Capsicum annuum</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Chaga mushroom	<i>Inonotus obliquus</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Chamomile flowers	8,10 <i>Matricaria recutita</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Chaparral leaf	6,10 <i>Larrea tridentata</i> Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
Chickweed herb	<i>Stellaria media</i> Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
Cilantro herb	<i>Coriandrum sativum</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Cinnamon bark	6 <i>Cinnamomum burmanni</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Cleavers herb	<i>Galium aparine</i> Wildharvested	\$9.75	\$16.75	\$28.50	\$48.50
Cornsilk herb	<i>Zea mays</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Couchgrass root	<i>Elymus repens</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Cramp bark	<i>Viburnum opulus</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Damiana leaf	<i>Turnera diffusa</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Dandelion root	<i>Taraxacum officinale</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Devil's claw root	<i>Harpagophytum</i> spp. Organic	\$10.75	\$18.50	\$31.50	\$53.75
Devil's club root bark	<i>Oplopanax horridus</i> Wildharvested	\$12.75	\$21.75	\$37.00	\$63.00
Dong quai root	6,10 <i>Angelica sinensis</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Echinacea root	10 <i>Echinacea purpurea</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Elder berry	10 <i>Sambucus nigra</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Elecampane root	8,10 <i>Inula helenium</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Eleuthero root	<i>Eleutherococcus</i> spp. Organic	\$10.75	\$18.50	\$31.50	\$53.75
Epimedium leaf	<i>Epimedium grandiflorum</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Fennel seed	<i>Foeniculum vulgare</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Fenugreek seed	6 <i>Trigonella foenum-graecum</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Feverfew herb	6,8 <i>Tanacetum parthenium</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Garlic bulb	10 <i>Allium sativum</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Gentian root	10 <i>Gentiana lutea</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Ginger root	<i>Zingiber officinale</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Ginkgo leaf	10 <i>Ginkgo biloba</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Ginseng whole plant, Forest Grown American	10 <i>Panax quinquefolius</i>	\$20.00	\$34.00	\$58.00	\$98.75
Goldenrod herb	8 <i>Solidago canadensis</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Goldenseal root	6 <i>Hydrastis canadensis</i> Organic	\$12.75	\$21.75	\$37.00	\$107.25
Gotu kola herb	<i>Centella asiatica</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Hawthorn berry	10 <i>Crataegus</i> spp. Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
Holy basil herb	<i>Ocimum</i> sp. Organic	\$9.75	\$16.75	\$28.50	\$48.50
Hops flower	<i>Humulus lupulus</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Horehound herb	6 <i>Marrubium vulgare</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Horseradish root	3,4 <i>Armoracia rusticana</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Horsetail shoots	10 <i>Equisetum arvense</i> Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
Hydrangea root	<i>Hydrangea arborescens</i> Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
Hyssop herb	6 <i>Hyssopus officinalis</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Juniper berry	6,10 <i>Juniperus communis</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Kava kava root	10 <i>Piper methysticum</i> Organic	\$12.75	\$21.75	\$37.00	\$63.00
Lady's mantle herb	<i>Alchemilla vulgaris</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Lemon balm herb	<i>Melissa officinalis</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Licorice root	6,10 <i>Glycyrrhiza glabra</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Linden leaf and flower	<i>Tilia cordata</i> Organic	\$12.75	\$21.75	\$37.00	\$63.00
Lobelia herb	6,10 <i>Lobelia inflata</i> Organic	\$10.75	\$18.50	\$31.50	\$53.75
Maca root	<i>Lepidium meyenii</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
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

