

2010
Jean's Greens



Herbal Tea Works
& Herbal Essentials

Located in Schodack, New York

(518) 479-0471

www.jeansgreens.com

Gifts for you and yours



Greetings from Jean's Greens

On the cover this year is a picture taken by my daughter of a passion flower. I love the flower and the picture, and as I look at it I find myself thinking about passion in our life on this planet. What are you passionate about in your life? What has passion caused you to do? Maybe it has led you to change jobs in mid-life, following your passion instead of a career. Perhaps passion has led you to move to a new place, to begin a new life, to open a new relationship, to chase an old dream, to.....? Whatever it is that brings passion to your life, I hope you have the chance to follow it in 2010. Chase the dream, follow your heart, dare to believe and love and live with passion.

I am blessed because I get to live my passion every day at Jean's Greens, providing the best in herbal products and gifts from the earth to an ever widening circle of friends. Every day, I get to do what I deeply love, that about which I am most passionate, sharing the gifts of the world with you. Following my passion has led me to this place and time, and I celebrate the universe's gift.

I hope that each of you has the chance to discover and follow your passion, your dream and your gift in this year.

Green blessings and best wishes!
Holly Applegate

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Our Location & Hours

HOW TO FIND US: From Albany, follow I-90 east to exit 10, Miller Road. At the end of the exit, take a right onto Miller Road. Follow Miller Road to the first stoplight, which is Route 9 & 20, also known as Columbia Turnpike. Turn left at the stoplight onto Columbia Turnpike and make your first left into our parking lot.

HOW TO REACH US: Our hours are Tuesday through Friday 10am to 6pm and Saturday from 10am to 3pm Eastern Standard time. If you are unable to call or stop in during these hours, you can leave a message at 518-479-0471 or send a fax to 518-479-0154, or visit us on the web at www.jeansgreens.com. Our toll free number is 888-845-8327. E-mail: monarch88@onecommail.com.

HOLIDAY HOURS: Jean's Greens is closed from August 20th - August 30th for conference and vacation and from December 24th to January 4th. Please call for other holiday hours. Thank you!

Please understand that we cannot provide you with medical advice, information about herb/drug interactions or help with questions regarding illness or injury. We suggest that you consult your health care provider or a licensed practitioner for assistance with these types of questions. Information & products in this catalog and on our web site are not intended to treat, cure, prevent or diagnose any disease and none of the statements have been evaluated by the Food and Drug Administration.

Herbal Tea Works!

Caffeine-free herbal teas, made from fresh dried, organic and wild crafted herbs.

2 cups Loose Tea - \$6.50 - Package of 40 T-bags - \$7.00
Individual T-bags- 18 cents each

Abdo-Mends . . . Soothe gastric distress and restore internal balance with this traditional blend. Marshmallow root, Oatstraw, Plantain, Meadowsweet, Catnip, Peppermint, Licorice root, Lemon Balm.

Bend Blend . . . This blend is traditionally used to enhance freedom of movement and soothe painful joints. Dandelion root, Burdock root, Chicory root, White Willow Bark, Red Clover, Nettle, Alfalfa, Parsley.

Bright Idea . . . A special blend of herbs historically used to restore vitality and mental awareness. Ginkgo, Gotu Kola, Lemon Balm, Peppermint.

Dem Bones . . . A tasty blend of calcium-rich herbs to supplement your diet. Hawthorn berry, Nettle, Oatstraw, Chamomile, Peppermint, Licorice root, Horsetail, Alfalfa, Marshmallow root.

Face It . . . Beauty is not just skin deep! This traditional Mexican blend is used daily to improve skin from the inside out. Burdock root, Figwort, Oatstraw, Sarsaparilla root, Yellow Dock root, Licorice root, Stevia.

Fizzle Frazzle . . . Unwind after a stressful day with this relaxing, aromatic blend. Lemon Balm, Chamomile, Lavender, Oatstraw, Rose petals, Chrysanthemum.

For Your Eyes Only . . . Use a moistened T-bag as an eye pack, or make an infusion to use as eyewash and/or drink for irritated eyes. Bilberry, Chickweed, Calendula, Lavender, Goldenseal leaf.

Hearts Ease . . . Nourishing, toning and soothing for the heart and circulatory system. Hawthorn berry, Oatstraw, Linden flower, Nettle, Spearmint, Hawthorn leaf & flower, Motherwort.

Lemon Lift . . . A tasty, cooling, hot weather beverage. Good year round to reduce fevers and indigestion. Yummy hot or cold. Lemongrass, Lemon Balm, Lemon peel, Lemon Verbena, Stevia.

Loosen Up . . . Traditional blend used to calm the nerves and body, loosen tight joints & muscles. Popular with chiropractors. Meadowsweet, Chamomile, Lemon Balm, Marjoram, Passion Flower, Lavender, Oatstraw, Spearmint, Stevia.

Mandala Centering Tea . . . A delicious blend which will assist with stress relief, centering and cleansing. Spearmint, Orange peel, Dandelion leaf, Lavender, Lemon Balm, Roses.

A Peaceful Place . . . A delicious relaxing blend. Perfect at day's end for peace of mind. Created for the wellness center in Clifton Park, NY. Oatstraw, Lemon Balm, Chamomile, Spearmint, Lavender, St. Johnswort.

Phlemonade . . . Be kind to your lungs. Therapists use these herbs to reduce coughs & deep lung imbalances. Wild Cherry bark, Coltsfoot, Echinacea root, Elecampane root, Peppermint, Pleurisy root, Licorice root, Mullein.

Pollution Solution . . . A refreshing blend of herbs that enhances your immune system and cleanses your body of environmental toxins. Elder flower, Rosemary, Dandelion leaf, Cleavers, Peppermint, Cinnamon, Echinacea leaf, Red Clover.

P.P.T. . . . Give your kidneys a treat with this blend traditionally used to cleanse and nourish. Dandelion leaf, Pipsissewa, Cleavers, Chickweed, Ginger root, Horsetail, Cornsilk.

Smooth Moon . . . Special blend which helps restore menstrual balance and soothe discomfort. Use frequently during menses. Red Raspberry leaf, Squawvine, Nettle, Oatstraw, Lemon Balm, Catnip, Red Clover, Cleavers, Yarrow, Mugwort



Sunnyside Up! . . . Keep your spirits on the light side. St. Johnswort, Peppermint, Lemongrass, Hibiscus, Lavender, Ginkgo, Rosemary, Stevia.

Sweet Slumber . . . Slip into dream time with a cup just before bed. Chamomile, Catnip, Passion Flower, Lemon Balm, Valerian root, Marshmallow root.

Vitamins . . . Refreshing, naturally sweet blend of herbs high in nature's own vitamin C supplements. Delicious hot or iced! Rosehips, Hibiscus, Orange peel, Spearmint, Cinnamon, Lemongrass, Stevia.

Wait! . . . Before you take another bite, try this tea as part of your weight reduction program. Kudzu root, Chickweed, Echinacea leaf, Dandelion leaf, Gotu Kola, Licorice root, Lemon peel.

Women's Blend . . . Daily tonic good for women of all ages, but especially during pregnancy and throughout the childbearing years. Nettle, Red Raspberry leaf, Red Clover, Oatstraw, Spearmint.

Z-Z-Z Tox . . . Relaxing, healing, cleansing, detoxifying blend of herbs. Yarrow, Chamomile, Peppermint, Skullcap, Elder flower, Catnip, Parsley, Goldenseal leaf, Valerian root, Stevia.



Special Blend?

Let us do it for You!

We will blend your own special blend or one advised by your practitioner in our lab according to your instructions!
Minimum order: 1 lb., \$24

Tea Accessories

Tea Press . . . \$20.00 - 3 cup, \$30.00 - 6 cup.

Sturdy tempered glass press with steel mesh strainers.



Tea Infuser . . . \$3.00

Stainless steel mesh infuser with spring hinge handle. Ideal for brewing a single cup.