SINGLE HERBAL EXTRACTS	1 oz.	2 oz.	4 oz.	8 oz.
Marshmallow root 7,10 <i>Althaea officinalis</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Meadowsweet flower 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	\$10.75	\$18.50	\$31.50	\$53.75
Muiru 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	\$10.75	\$18.50	\$31.50	\$53.75
Nettle leaf <i>Urtica dioica</i> Wildharvested	\$12.75	\$21.75	\$37.00	\$63.00
Oats milky tops <i>Avena sativa</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
Olive leaf <i>Olea europaea</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
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</i> spp. Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
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> Organic	\$9.75	\$16.75	\$28.50	\$48.50
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	\$10.75	\$18.50	\$31.50	\$53.75
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
Solomon's seal root <i>Polygonatum biflorum</i> Wildharvested	\$10.75	\$18.50	\$31.50	\$53.75
Spilanthes flowering plant <i>Spilanthes acmella</i> Organic	\$9.75	\$16.75	\$28.50	\$48.50
St. John's wort herb 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</i> spp. 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 berry <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</i> spp. 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 herb 6,8,10 <i>Achillea millefolium</i> Organic	\$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.
Adapt Care** Organic Ashwagandha root°, rhodiola root°, schisandra berry°, eleuthero root°, holy basil°, and oat tops°.	\$10.75	\$18.50	\$31.50	\$53.75
Balance Care** Pau d' arco bark, spilanthes°, usnea, black walnut hull, and marshmallow root°.	\$10.75	\$18.50	\$31.50	\$53.75
Berry Care** Maqui berry°, bilberry fruit°, elder berry°, and hawthorn berry.	\$10.75	\$18.50	\$31.50	\$53.75
Breathe Well Care** Osha root, ginger root°, mullein leaf°, elecampane root°, marshmallow root°, horehound°, pleurisy root°, and licorice root°.	\$12.75	\$21.75	\$37.00	\$63.00
Calm Care** Ashwagandha root°, St. John's wort, hawthorn berry, oat tops°, and skullcap°.	\$10.75	\$18.50	\$31.50	\$53.75
Circulation Care** Garlic°, cinnamon bark°, eleuthero root°, ginkgo leaf°, prickly ash bark, cayenne°, and rosemary leaf°.	\$10.75	\$18.50	\$31.50	\$53.75
Cleanse Care** Chickweed, red clover blossoms°, chaparral leaf, nettle leaf, Oregon grape root, and cayenne°.	\$12.75	\$21.75	\$37.00	\$63.00
Crone Care** Black cohosh root°, motherwort°, vitex berry°, and wild yam root.	\$12.75	\$21.75	\$37.00	\$63.00
Echinacea Goldenseal** Organic <i>Echinacea purpurea</i> root° and goldenseal root°.	\$12.75	\$21.75	\$37.00	\$63.00
Echinacea Goldenseal Plus** Organic <i>Echinacea purpurea</i> root°, goldenseal root°, ginger root°, and cayenne°.	\$12.75	\$21.75	\$37.00	\$63.00
Echinacea Oregon Grape** <i>Echinacea purpurea</i> root° and Oregon grape root.	\$10.75	\$18.50	\$31.50	\$53.75
Echinacea Oregon Grape Plus** <i>Echinacea purpurea</i> root°, Oregon grape root, ginger root°, and cayenne°.	\$10.75	\$18.50	\$31.50	\$53.75
Echinacea Ultra** Organic <i>Echinacea purpurea</i> root°, leaf, flower, and seed.	\$10.75	\$18.50	\$31.50	\$53.75
Elder Ultra** Organic Elder berry° and flower°.	\$10.75	\$18.50	\$31.50	\$53.75
Goldenseal Myrrh Plus** Goldenseal root°, myrrh gum resin, chaparral leaf, ginger root°, and cayenne°.	\$12.75	\$21.75	\$37.00	\$63.00
Hawthorn Care** Hawthorn berry, motherwort°, oat tops°, and cayenne°.	\$10.75	\$18.50	\$31.50	\$53.75
Immune Care** Eleuthero root°, astragalus root°, ashwagandha root°, reishi mushroom°, spilanthes°, and myrrh gum resin.	\$10.75	\$18.50	\$31.50	\$53.75
Joint Care** Devil's claw root°, ginger root°, turmeric root°, and yucca root.	\$10.75	\$18.50	\$31.50	\$53.75
Liver Care** Milk thistle seed°, schisandra berry°, turmeric root°, yellow dock root, dandelion root°, and Oregon grape root.	\$10.75	\$18.50	\$31.50	\$53.75
Love Care** Damiana leaf°, kava kava root°, cinnamon bark°, rosehips°, kola nut, and vanilla bean°.	\$12.75	\$21.75	\$37.00	\$63.00
Lung Care** Organic Elecampane root°, horehound°, marshmallow root°, pleurisy root, mullein leaf°, ginger root°, and licorice root°.	\$10.75	\$18.50	\$31.50	\$53.75
Male Care** Ginseng root°, maca root°, epimedium leaf°, damiana leaf°, and saw palmetto berry°.	\$12.75	\$21.75	\$37.00	\$63.00
Memory Care** Organic Ginkgo leaf°, gotu kola°, and rosemary leaf°.	\$10.75	\$18.50	\$31.50	\$53.75
Mineral Care** Alfalfa leaf°, dandelion root°, nettle leaf, red raspberry leaf°, and yellow dock root.	\$10.75	\$18.50	\$31.50	\$53.75
Mood Care** Organic Kava kava root°, gotu kola°, passionflower°, ginger root°, and wild lettuce leaf°.	\$12.75	\$21.75	\$37.00	\$63.00
Mushroom Care** Organic Reishi mushroom°, chaga mushroom°, and maitake mushroom°.	\$10.75	\$18.50	\$31.50	\$53.75
Nurse Me Care** Fenugreek seed°, fennel seed°, alfalfa leaf°, blessed thistle°, nettle leaf, and red raspberry leaf°.	\$10.75	\$18.50	\$31.50	\$53.75