Tea Ball . . . \$3.50 Stainless steel mesh tea ball. Conveniently brews a pot of tea.

Tea Strainer . . . \$7.00 Stainless Steel strainer to easily brew a single cup or an entire pot of tea.

Loose Only Teas

2 Cup Package - \$6.50

Ah-Hem! . . . A tasty blend of herbs to soothe and clear your throat. Licorice, Slippery Elm, Marshmallow root, Ginger root, White Oak bark, Cinnamon.

Bliss Tea Blend . . . Find your center, clear your mind, nourish and support your nervous system and rest easy with this delicious blend. Milky oat tops, Skullcap and Tulsi (Sacred Basil).

Chill Chaser . . . Our Chai Tea. Warm up with a delicious blend of spices. Add milk and/or honey to taste. Now available decaffeinated. Please specify when ordering. Orange Pekoe Tea, Cardamom, Cinnamon, Ginger root, Nutmeg, Cloves, Coriander, Cayenne.

E-Z Transition . . . Traditional tonic formula for women in menopause. Sarsaparilla root, Orange peel, Vitex, Dandelion root, Ginger root, Cinnamon, Wild Yam, Licorice root, Dong Quai.

Smoke-Less Tea . . . A calming, cleansing blend to help you kick the habit. Milky oat tops, Mullein, Red Clover, Skullcap, Lemon Balm, Lobelia.

Sweet Tamer Tea . . . For improved pancreatic function, blood sugar balance and nerve support. Oatstraw, Nettles, Blueberry leaf, Skullcap, Lemon Balm, Gymnema sylvestre.

T-Samplers

Presented in an attractive gift box for your own personal sampling, or for a friend.

T-Starter Kit . . . \$7.50

Select 4 loose blends - 1/2 cup per blend. Boxed with brewing directions & stainless strainer.

T-Bag Sampler . . . \$7.50

Select 6 favorites for yourself or loved ones. Contains 6 varieties, 5 T-bags each.

Stress Relief Sampler . . . \$7.50

Feel the tension disappear with each cup! 5 T-bags each of Abdo-Mends, Fizzle Frazzle, Hearts Ease, Loosen Up, Mandala Centering Tea, Sunnyside Up!

Traveler's Sampler . . . \$7.50

A special selection of 6 blends for the road-weary! 5 T-bags each of Abdo-Mends, For Your Eyes Only, Loosen Up, Phlemonade, Pollution Solution & Sweet Slumber.

Black and Green Organic Teas

FT- Certified Fair Trade

Earl Grey - flavored with bergamot oil; available decaffeinated. (FT) \$6.50/4oz.

Green Bancha - steamed, untoasted green leaf produced later in harvest season; less caffeine than other green teas. \$9.00/4oz.

Green Sencha - handpicked at the peak of flavor high in the mountains of Japan, steamed to retain color and flavor. \$11.00/4oz.

Gunpowder Green - pinhead gunpowder, tightly rolled pellets which "bloom" gracefully in hot water. (FT) \$6.50/4oz.

Irish Breakfast - invigorating "wake-up" blend. (FT) \$6.50/4oz.

Jasmine Tea - green tea infused with the fragrant scent of jasmine flowers. (FT) \$6.50/4oz.

Mango Ceylon - light and sweet with the essence of mango and marigold petals. (FT) \$6.50/4oz.

Orange Pekoe India FOP - classic, light, brisk; available decaffeinated. (FT) \$6.50/4oz.

Rooibos Tea - "red tea" high in antioxidants & completely caffeine free. (FT) \$6.50/4oz.

Se Chung Oolong Tea - semi-fermented and fired leaves produce this aromatic tea from China. (FT) \$6.50/4oz.

Vanilla Rooibos - all the benefits of Red Rooibos with organic vanilla aroma and flavor. Delicious! (FT) \$6.50/4oz.

White Tea - delicate tea high in antioxidants and low in caffeine. \$6.50/4oz.

Woodland Essence Root Balance

An adaptogenic formula to support endocrine balance along with liver & pancreas function. Devil's Club root, Siberian Ginseng root, Astragalus root, Burdock root, Dandelion root, Cinnamon bark, Ginger root, Licorice root. This formula can be ordered as a tea 4 oz. \$8.00 or liquid extract, 2 oz. \$17.00.

Special Beverages Four + One

Concentrated Formula! In its original form it was commonly known as Essiac. Practitioners and herbalists have found the brew to be a nontoxic way to stimulate the self-healing capability of the body. Our formula contains the basic four ingredients: Burdock Root, Sheep Sorrel, Slippery Elm, and Turkey Rhubarb Root plus we've added Red Clover which has been historically used as a blood purifier. Recommend 1oz. diluted with water twice per day on an empty stomach.

1 pint \$9.00
1 case (12) Save \$12 \$96.00
4 oz..Dry Mix (to make your own) \$.800

Woodland Essence Restorative Herb Powder

A deeply nourishing and supportive blend of herbs designed to enhance overall health and well-being, with an emphasis on immune and endocrine systems. Use to increase vital energy, tone and calm the nervous system, strengthen the lungs, and build the blood. Take over a period of time to feel vibrant and restored. Contains: *Organic roots of Eleutherococcus senticosus, Ashwaganda, Astragalus, Codonopsis, Fo-ti, Rehmania, Ginger and Organic Hawthorn berries.*

4 oz.. Jar \$14.00

Rachael Jean's Super Green Drink

From *Empowered Herbals*, this blend balances & repairs the system through intense nutrition on a cellular level. Chlorophyll rich, it contains concentrated superfoods without any fillers. Great tasting, award winning & endorsed by Rosemary Gladstar. Contains: *CO Spirulina, CO Nettles, Chlorella, CO Wheat Grass & Wheat Grass Juice, CO Alfalfa, CO Barley Grass & Barley Grass Juice, CO Beet Root, Lecithin, Apple Pectin & Fiber & Lactobacillus (Acidophilus, Bifidus).*

1/2 lb. (45 servings) . . . \$32.50
1 lb. (90 servings) . . . \$52.50

Other Beverages Woodland Wake-up!

6 oz.. - \$8.00

A robust Chaga beverage with a rich & mel-low taste. Excellent herbal coffee substitute or wonderful mixed with your favorite coffee. *Roasted Dandelion root, Orange peel, Chaga Mushroom, Cinnamon.*

Dandy Blend

7.0 oz. - \$10.95; 14 oz. - \$17.95;

2 lb. -\$29.95

One Cup Sample Packs 3/\$1.00

Delicious! Instant dandelion beverage roasted to release the bitter substances beneficial to liver and blood. Sweetened with fructose. Enjoy hot or cold.

Organic Hot Cocoa Mix

12 oz. - \$8.50

A rich and delicious blend of *Organic Cocoa powder, Organic Sugar and Organic Nonfat Dry Milk.* Fair Trade.

Healthy Edibles

Bee Pollen . . . 4 oz. \$4.95; 8 oz. \$8.00

One of nature's most nutritionally balanced foods. Organic.

Crystallized Ginger CO . . . \$1.65 per oz.. Sugar coated cubes; warming and delicious.

Ginger Wonder Syrup . . . 4 oz. \$14.95
A delicious revival of an ancient Chinese tonic recipe from *New Chapter*. Contains *pure Vermont honey & the juice of fresh organic ginger.* Can even be used to make your own gingerale!

Han's Honey Loquat Syrup . . .

8.5oz....\$12.50. A traditional Chinese soothing syrup often used for coughs. The loquat fruit is blended with honey, fritillary, licorice, peppermint and ginger.

Wildflower Honey . . . \$6.00 1 lb.

Organic Adirondack Foothills wildflower, forest and field blend.

Zesty Seas . . . 2 oz. shaker bottle \$4.50

Jean's own blend of *Dulse, Kelp, Nettle seed, Garlic granules & ground Sesame seed.*

Elderberry Tonic . . . 4 oz. bottle \$10.00

Delicious, warming winter tonic for people of all ages. Lovingly made by *Jean's Greens.* Elderberry/brandy extract with *Ginger syrup and lime.*

Herb & Spice Blends

Prices are per ounce

CO = Certified Organic SF = Salt Free

Apple Pie Spice: cinnamon, nutmeg, allspice.....1.25

Cajun Spice Powder: black pepper, cayenne, sea salt, garlic, onion, & Spanish paprika. CO.....1.50

Chili Seasons: chili pepper, cumin, oregano, garlic. CO/SF.....1.50

Curry Powder: turmeric, coriander, cumin, fenugreek, cayenne, white pepper, yellow mustard, ginger, cinnamon, cardamom, cloves, nutmeg. CO/SF.....1.50

Fajita Seasons: black pepper, onion & garlic powder, cumin, coriander, lemon peel, oregano, parsley, cayenne. CO/SF.....1.50

Garam Masala: cardamom, cinnamon, clove, cumin, white pepper, coriander. CO/SF.....1.65

Gumbo File: sassafras leaf powder. SF..1.50

Herbs de Provence: basil, rosemary, thyme, parsley, marjoram, lavender, tarragon. CO/SF.....1.50

Italian Seasons: oregano, basil, garlic, marjoram, rosemary, sage, savory. CO/SF.....1.50

Lemon Pepper: black pepper, onion, garlic, lemon peel, rosehips, celery seed, orange peel, citric acid, turmeric, savory, parsley, lemon oil. CO/SF.....1.50

Mulling Seasons: orange peel, cinnamon, cloves, allspice. CO.....1.50

Poultry Seasons: thyme, sage, marjoram, paprika, onion, rosemary, black pepper. CO/SF.....1.50

Pumpkin Pie Spice: cinnamon, ginger, allspice, clove, nutmeg. CO/SF.....1.60

Ayurvedic Spice Blends

by Rasa Rx

Choose the ayurvedic spice blend that's right for your constitution. . . . 3.5 oz. \$8.00

Early Autumn: *organic coriander seeds, organic cumin seeds, organic fennel seeds, dill seeds, organic cane sugar, organic ginger, organic cinnamon, organic turmeric, cardamom seeds.*

Late Autumn/Winter: *organic turmeric, organic ginger, organic black peppercorns, cloves, organic bay leaves, organic fennel seeds, organic coriander seeds, organic mustard seeds, fenugreek seeds.*

Spring: *organic turmeric, organic ginger, organic black peppercorns, cloves, organic coriander seeds, organic cumin seeds, organic fennel seeds, organic mustard seeds, fenugreek seeds, organic bay leaves, saffron.*

Summer: *organic coconut, organic coriander seeds, organic cumin seeds, organic fennel seeds, cardamom seeds, organic turmeric.*

An Herbal Remedy series fresh from the country, devoted to preserving traditional methods of herbal wisdom, brought to you by Dina Falconi and Jean's Greens.

What we can't grow or find, we get from reputable sources of organic growers and wildcrafters. We carefully harvest each plant at peak potency and process them individually. We make simple extractions with varying spring water / organic grain alcohol ratios for optimal results.

We deeply love the spirit of the plant world and believe in Earth Energy as a form of healing. This energy goes into every bottle. Earthly Extracts offers you an opportunity to experience this Earth connection and begin the process of natural healing.



1 oz.. - \$9.00 2 oz.. - \$17.00 4 oz.. - \$28.00

Breath of Joy ... Allergy and sinus relief. *Eyebright, Goldenseal root, Osha root, Goldenrod, Nettle seed, Horseradish.*

Clear Mind ... Maintain mental clarity. *Ginkgo leaf, Gotu Kola leaf, Milky oat tops, Lavender flower.*

Defense Formula ... For immune system support. *Echinacea Angustifolia and Purpurea, Goldenseal root, Spilanthes, Prickly Ash bark, Calendula.*

EZ Does It ... Stress relief. *Milky oat tops, Chamomile, St. Johnswort, Skullcap, Lemon Balm.*

Feverfew Remedy ... For headaches. *Feverfew, Blue Vervain, St. Johnswort, Chamomile, Meadowsweet, Lavender.*

Flu Away ... Colds, flu, and fevers. *Elder flower, Yarrow, Boneset, Catnip flowering tops.*

Love Potion - Female Toner ... Nourishing and revitalizing. *Vitex berries, Raspberry leaf, Burdock root, Roses, Damiana leaf.*

Love Potion - Male Toner ... Nourishing and revitalizing. *Saw Palmetto berries, Licorice root, Damiana leaf, Raspberry leaf, Ho Shou Wu root, Ginseng root, Vanilla bean.*

Mellow Moon ... Menstrual discomfort. *Skullcap, Crampbark, Mugwort.*

Move With Joy ... More flexibility and less pain. *Devil's Claw root, Yucca root, Sarsaparilla root, Prickly Ash bark, Burdock root, Dandelion root.*

Mullein Plus ... Deep lung congestion. *Mullein leaf, Marshmallow root, Elecampane root, Astragalus root, Bee Balm, Lobelia.*

Peaceful Pulse ... Heart tonic. *Hawthorn berry, Ginkgo leaf, St. Johnswort, Motherwort, Skullcap.*

Piss Bliss ... Soothing & cleansing. *Uva Ursi, Saw Palmetto berries, Marshmallow root, Cornsilk, Goldenrod.*

Root Tonic ... Rebuilds liver health. *Yellow Dock root, Burdock root, Dandelion root, Artichoke leaf, Milk Thistle seed.*

Women's Liberty ... Menopausal formula. *Black Cohosh root, Vitex berries, Motherwort, Mugwort.*

Zzz's ... Encourages sleep. *Hops, Chamomile, Skullcap, Catnip, Meadowsweet, Valerian root.*

Simple Extracts

1 oz.. \$8.00 2 oz.. \$15.00

Extracts provided by various Northeast Herbalists & Jean's Greens
Made from freshly harvested herbs unless indicated: d-dried
This is a partial list - Call us if you have a special need.
Some extracts may be available in Glycerites - please ask.

Astragalus - d
Black Cohosh root
Black Walnut hull
Blue Vervain
Boneset
Burdock root
Calendula
California Poppy
Chaparral - d
Chickweed
Cleavers
Coltsfoot
Dandelion root
Dandelion leaf

Echinacea Purpurea Plus
Elder berry
Elder flower
Elecampane root
Feverfew
Ginkgo
Goldenrod
Gravel root
Hawthorn leaf & flower
Hawthorn berry
Hops
Lady's Mantle
Lobelia

Meadowsweet
Milk Thistle - d
Motherwort
Milky oat tops
Red Clover
St. Johnswort
Shepherd's Purse
Skullcap
Teasel root
Valerian root
Vitex - d
Wormwood
Yarrow
Yellow Dock root

American Ginseng (woods grown) 1 oz. - \$10.00
Goldenseal root 1 oz. - \$10.00

Mushroom Extracts From Woodland Essence

Alcohol & water concentrated extracts

1 oz.. - \$12.50 2 oz.. - \$23.00

Chaga Extract ... A woody tree mushroom known to promote internal balance.

Reishi Extract ... Wild crafted mushroom proven effective for a wide variety of disorders.

Shitake Extract ... Supports cardiovascular function.

Five Mushroom Extract ... Double extraction of *shitake, reishi, chaga, maitake, & turkey tails.*

Special Oil Blends

Arnica Compound ... 1/2 oz.. \$5.00
All purpose injury oil. From oil infusions of *Arnica, Calendula, St. Johnswort*, with essential oils of *Rosehip and Chamomile.*

Herbal Ear Drops ... 1/2 oz.. \$5.00
Helps with imbalances in the ear canal. For people and their pets. Combination of *Calendula, St. Johnswort, Mullein & Garlic oils.*

Rosemary Compound ... 1/2 oz.. \$5.00
Massage gently over sinus area or lightly into nostrils to relieve congestion. *Essential oils of Rosemary, Eucalyptus, Thyme and Lavender in Apricot Kernel Oil base.*

St. Johnswort Oil ... \$6.00 per oz..
For sunburn relief and a super relaxing massage oil! 4 oz.. maximum.