COMBINATION EXTRACT BLENDS	1 oz.	2 oz.	4 oz.	8 oz.
Oral Care** Propolis resin, goldenseal root°, myrrh gum resin, and spilanthes°.	\$12.75	\$21.75	\$37.00	\$63.00
Prostate Care** Saw palmetto berry°, horsetail, nettle root, uva ursi, and <i>Echinacea purpurea</i> root°.	\$10.75	\$18.50	\$31.50	\$53.75
Skin Care** 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
Sleep Care** Organic Valerian root°, wild lettuce leaf°, blue vervain°, and hops flower°.	\$10.75	\$18.50	\$31.50	\$53.75
Spring Nettle Care** Nettle leaf, yerba santa leaf, bilberry fruit°, and marshmallow root°.	\$12.75	\$21.75	\$37.00	\$63.00
Tension Care** Linden leaf & flower°, oat tops°, passionflower°, skullcap°, and St. John's wort.	\$10.75	\$18.50	\$31.50	\$53.75
Tummy Care** Organic Catnip leaf & flower°, chamomile flower°, and fennel seed°.	\$10.75	\$18.50	\$31.50	\$53.75
Turmeric Ginger** Organic Turmeric root° and ginger root°.	\$10.75	\$18.50	\$31.50	\$53.75
Urinary Care** Cornsilk°, couchgrass root°, marshmallow root°, uva ursi, and yarrow leaf & flower.	\$10.75	\$18.50	\$31.50	\$53.75
Valerian Skullcap** Organic Valerian root° and skullcap°.	\$10.75	\$18.50	\$31.50	\$53.75
Wise Woman Care** Vitex berry°, wild yam root, and red raspberry leaf°.	\$10.75	\$18.50	\$31.50	\$53.75

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.*

ELIXIRS, SYRUPS & TONICS

Our honey-based, botanically infused syrups and elixirs are skillfully handcrafted for flavor, effectiveness, and ease of use. Elixirs are blended with the delectable addition of chocolate. Packaged in amber glass bottles with standard screw cap.

Aphrodite's Syrup | 4 oz. \$15.00

This sensual blend is simply delicious. Distilled water, honey, alcohol°, vanilla bean extract°, cinnamon bark°, damiana leaf°, rosehips°, kola nut, and kava kava root°.

Elder Berry Syrup | 4 oz. \$15.00

A delicious year-round syrup! 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 root°.

Ginger Syrup | 4 oz. \$15.00

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

Osha Ultra Syrup | 4 oz. \$15.00

A strong ally for the respiratory system. Honey, distilled water, alcohol°, elecampane root°, fennel seed°, osha root, 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, raw cacao powder°+, eleuthero root°, reishi mushroom°, chaga mushroom°, and schisandra berries°.

Fuego Chocolate Elixir | 4 oz. \$15.00

Awaken your senses with this spicy yet smooth circulatory elixir. Honey, distilled water, alcohol°, raw cacao powder°+, vanilla extract°, coffee beans°+, holy basil°, cardamom hulled°, cinnamon bark°, and cayenne°.

Passion Chocolate Elixir | 4 oz. \$15.00

This tasty elixir is infused with nourishing botanicals. Share a little with your partner over ice cream or fresh berries. Honey, alcohol°, distilled water, raw cacao powder°+, maca root°, muira puama bark, ginseng root°, damiana leaf°, and nutmeg powder°.

River's Rhapsody Chocolate Elixir | 4 oz. \$15.00

This delicious elixir will bring a smile to your face! Created with pure botanicals to promote relaxation while easing you through trying moments. Honey, distilled water, alcohol°, raw cacao powder°+, kava kava root°, maqui berries°, and orange flavoring°.