Health and Beauty

Jean's Greens offers these specially formulated preparations to maintain and restore your skin.

After the Sun Creme . . . 2 oz. . \$12.00
Replenish sun damaged and older skin. St. Johnswort flowers in olive oil with Jasmine & Lavender essential oils. *By Woodland Essence.*

All Purpose Salve . . . 1 oz.. \$5.00
Use for almost anything from rashes to bug bites, burns, wounds, inflammation, and more. Olive Oil infusion of fresh Plantain, Comfrey leaf, St. Johnswort and Calendula thickened with beeswax. *By Jeans Greens.*

Belly Balm . . . 2 oz.. \$10; 4 oz.. \$18.00
Especially for pregnant bellies, this moisturizing cream helps tone the skin and reduce stretch marks. With flower essences to help calm & balance. *From Birch Moon Herbs.*

Birch Velvet Face and Body Creme.
2 oz. . \$12.00 Silky smooth and luscious! Good for unique skin conditions and dry skin. *By Woodland Essence.*

Blue Chamomile Face Cream . . .
1.5 oz.. \$9.00; 3.6 oz.. \$16.50 Rich nourishing moisturizer made from an infusion of herbs selected for their skin enhancement properties, blended with all natural oils, Rosehip and Chamomile essential oils. *By Jean's Greens.*

Chaga Creme . . . 2 oz. . . \$14.00
A rich & fragrant creme that addresses various skin anomalies; improves skin tone; deters rashes and skin discoloration. *By Woodland Essence.*

Creme of the Forest . . . 2 oz. . \$12.00
For face and body, the fragrant, clean, evergreen scent of White Pine, Spruce, Balsam Fir, and White Cedar. *By Woodland Essence.*

Deep Tanning Butter . . . 2 oz.. \$11.00
Tan without drying or wrinkling your skin. Keeps you soft, nourished and protected. *By Falcon Formulations.*

Green Goddess Mask . . . 2 oz.. \$12.00
A twenty minute all natural creamy face treatment. Removes residue from pollutants and makeup. Revitalizes the complexion. Great for problem skin, enough for over 10 facials. *By Jean's Greens.*

Heat and Treat . . . 2 oz.. \$9.00 Herbal liniment used to soothe and warm sore muscles, sprains, bruises and joints. Contains fresh infused oils of St. Johnswort & Arnica enhanced with essential oils. *From Jean's Greens.*

Herbal Skin Revitalizer. . .
1/2 oz.\$45.00. This natural essential oil blend helps revitalize, retexture, & renew skin scarred by acne, damaged by the sun, or other environmental factors. Just 3-5 drops combined with your own cream/lotion will penetrate the skin's layers to nourish deep-down & encourage regeneration of the skin. Please specify regular or oily skin formula. *From Stephanie Tourles, author of Organic Body Care Recipes.*

Honey Blossom Face Scrub . . . 4 oz.
\$10.00. Exfoliating cleanser that will leave your skin rejuvenated, softened and revived. Made with raw, local honey, ground apricot kernels, oats, white clay and a blend of herbs to heal, cleanse and soothe the skin. Excellent for any skin type. *By Solstice Herbs.*

Lavender Cream . . . 2 oz. \$10.00
A rich, super moisturizing cream for dry cracked hands, face feet and body. Healing calendula oil and calming lavender in perfect combination. On your face, a pea sized amount is all you need for all day softness and protection. *By Birch Moon Herbs.*

Lotus Blossom Skin Creme . . .
2 oz. . \$12.00 Gently fragranced creme for total body moisturizing. *By Woodland Essence.*

Maine Moss Hand & Body Cream .
2 oz.. \$10.00 With its proprietary blend of Chinese herbs and Irish moss, this cream is the perfect skin conditioner. *By Holly Farms.*

Spruce Cream . . . 2 oz. \$10.00
A super moisturizing cream for dry cracked hands and feet. Calendula oil is very healing. Spruce is uplifting and clears the head. Enjoy! *By Birch Moon Herbs.*



Health and Beauty

Special Care for Acne

Pimple Juice . . . 1 oz.. \$4.50
Don't squeeze! Apply Pimple Juice directly on blemish with a cotton ball. Just a little dab is all you need of this herbal combo in witch hazel. *By Jean's Greens.*

Power Wash for Acne . . . 8 oz.. \$17.00
All natural liquid soap with 40% goat milk, pure olive & coconut oils and aloe. Lathers with a clean citrus scent. *From Natural Products, Inc.*

Special Care for Lips

Sea Breeze Lip Balm . . . 1/4 oz.. \$3.50
Soothes and protects. *By Holly Farms*

Lip Balm by Bonaturale . . . 1/4 oz.
\$3.50 Lip balm stick essences (aromatic and not flavored). Many essences available, call for choices.

Treats for your Feet



Happy Feet . . . 3 oz.. shaker \$5.00 A specially formulated foot powder to keep away the bacteria that cause odor and fungus. *By Jean's Greens.*

Peppermint Foot Cream. . . 2 oz.. \$10.00. Peppermint essential oil and flower essence awoken, refresh and cool. A wonderful after shower treat. *From Birch Moon Herbs.*

Special Care for The Great Outdoors

Buzz-Off! . . . 2 oz.. \$7.00 Jean's secret formula of witch hazel with essential oil blend. Spray bugs away! *From Jean's Greens.*

No-Swat Solid. . . 1 oz.. Solid \$5.00 An all natural oil-based insect repellent that really works. Safe for children, adults & pets. Should not be used by pregnant women. *From Jean's Greens.*

Itch Re-leaf . . . 4 oz.. \$10.00 An herbal spray to soothe the "itchies". *Jewelweed, Mugwort, Plantain, Comfrey, Sweet Fern & Witch Hazel bark in Witch Hazel extract, preserved with 25% pure grain alcohol. From Woodland Essence.*

Manna Hand Cream . . . 2 oz.. \$11.00
Extremely rich cream to help heal the dry, chapped condition of work-worn hands. *By Falcon Formulations.*

Penetrating Joint Comfort Salve . . .
3.5 oz. . \$14.00; Massage this fragrant salve into aching joints to bring warmth, comfort and flexibility. Organic and wild crafted herbs with emu oil, flower essences and essential oils. *By Woodland Essence.*

Rxnatural Eczema & Rash Creme
Therapeutic creme . . . 4 oz. . \$22.00
Available in Adult or Children's formula Essential oils of lavender, bergamot & tea tree to calm inflamed skin. Soap on page 11. *By LEFP Green Body Care.*

Sage Blue's Breast Balm . . . 2 oz.
\$12.00 Formulated with flowers and oils that penetrate deeply to stimulate lymphatic flow and release toxins. Breast massage instructions included. *By Jean's Greens.*

Sage Blue's Love Balm . . . 2 oz.. \$12.00. Slippery and wild body lubricant. Mild pleasant scent - does not leave a greasy residue. Do not use with latex products. *By Jean's Greens.*

Self-Heal Flower Essence Skin Cream . . . 1.7 oz.. jar \$9.00.
Moisturizing and soothing, use directly from the jar or as a base for flower essence and aromatherapy blends. *By Flower Essence Services (FES).*

Spray Moisturizer . . . 4 oz.. \$14.95
For the busy man or woman. Spray after bath or shower. No massaging necessary. Fifteen ingredients with ten oils that moisturize and nourish your skin. Has a slight orange fragrance from pure essential oil that gently dissipates. *By Bonaturale.*

Sweet Dream Balm . . . 1/4 oz.. \$3.50
Massage a little of this salve into your temples as you slip into dreamland. Great bedtime ritual for children. *By Jean's Greens.*

Warming Muscle Balm . . . 3.5 oz.. \$14.00 A fragrant, relaxing balm to soothe strained and sore muscles, releasing tension and cramping held in the body. Organic and wild crafted herbs with essential oils and flower essences added. *By Woodland Essence.*

Wild Rose Face Cream . . . 2oz. \$12.00
Luxurious, rich and sensual. Wild Rose is truly food for the skin. High in essential fatty acids, aids in rebuilding skin. *By Holly Farms.*

Health and Beauty

More products to maintain, heal and soothe.

Herb Hill Salves

Gretchen Gould's hand-crafted salves made from the oil of fresh plants grown on Herb Hill, Rensselaerville, NY.

List of ingredients available upon request.
1 oz. creme jars



Anti-X . . . \$5.99

A special formula for patients who suffer skin burns.

Bursa Balm . . . \$5.50

Soothing balm for the bursitis sufferer.

Calendula Plus . . . \$5.50

Traditional blend used for inflamed or itchy skin.

Calm Balm . . . \$5.50

Especially formulated for women to ease tension.

Chest Rub . . . \$5.50

Warms congestion of the lungs, soothes coughs.

Chick Epoxy . . . \$5.99

Formulated for the itchy outbreaks of chicken pox; also effective for eczema.

Cuti Cure . . . \$5.99

Strengthens nails & softens cuticles.

Flim Flam Jam . . . \$5.50

A stimulating anti-inflammatory to aid circulation & ease arthritic joints.

Foot Warmer . . . \$5.50

Encourage circulation to your extremities.

Fungal Jumble . . . \$5.50

Addresses fungal based nail/foot problems.

Kava Kava Compound . . . \$5.99

Muscle relaxer, for menstrual cramps too!

Meadowsweet . . . 1/4 oz.. \$3.00

Pure Meadowsweet salve - put right where the pain is . Use every 4 hours in small doses.

Preparation "P" . . . \$5.50

Soothing hemorrhoid relief.

Quick Wit . . . \$5.50

Combo of stimulating herbs will increase concentration when rubbed on temples.

Soothe 'N Comfort . . . \$5.99

Pain killing herbs, can be used for any discomfort.

Snooze Eze. . . \$5.50

Use this and drift off into a relaxing sleep.

St. Johnswort . . . \$5.50

A relaxing "simple" to rub on muscles that ache or spasm.

Temple Rub . . . \$5.50

To ease fatigue & headache.

Workout Wonder . . . \$5.50

A wonder for overused muscles and tired bodies.

You're So Vein . . . \$5.50

Formulated to ease discomfort of varicose veins and aid circulation.

Care for your beautiful hair

Conditioner . . . \$11.49 This hair conditioner is 92% certified organic with rosehip oil, vitamin E and kosher vegetable glycerin to moisturize hair. It contains wheat and oat extracts to soften hair, leaving your hair manageable and beautiful. Choose Lemongrass scent or Unscented. *By Beauty With A Cause*

Linda May Shampoo . . . \$11.49 A shampoo that is SLS free but isn't thin and watery. It lathers like a typical shampoo, has a thick consistency and is made without harmful sulfates. Choose Grapefruit Scent or Unscented. *By Beauty With A Cause.*

Herbal Hair Pomade . . . 2oz...\$11.00

Massage into scalp and hair for an excellent treatment to revitalizes moisturize, prevents split ends & increases manageability. Choose either Chamomile or Sage blend. *Made by Falcon Formulations.*

Rainbow Henna. . . \$1.50/ oz.

Natural henna is the dried, powdered leaves of shrubs native to West Asia and North Africa. Organic and without additives. Choose from : Neutral, Blonde, Marigold Blonde, Strawberry Blonde, Copper, Light Brown, Medium Brown, Dark Brown, Burgundy, Mahogany, Sherry, Red, or Black. Ask for our Free Henna Fact Sheet.

10

Health and Beauty

Relaxing and soothing products for sink and bath.

Soaps

Antibacterial Liquid Hand Soap

8 oz. pump bottle . . . \$12.95 Each. Fair trade and organic, emollient and sanitizing. No alcohols or chemicals. Safe for children and pets. Castile soap base. Unscented or essential oil fragrances available. Call for fragrance choices. *By Bonaturale.*

Cedar Mountain Guest Soaps \$2.50

ea. A very special olive oil soap with luxurious lather. Choose either the Cedar Mountain or Sage fragrance. *By Clear Light.*



French Bath Soap . . . 200g bar \$6.00;

150g round \$4.50. Pure vegetable soap, triple milled and enriched with shea butter for long lasting soap with abundant creamy lather. Scents distilled in the city of Grasse in the south of France. Choose from Ginger Orange, Ocean & Seaweed, Lavender, Lemongrass or Lychee Rose. *Imported by Echo France.*

Holly Farms Soaps 3.5 oz. Bar - \$3.75.

Hand made soaps with 100% vegetable oils. No artificial dyes or chemical preservatives. Choose from Mountain Sage, Northwoods, Seaweed Scrub, Patchouli-Lime, Wild Blueberry, Lemon, Lilac, Cinnamon, Lavender-Poppyseed or Almond Oat Scrub. *By Holly Farms.*

Rxnatural Eczema & Rash Soap

Goat Milk Soap - 4 oz.. \$6.00 *By LEFP Green Body Care.*

Massage for Health

Massage Oil . . . 4 oz.. amber bottle - \$15.00 Each blend is sun-infused in organic olive oil.

Evergreen ... Relax and rejuvenate! A blend of White Pine, Hemlock, Spruce, and Cedar needles.

Sweet Birch ... This oil helps balance one's water element. Twigs and bark of Black and Yellow Birch.

Balsam Fir ... Helps to center and restore clarity. Fresh needles with a sweet evergreen scent.

Jean's Greens Magic Massage Oil

4 oz.. amber bottle - \$8.00
A perfect blend of therapeutic and healing oils with a special infusion of freshly harvested St. Johnswort. Leaves your skin feeling silky smooth.

Enjoy a relaxing bath

Bathery . . . \$1.00 per oz.; \$12.00 per lb.. A mineral bath for the temporary relief of minor muscle aches and pains due to overexertion and fatigue. Leaves you feeling good all over! *From Queen Helene.*

Body Scrubs . . . 10oz. \$14.95

Botanical blends of salt or sugar & other natural ingredients gently exfoliate to reveal newly soft, radiant skin. Wooden spoon included. *By Herban Chick.*

Café Latte - Invigorating coffee aroma
Divine Diva - Hints of geranium & ylang ylang

Lavender - Think of Provence as you scrub!

Mystical Sage - Sage and mints paired as one

Body Wash . . . \$11.99 Sulfate and paraben free. We use decyl glucoside which is a coconut based surfactant to create a foaming gel that feels wonderful in the shower. Lightly scented with sweet orange essential oil. *By Beauty With A Cause.*

Milk Bath Soak . . . \$1.25 / oz.; \$16 / lb.. Pamper the Green Goddess in you! As you sink into the warm water inhale the fragrant essential oils while the milk's calcium pampers your skin and psyche. *By Jean's Greens.*

Milk Bath with Rose Petals . . . 2 oz..

pkg. \$2.50; \$16 per lb.. Ancient Babylonian formula to pamper your body and put you in the mood for love. Fragrance and beauty combine to make skin soft as silk and rose-scented. Goat Milk, Rose Petals, Dead Sea Mineral Salts, & Essential Oils. *By Jean's Greens.*

Mineral Salts Mustard Bath . . . \$1 per oz.; \$12 per lb. This therapeutic blend utilizes the warmth of mustard to open pores and release toxins. Leaves your skin feeling soothed and refreshed. *By Jean's Greens.*

Stardust Body Powder . . . 4 oz.. \$6.00

All natural talc scented with Palmarosa. Leaves your skin sparkling, feeling smooth and smelling wonderful. *Created by Jean's Greens.*

11

Health and Beauty General Health and Beauty Aids

Deodorant Spray . . . All natural effective deodorant spray with antimicrobial and aromatic properties suited for men or women. Choose from:

Woodland Scent...2oz \$6.00

Vanilla Sage.....2 oz.. \$7.00.