HERBAL CAPSULES

Our herbal capsules are made with vegan pullulan capsules and filled with pure botanical powders. There are 100 capsules in each bottle. Milligrams vary per batch. Visit our online shop for current details.

Ashwagandha root 6 <i>Withania somnifera</i> Organic ingredients 495 mg per capsule	\$11.50
Astragalus root <i>Astragalus membranaceus</i> Organic ingredients 490 mg per capsule	\$12.50
Burdock root <i>Arctium lappa</i> Organic ingredients 484 mg per capsule	\$12.00
Cayenne pepper 3,4 <i>Capsicum annuum</i> Organic ingredients 490 mg per capsule	\$11.00
Chlorella 10 <i>Chlorella vulgaris</i> 460 mg per capsule	\$13.00
Dandelion root <i>Taraxacum officinale</i> Organic ingredients 495 mg per capsule	\$12.50
Ginger root <i>Zingiber officinale</i> Organic ingredients 505 mg per capsule	\$11.50
Ginkgo leaf 10 <i>Ginkgo biloba</i> Organic ingredients 485 mg per capsule	\$11.00
Goldenseal root 6 <i>Hydrastis canadensis</i> Organic ingredients 585 mg per capsule	\$26.00
Hawthorn berry 10 <i>Crataegus laevigata</i> Organic ingredients 500 mg per capsule	\$11.00
Kava Kava root 10 <i>Piper methysticum</i> 485 mg per capsule	\$16.00
Kelp 9,10 <i>Ascophyllum nodosum</i> Organic ingredients 575 mg per capsule	\$10.50
Maca root <i>Lepidium meyenii</i> Organic ingredients 620 mg per capsule	\$12.50
Milk Thistle seed 8 <i>Silybum marianum</i> Organic ingredients 494 mg per capsule	\$11.50
Nettle leaf <i>Urtica dioica</i> Organic ingredients 385 mg per capsule	\$11.50
Olive leaf <i>Olea europaea</i> Organic ingredients 491 mg per capsule	\$11.00
Rhodiola root <i>Rhodiola rosea</i> Organic ingredients 440 mg per capsule	\$20.50
Saw Palmetto berry <i>Serenoa repens</i> Organic ingredients 545 mg per capsule	\$14.00
Slippery Elm bark 7,10 <i>Ulmus rubra</i> Organic ingredients 445 mg per capsule	\$12.00
Spirulina 10 <i>Arthrospira platensis</i> Organic ingredients 450 mg per capsule	\$12.50
St. John's Wort 10 <i>Hypericum perforatum</i> Organic ingredients 461 mg per capsule	\$11.00
Triphala Amalaki, Haritaki, and Bibhitaki Organic ingredients 494 mg per capsule	\$10.50
Turmeric root <i>Curcuma longa</i> Organic ingredients 491 mg per capsule	\$11.00
Valerian root 10 <i>Valeriana officinalis</i> Organic ingredients 450 mg per capsule	\$13.50
Vitex berry 10 <i>Vitex agnus-castus</i> Organic ingredients 445 mg per capsule	\$10.50
White Willow bark 10 <i>Salix alba</i> Organic ingredients 395 mg per capsule	\$11.00

See page 50 for Key to Precautions.

Want to make herbal capsules at home?

Learn how at www.mrh.life/MakeCapsules

Capsule Machine | \$19.00 each

This encapsulating machine helps join, fill, and eject 24 filled capsules, making it fast and easy to create 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 do not contain 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



HERBAL PET CARE

Fidoderm Spray | 4 oz. with mister \$12.50

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. \$14.50

From *Nava Pets*. This natural powdered treatment is a helpful way to keep your pets free of ticks and fleas.

Catnip Toy, Carrot | \$9.50

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 | \$10.50

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 | \$8.50

Each 2" x 3" bag is filled with organic catnip.

Anti-Itchy | Choose from cat or dog | 1 oz. with mister \$12.00

From *Ojas Naturals*. Anti-itchy spray is an effective alternative to chemical-based sprays. Recommended for cats over 6 months and 6 lbs. and dogs over 10 lbs.

Herbal Ear Rinse | 4 oz. with applicator tip \$17.00

From *Animal Essentials*. This herbal rinse is an effective alternative to chemical ear cleansers.

NEW! Coconut Milk Pet Shampoo Bar | 3.5 oz. \$6.25

From *Chagrin Valley Soap & Salve*. This unscented shampoo bar is suitable for all pets, large and small. It is perfect for any skin type and will leave your furry friend silky soft and clean.

NEW! Dog Paw Herbal Salve | 1 oz. \$7.75

From *Chagrin Valley Soap & Salve*. This moisturizing salve is formulated with soothing ingredients for your beloved pet's paws and can assist in hydrating skin. Not for use on cats.

NEW! Dry Shampoo for Dogs | 4.5 oz. \$18.50

From *Chagrin Valley Soap & Salve*. This dry shampoo is an excellent water-free way to freshen and clean your dogs coat. Simply shake on, massage in, and brush out. Not for use on cats.

EXTRACTS from ANIMAL ESSENTIALS

Detox Blend | 1 oz. with dropper \$16.00

Burdock root, dandelion root and leaf, milk thistle seed, alfalfa leaf, red clover leaf, licorice root, glycerine, distilled water, and grain alcohol.

Echinacea Goldenseal Blend | 1 oz. with dropper \$16.00

Echinacea purpurea root, goldenseal root, alfalfa leaf, garlic, spirulina, glycerine, and distilled water.

Joint Support | 1 oz. with dropper \$16.00

Alfalfa leaf, burdock root, licorice root, yucca root, glycerine, and distilled water.

Senior Support | 1 oz. with dropper \$16.00

Alfalfa leaf, dandelion root and leaf, milk thistle seed, ginkgo leaf, hawthorn berry, oats, garlic, marshmallow root, glycerine, distilled water, and grain alcohol.

Tinkle Tonic | 1 oz. with dropper \$16.00

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

Tranquility Blend | 1 oz. with dropper \$16.00

Valerian root, 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 | \$10.50 each

Pesticides Suck! Tote Bag | \$11.25 each

Support Organic Agriculture Messenger Bag | \$13.00

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

Make Tea Not War Mug | 15 oz. | \$12.00

Support Organic Agriculture Mug | 15 oz. | \$13.50

T-Shirts | \$24.75 each

Our fashionable t-shirts are made from soft, certified organic cotton. They feature a beautifully illustrated Mountain Rose Herbs graphic 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 items 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.



HOW TO ORDER

Pricing

Prices in this catalog go into effect 10/10/2019 and supersede all previous catalogs. 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.

Telephone Orders

Please have your completed order ready, then call toll free: 800.879.3337. Our customer service staff is 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 your orders to 510.217.4012.

Online Orders

We accept online orders at any time at mountainroseherbs.com. We have a secure site with 256-bit SSL (Secure Socket Layer) technology. Your privacy and security are 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. Orders placed by 2 pm PST will be available for pickup at 2 pm two business days later. 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.

Add-ons

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.

Sale Specials and Discounts

Each month, at least 12 items go on sale at up to 60% off their regular prices. You can find our monthly specials on our website. You can also sign up to receive our newsletter with specials and featured product updates. 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.

Cancellations

Cancellations must be received 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 30 days. We will promptly refund your money. Shipping and handling is not refundable unless it is our error. No returns on opened essential oils 8-ounce or larger, extracts 8-ounce 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.

Check and Money Order Payments

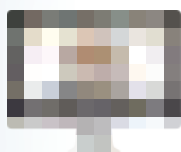
For orders paid by check or money order, please call and place an order with our customer service staff or go through our website. By ordering through those channels, the proper amount of sales tax and shipping can be calculated and applied to your order. If you would like to know about our sales tax policies and impacted states, please see: mountainroseherbs.com/ordering/legal-disclosures or call to inquire. Even if you live in a state that is not taxed but are sending your order into a state that is taxed, sales tax will be due on the order since sales tax is determined by the destination address. Please note that once you have submitted an order, we will hold it until we receive your physical payment in the mail.

Shipping

We ship primarily by UPS or Priority Mail. Please call for expedited shipping: Next Day Air, 2nd Day Air, or 3 Day Select, or to use your preferred carrier account number. For shipping to Canada, please visit our website or email: international@mountainroseherbs.com. We use the actual UPS and USPS rates based on the weight of your order and delivery distance plus a small handling fee. 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.