From Falcon Formulations.

Ear Candles . . . 4 candles \$14.00
Drip free, instructions included. Each candle is aromatized with pure essential oil. Select one from: Lavender, Peppermint or Natural Beeswax.

Hand Sanitizer . . . 2oz \$5.95 Safe and effective, emollient and sanitizing with no chemicals or alcohols to dry skin. Available Unscented, Vanilla (FO), Lavender or Orange (EO). From Bonatulare.

Herbal Mouth Rinse . . . 4 oz.. \$7.50
Spearmint or Fennel flavor. Supports & tones the gums. From Earthly Extracts.



Herbal Throat Spray . . . 1oz \$10.00; 2oz \$18.00. A soothing and antiseptic blend for tender throats. Fresh whole plant *Echinacea purpurea*, *Usnea lichen*, *Sage*, *Thyme*, *Hyssop leaf*, *Licorice root*, *Goldenseal root*, *Myrrh resin* and *Propolis*. With essential oil of either peppermint or orange added. Please indicate your choice. From Woodland Essence.

Herbal Un-cough Syrup . . . 4 oz.. \$8.50 For "tickle in the throat". A soothing herbal extract plus blend. From Earthly Extracts.

Itch Re-leaf . . . 4 oz.. spray bottle \$10.00
An herbal spray to soothe "itchies". *Jewelweed*, *Mugwort*, *Plantain*, *Comfrey*, *Sweet Fern* & *Witch Hazel bark* in *Witch Hazel extract*, preserved with 25% pure grain alcohol. From Woodland Essence.

Neti Pot . . . \$17.99 Soothe dry nasal passages, gently wash away dust, pollen and irritants. Made with lead free ceramic and food grade glaze. Use with fine sea salt found on page 24.

Super Wound Wash . . . 1 oz.. \$10.00; 2 oz.. \$18.00. A strong extract blend of roots, leaves and flowers traditionally used for various skin conditions. Contains *Calendula*, *Hypericum*, *Echinacea*, *Comfrey root* & *Usnea lichen* in 50% alcohol. From Woodland Essence.

Baby Care

Baby Cream . . . 2 oz. \$10.00 A gentle, soothing cream, helps with baby eczema and inflamed dry itchy rashes. Safe for infants, no essential oils. From Birch Moon Herbs.

Diaper Salve . . . 2oz \$9.00
Fast recovery from diaper rash. Soft for easy spreading. *Calendula* and *comfrey* infused olive oil, beeswax, lavender and essential oil. From Birch Moon Herbs.

Fairy Dust . . . 3 oz.. \$5.50
All natural, unscented light and gentle powder with ingredients to soothe, heal and protect sensitive skin areas. Good for little ones and big ones!
From Kate Skelly.

Fairy Mist . . . 1oz \$6.50
Soothing for children when nothing else seems to work. Contains Lavender and flower essences. From White Buffalo Herbs.

Rx natural Eczema & Rash Creme
4 oz.. \$22.00. Essential oils of Lavender, Bergamot and Tea Tree to calm inflamed skin. Children's formula. By LEFP Green Body Care.

Sweet Baby Gift Set . . . \$24.00
Includes 2oz diaper rash salve, 4 oz.. baby powder, 2 oz.. calming bath tea and 2 oz.. sweet dreams spritzer. From Birch Moon Herbs.



Aromamists

From White Buffalo Herbs

Aromatherapy sprays,
effective & lovely!
In blue cobalt glass spray bottles.
1 oz.. \$6.50 4 oz.. \$16.50

Allergy Relief: Said to relieve allergy symptoms. Spray a bit on hankie or face to relieve itchy eyes, runny nose, puffy face. *Lavender*, *German Chamomile* and *Lemon Balm*

Arthritis Relief: Said to provide topical relief for arthritis pain. *Bozwellia*, *Lavender*, *Helichrysum* & *Peppermint*

Clarity: Grounding. Helps overcome panic, quickens the senses, calms mental fatigue and stress. *Clary Sage*

Concentration: Traditionally used to increase concentration, highly improve focus and observation. Has been used to discourage appetite. Clean, citrus smell. *Organic Basil*, *Bergamot*, *Lavender* and *Grapefruit*

Flash Relief: Traditionally used during menopause to relieve hot flashes. *Clary Sage*, *Geranium*, *Lemon* and *Sage*.

Flu Relief: Relieves headaches and aids congestions. A great germ killer! *Eucalyptus* & *Lavender*

Lavender Calm: Helps headaches, nervousness and irritability. Also relieves stings, itchiness and sunburn. Sweet and fresh. *Lavender*

Rose Comfort: Opens the heart. Emotionally comforting and supportive. Traditional love potion. Smells like a fully open rose. *Turkish Rose*

Tranquil-ez: A flowery synergistic blend that is said to relieve anxiety and stress. Helps you cope! *Lavender*, *Palmarosa*, & *Rose Geranium*

Wise Woman: Helps to relieve exhaustion and mood swings generally associated with menopause. *Lavender*, *Clary Sage*, *Rose Geranium* & *Bergamot*

Woodland Spirit: Evokes the glorious smell of balsam boughs and shaded woodland glens. Redolent of the holidays. *Organic Balsam*

Spritzers

Made with distilled water, hydrosols, pure essential oils and flower essences.

2 oz. glass spray bottles . . . \$6.00 each

by Birch Moon Herbs

Relaxing Mist: *Chamomile* hydrosol with lavender and sweet orange essential oils to calm and relax nerves. Rescue remedy for stress, trauma, shock.

Sunshine: *Grapefruit*, *tangerine* and *lemongrass* with *lemon balm* hydrosol for the winter blues or any time a spirit lifter is needed! *Witch hazel* flower essence sends a warm glow and hope in time of doubt and anxiety. *Spikenard* is for "Dancing gracefully through life's challenges" (Woodland Essence description).

Sweet Dreams Mist: Spray your children's rooms with this before bed to ward off monsters! Contains *chamomile* and *lavender* to calm and induce a peaceful sleep, aspen flowers for unknown fears.

Perfume Oils

Perfume Oils35 oz.. \$12.50
From Herban Chick.

Packaged in a lovely frosted cobalt blue glass with a roll-on applicator. *Single scents are available on request.

Patchouli Spice - *patchouli*, *clove* & a hint of *floral persuasion*

L'Amour Rose - heady aromas of *rose*, *frankincense* and other essential oils

Eros - *lavender* with *fruit*, *spice* and everything nice!

Aphrodite - intoxicating blend of *rose*, *vanilla* and other essential oils.



Woodland Essence

Woodland Flower Essences are liquid potentized extracts that hold the vibration of the forest.

1/2 oz.. bottle - \$8.00 Set of 9 - \$65.00

TREE FLOWERS

- Apple Blossom:** Grace and innocence of one's perfect essential being.
Aspen, Quaking: Fearlessness in the face of the unknown.
Balsam Fir: Clarity, groundedness with inspiration.
Black Birch: Sharing one's essence without fear.
Red Cedar: Courage, wisdom.
Flowering Dogwood: Simple elegance.
Hawthorn: Protection of the heart.
Hemlock, Eastern: Guiding through a transition.
Sassafras: Self love.
Scots Pine: Guidance on the right path.
White Pine: Stability, balance in thought and action.

ADDITIONAL TREE FLOWERS

- Black Cherry:** Encourages creativity and artistic expression.
Larch: Releasing self doubt.
Linden: Calming emotional turmoil.
Red Maple: Life affirming vitality.
Swamp Maple: Re-birth. Revitalization of sensuality and personal power.
White Ash: Core integrity. Standing in one's truth.
White Cedar: Protecting and purifying. Releases negativity.

FOREST FLOOR FLOWERS

- Bloodroot:** Embracing one's inner light.
Dwarf Ginseng: Integration.
Gaywings: Joyful purpose.
Goldthread: Appreciation.
Painted Trillium: Understanding effects of choices.
Purple Clematis: Support for deep hurt.
Starflower: Protection from negative influences.
Uva Ursi: Nurtures the feminine, creativity.
Wild Lily of the Valley: Lighten up!

SHRUB FLOWERS

- Arrowwood:** Purity of intent.
Barberry: Accepting all aspects of life.
Beach Plum: Appreciate finest essence of life.
Elder: Magic and mystery. Protection.
Hobblebush: Relax, enjoy and let go.
Mountain Laurel: Clarity in time of confusion.
Ocean Rose: Opening to joy and abundance.
Wild Azalea: Confidence.
Wild Rose: Balance.
Witch Hazel: Uplifts the spirit.

CHAKRA FLOWER ESSENCES

- Birth:** Healing all experiences with the birth process.
Creating: Creativity, enhances belief in oneself.
Interfacing: Maintaining self in relationship.
Heart: "I am enough!" Understanding and compassion.
Opening: Spiritual guidance and inner wisdom.
Throat: Finding one's voice.
Knowing: Accessing and trusting one's intuitive abilities.
Crown: Calms emotional stress.
Fountain: Healing separation from Spirit. Realization of Oneness.

AT RISK WOODLAND FLOWERS

- Endangered native medicinal plant flower essences hold the plant spirit without risking the life force.
American Ginseng: Vitality. Accepting personal power.
Black Cohosh: Courage in healing past experience.
Blue Cohosh: Sexuality as sacred. Graceful aging.
Bloodroot: Embracing one's inner light.
Goldenseal: Clarity to make room for new experiences.
Pink Lady Slipper: Creative expression of inner purpose.
Spikenard: Dancing gracefully through life's challenges.
Trillium: Peaceful centeredness.
Wild Ginger: Grounded and rooted. Connecting with nature.

Vibrational Essences

1/2 oz.. bottle - \$6.95

- Like flower essences but made from the land and environment by *MoonWise*
Letting Go Essence - Made on Plum Island in Massachusetts. It allows you to let go of the past, especially past life issues that are affecting your life now. Go forward without guilt or longing and achieve your potential in this lifetime.
Joy Essence - Made at Misty Meadows in Lee New Hampshire. It brings peace and joy to a heart that has formed a crust around it and needs a safe place to be. It is also good for when you are away from the land and have a longing to be out in nature.
Ancient Ones Essence - Made at Misty Meadows in Lee New Hampshire with the help of the Ancient Ones, still dancing in the shadows of the woods and groves, waiting to help us remember our true path. use this essence to help you remember their teachings and bring you closer to the power, vibrations and joy of the earth. Helps to bring forth the forgotten path.

Capsules and Tablets

500 mg. capsules sold in bottles of 100 unless otherwise noted

- Anti Yeast Formula** . . . \$10.00
Herbal blend for treatment of yeast infections. *Goldenseal root, Echinacea, Pau D'Arco, Slippery Elm, Myrrh Gum, Black Walnut hull.*
Clarity Caps . . . \$10.00
A popular formula which supports mental awareness and cognitive functions. Also has antioxidant benefits. *24% Ginkgo extract, Gotu Kola, Rosemary, Oatstraw, Lavender.*
Cold Care Caps . . . \$10.00
Cold weather's coming, don't be caught unprepared. *Slippery Elm, Goldenseal, Echinacea, Myrrh, Ginger, Cayenne.*
Empowered Milk Thistle . . . \$12.50
Each capsule contains 150 mg. *Milk Thistle extract and 350 mg. powdered Milk Thistle*
E-Z Transition . . . \$10.00
An endocrine tonic formula for women in menopause. *Black Cohosh, Kelp, Spirulina, Motherwort, Wild Yam, Yellow Dock, Vitex, Sarsaparilla, Licorice, Ginger.*

- Five Mushroom Formula** . . . \$19.50
Contains *125 mg. Coriolus extract, 125 mg. Cordyceps extract, 100 mg. Maitake extract, 75 mg. Reishi extract, 75 mg. Shitake extract.*

- Ganmaoling Tablets** . . . 100 tablets \$5.00. Supports the respiratory, immune and nervous systems and the general health of the body. Special Chinese formula.

Flower Essence Services

"Food nourishes the body, but Flowers heal the soul" . . . old proverb
1 oz.. amber bottles with droppers and instructions - \$14.80

- Five Flower Formula** - Hand prepared formula using the same plant species and methods of the emergency combination of Dr. Edward Bach.

- Self-Heal Flower Essence** - Addresses the core issue of all healing work, the inner commitment to be well. May be taken from the bottle or mixed in water.

- Yarrow Environmental Solution** - Used to strengthen the life force when one is exposed to environmental stresses and pollutants.

- Glucosamine-Sea Cucumber** . . . \$17.00
Studies have shown that glucosamine supplements benefit arthritis sufferers. *Glucosamine potassium sulfate and an extract of certain peptide fractions of sea cucumber.*

- Immune Booster Caps** . . . \$17.00
The 3 herbs in this formula are traditionally used to strengthen the body's defenses. 400 mg. capsules. *Reishi, Shitake, Astragalus root.*

- Low Chol Caps** . . . \$10.00
Special formula for reducing cholesterol. *Hawthorn berries, Yucca root, Prickly Ash, Oats, Yarrow, Dandelion root, Burdock, Turmeric.*

- NOAH Caps** . . . \$10.00
Popular formula to help build strong bones and healthier hair & nails. *Nettle, Oatstraw, Alfalfa, Horsetail.*

- Nutri Caps** . . . \$10.00
Excellent all purpose daily supplement. *Spirulina, Nettle, Alfalfa, Kelp.*

- Women's Power Caps** . . . \$10.00
A good daily supplement for the busy woman. *Dandelion root, Spirulina, Burdock, Dong Quai, Astragalus, Yellow Dock.*

Ayurvedic Tablets

From Banyon Botanicals

- Ashwagandha** . . . A rejuvenative for vata and kapha that promotes vitality and strength. General adaptogen for combatting stress, promotes relaxation and sound restful sleep. 90 tablets \$18.95

- I Sleep Soundly** . . . Promotes sound, restful sleep, releases tension from muscles, soothes the nerves and calms the mind. 90 tablets.....\$18.95

- Shatavari** . . . A rejuvenative for vata and pitta that promotes vitality and strength. Helps maintain a healthy female reproductive system. 90 tablets \$17.95

- Triphala** . . . A balancing formula for detoxification and rejuvenation. Supports healthy digestion and absorption. Natural antioxidant. *Amalaki, Bibhitaki, Haritaki.* 90 tablets \$15.95

Homeopathic Remedies by BOIRON

Made by BOIRON, a company recognized for its purity and high quality standards.

Each bottle of 30C pellets - \$7.75

Aconitum napellus	Ferrum phosphoricum	Nux vomica
Allium cepa	Gelsemium sempervirens	Phosphorus
Antimonium tartaricum	Hamamelis virginiana	Pulsatilla
Apis mellifica	Hepar sulph. calcareum	Pyrogenium
Arnica montana	Hypericum perforatum	Rhus toxicodendron
Arsenicum album	Ignatia amara	Ruta graveolens
Belladonna	Ipecacuanha	Sabadilla
Bryonia alba	Kali bichromicum	Sepia
Calcarea carbonica	Kali phosphoricum	Silicea
Carbo vegetabilis	Lachesis mutus	Spongia tosta
Chamomilla	Lycopodium clavatum	Sulphur
Colocynthis	Magnesia phosphorica	Symphytum officinale
Crotalus horr.	Natrum muriaticum	Thuja occidentalis

We also offer Smart Guide descriptive folders to help you make your selections. \$2.00 ea.

More Boiron Blends and Formulas

Acidil, 60 tablets \$12.00
For sour stomach and acid indigestion.

Arnica Gel, 1.5 oz., tube \$7.75
More of the active ingredient than the ointment. Now in a cool, soothing gel.

Calendula Gel, 1.5 oz., tube \$7.75
For cuts, scrapes, and burns. Non-greasy for quick skin absorption.