Wish List & Notes

ORDERING MADE SIMPLE



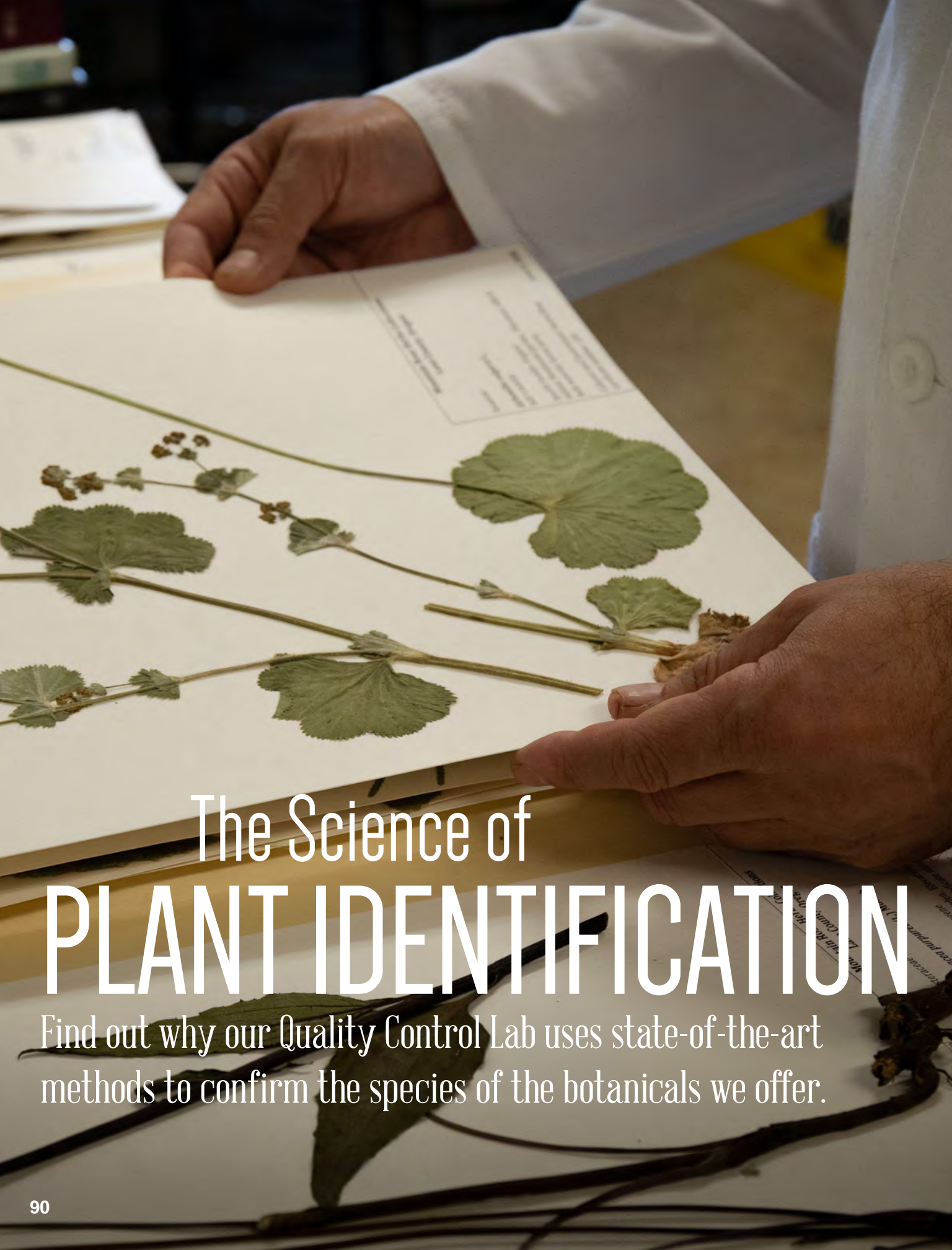
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The Science of PLANT IDENTIFICATION

Find out why our Quality Control Lab uses state-of-the-art methods to confirm the species of the botanicals we offer.

The question at hand is, “Is this actually *Arnica montana*?” Steven, our Director of Quality, stands in front of two computer screens. One monitor displays brightly colored bars stacked on a black backdrop. On the other, photographs of vibrant yellow petals, zoomed in to such a degree that the golden bits on screen look more like banana peels than flowers.

Steven and his team of lab-coat-wearing professionals use various methods of testing and an extensive reference library of pressed plant parts to find the answer. Species identification not only ensures efficacy, but it also means keeping our customers safe.

Steven, who has been on the Mountain Rose Herbs staff since 2007, oversees our Quality Control Lab. In that role, Steven has built our identification program, which now serves as a model for others in the herbal industry. It’s not just Steven’s tenure here that has prepared him for this important role. He’s also a trained botanist, co-owner of the Columbines School of Botanical Studies, a botanical advisor for the American Herbal Pharmacopoeia (AHP), and a board member for the nonprofits United Plant Savers and American Herbal Products Association (AHPA), to name a few.

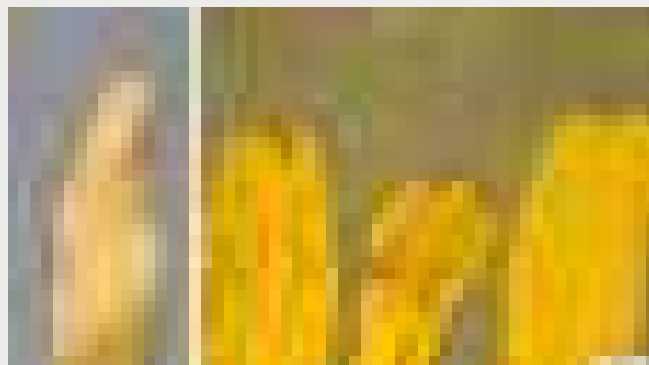
It’s clear he knows his plants.



“Our identity program is my favorite aspect of the job,” Steven says. “We used to have to rely on our growers and their analysis of the material. Now our program is more sophisticated, and we have the ability to test everything to ensure it’s exactly what we want.”

The process begins when samples of leaves, flowers, stems, roots, and berries are shipped to our Eugene, Oregon headquarters from all corners of the world. In many cases, we’ll begin with organoleptic testing, a method that harnesses the power of basic human senses. Identifying a species can sometimes be as easy as noting its color, size, taste, and aroma.

However, some plant material (which often arrives in powdered, cut, and broken pieces), can be difficult to discern. That’s where macroscopic, microscopic, and state-of-the-art High Performance Thin-Layer Chromatography (HPTLC) comes in. Our stereoscopes provide magnification up to 45 times, illuminating each



species at the cellular level. HPTLC testing further breaks down botanicals into their individual constituents, providing our lab technicians with a visual “fingerprint.”

Our extensive and ever-growing library of dried plant reference material, filled with specimens from AHP and professional botanists, gives our team a control sample as a point of comparison.

Heron, a professional botanist, is an integral part of our identity program. Her deep experience in collecting and authenticating wild plants has contributed pounds of pristine plant material to our identification library.

“I’m skilled in identifying plants,” Heron says. “Misidentifying botanicals is not only embarrassing, it can hurt people. So having a stringent identity program is not only important, it’s ethical.”

Heron’s and others’ reference samples help us ensure every lot of flowers we sell is as intended—in this case, *Arnica montana*. Its blooms are regularly confused with *Heterotheca inuloides*, which is commonly called “Mexican arnica.” While this false arnica has similar uses to true arnica, it’s important to us to offer only the highest quality herbs that are precisely what we say they are.

To the naked eye and at the cellular level, these two different plants can look unbelievably similar. But when viewing macroscopic images of the petals, the differences are obvious. For example, the *Arnica montana* florets have three points (otherwise known as “teeth”) and multiple visible veins. Macroscopic images of the *Heterotheca inuloides* display a single “tooth” and only one vein.

“The dissecting microscope allows us to see these images,” Steven says. “It’s nice to have the four different identity testing methods—organoleptic, microscopic, macroscopic, and HPTLC—so we can use one or a combination to help us differentiate species.”

The recent lot of arnica that arrived from our farm partners passed the test and will soon make its way to our warehouse, where it will be hand-packed to order for our customers. 🌱

(Opposite page): Steven, our Director of Quality, reviews an authenticated reference sample of lady’s mantle—one of many steps in our species identification program. (This page, left to right): Professional botanist, Heron, cleans the roots of a valerian plant that she recently wild-collected for our library of plant samples. Macroscopic images of arnica petals help our lab technicians discern whether the lot we received is false arnica (left) or true arnica (right).



2019-2020 CATALOG

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Pictured on front: Our catalog is full of certified organic ingredients and exclusive recipes, like this Rooibos Chai Latte.

Pictured here: Our calendula and chamomile flourish in the Vermont sun on the picturesque fields of Mountain Rose Herbs' farm partner, Foster Farm Botanicals.

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A forest the size of 2 football fields



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