Chamomilia, 1/2 oz., \$3.50
Potentized for temporary relief from teething pain with irritability. By Jean's Greens.

Chestal, 4.2 fl. oz., \$8.00
Relieves coughs due to minor throat and bronchial irritation. Helps loosen mucus to make coughs more productive.

Children's Chestal, 4.2 fl. oz., \$8.00
Same great cough relief in a formula especially for children. Not recommended for children under 2 years of age.

Optique Eye Drops, 10 sterile doses \$8.00
For temporary relief of minor eye irritation due to fatigue or airborne irritants. Soothes red, dry, itchy, burning or tired eyes.

Oscillocoquinum, 6 dose pkg. \$16.00
Very effective when used at first sign of the chills, aches and fever of the flu.

Sabadil, 60 tablets \$11.75
Temporary relief of symptoms of hay fever or upper respiratory allergies.

Sinusalia, 60 tablets \$11.75
Temporary relief of congestion and pain due to inflammation of the sinuses.

Sportenine, 22 tablets \$13.00
Improves stamina and promotes recovery.



16

For Our Animal Friends

Glycerine-Based Formulations for Dogs and Cats
from ANIMAL'S APAWTHECARY

These formulations are made from the finest quality, organically grown or ethically wild crafted North American herbs. Sweet-tasting, with a very small percentage of residual alcohol, these supplements are palatable for our companions, while maintaining optimum potency. Also available in 2 oz., size by special order for \$22.25 Please allow 2 weeks for delivery.

Constitutional Blend . . . 1 oz., \$13.75
A safe, balanced formulation for metabolic and digestive disorders. Our version of the famous "Essiac" formula. *Yellow Dock, Burdock, Dandelion, Slippery Elm & Turkey Rhubarb.*

Detox Blend . . . 1 oz., \$13.75
Use over an extended period of time to assist metabolic functions during acute or chronic cases of allergy or systemic imbalances related to liver dysfunction or excess toxicity. *Burdock, Dandelion, Milk Thistle, Red Clover, Alfalfa & Licorice* in a tonic formula.

Eye and Nose Drops . . . 1 oz., \$11.95
A buffered isotonic saline solution that contains boric acid, sodium borate & sodium chloride with extracts of certified organic *Goldenseal and Usnea Lichen.*

Fido Derm Herbal Spray . . . 4 fl. oz., \$9.50
Fast itch-relief and quick healing to hot spots, abrasions, sunburn, flea and insect bites & fungal or bacterial infections of the skin. *Aloe Vera juice, Calendula extract and essential oils of Tea Tree, Lavender and Carrot Seed.*



Other Products For Our Animal Friends

Bug Repellent Shampoo 4 oz. \$9.50, 8 oz. 16.50 and 1 pint \$28.50. Leaves small amounts of essential oils in fur to ward off biting insects. *Castile soap with hemp, Eucalyptus, essential oils of Lemon, Rosemary and Wormwood.* Also contains *jojoba oil, citric acid and vitamin E.* By *Bonaturale.*

Canine/Feline Mix . . . 4 oz., \$9.95, 6 oz. \$14.50, 12 oz. \$28.50. Seventeen ingredients to promote the nervous system, blood vessel integrity, tissue, skin, nails and a shiny coat. Purifies the blood, cleanses the body of heavy metals, expels worms and wards off biting insects. 1/4 tsp., per 20 lb. pet. By *Bonaturale.*

Fish Oil Plus . . . 90 softgel caps \$23.25
Skin and coat formula dogs and cats. Useful in treating hot spots and digestive problems. Animals love the fresh green flavor! Wild harvested *Fish Oil, Barley Grass Juice extract, Vitamin E and Lecithin.*

Goldenseal/Echinacea Blend . . . 1 oz. \$13.75
A balanced blend of *Echinacea Purpurea, Goldenseal, Alfalfa, Garlic, Blue-Green Algae.* Optimizes immune-support while toning natural body functions. Recommended by veterinarians.

Tinkle Tonic . . . 1 oz., \$13.75
An anti-inflammatory, soothing and tonifying combination of *Couchgrass, Echinacea Purpurea, Marshmallow, Dandelion and Horsetail.* Designed to disinfect, soothe and protect the urinary tract without irritating the kidneys. Especially good for cats.

Tranquility Blend . . . 1 oz., \$13.75
A balanced combination of four calming nerve tonics for acute anxiety disorders. *Valerian, Skullcap, Oatstraw and just the right amount of Hops.*

Vitality Blend . . . 1 oz., \$13.75
This formula is designed for animals that are periodically subjected to high levels of physiological, psychological or environmental stress. *Astragalus, Siberian Ginseng, Spirulina and Ginkgo.*

Catnip Sleeping Mat . . . \$15.00
Colorful cotton mat filled with organically grown catnip and polyester quilt batting. Generous 14" X 20" size. Washable and refillable. *Made by Fields for All Thyme.*

Fleaz Out . . . 4 oz., shaker cylinder \$5.00
All natural flea powder for dogs, cats and all animals. Proven effective against fleas, lice and other biting insects. *From Jean's Greens.*

Herbal Ear Drops . . . 1/2 oz., \$5.00
Helps with imbalances in the ear canal. For people and their pets. Combination of *Calendula, St. Johnswort, Mullein and Garlic Oils.* *From Jean's Greens.*

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Jean's Oils

Bulk Essential Oils

Aromatherapy Grade

2 oz.. maximum per order

	1/2 fl oz.
Basil, Holy	\$5.50
Basil, sweet	5.50
Bergamot.....	6.50
Cajeput	3.50
Camphor, white.....	5.00
Cardamom.....	26.50
Carrot Seed.....	12.50
Cedarleaf (Thuja), European.....	4.75
Cedarwood, Himalayan.....	3.50
Chamomile, Blue, Hungary	40.00
Chamomile, Roman	38.50
Cinnamon, bark.....	20.00
Cinnamon, leaf	3.50
Citronella.....	3.50
Clary Sage.....	5.75
Clove Buds.....	4.75
Cypress.....	5.00
Eucalyptus, Australia	3.50
Fennel, sweet.....	4.00
Fir, silver.....	6.50
Frankincense	12.50
Geranium.....	13.00
Ginger.....	12.50
Grapefruit, white	4.00
Juniper Berry.....	5.75
Lavender, French	5.50
Lemon.....	4.25
Lemongrass	3.50
Lime, cp	5.00
Marjoram.....	5.75
Melissa, rectified.....	9.00
Myrrh.....	16.50
Nutmeg.....	5.50
Orange, sweet.....	3.50
Oregano.....	6.75
Palmarosa, sub. Rose Geranium	4.00
Patchouli, dark	8.00
Pennyroyal	4.00
Pepper, black.....	5.50
Peppermint.....	5.50
Pine Needle, Scotch	4.25
Ravensara	6.00
Rosemary, Spain	4.50
Rosewood.....	6.50
Sage.....	5.50
Spearmint.....	4.50
Spruce, black.....	6.50
Tangerine.....	4.25
Tea Tree.....	4.50
Thyme, white	11.00
Vetiver	6.25
Wintergreen.....	3.50
Wormwood	6.75
Yarrow	32.00
Ylang Ylang	10.50

Specialty Oils

Natural cold pressed oils

for cosmetic & medicinal uses.

Aloe Vera Oil	\$3.00 /oz.
Apricot Kernel Oil	8.50 / pint
Avocado Oil (organic)	12.00 / pint
Black Currant Seed Oil	5.50 / oz.
Castor Oil (organic).....	2.50 / oz.
Cocoa Butter (chunks)	2.25 / oz.
Coconut Oil (organic)	7.50 / pint
Evening Primrose Seed Oil	3.25 / oz.
Grapeseed Oil.....	6.00 / pint
Hemp Seed Oil	4.00 / oz.
Jojoba Oil (organic)	6.00 / 4 oz.
Neem Oil	3.75 / oz.
Olive Oil, Extra Virgin (organic)	7.50/pint
Rosehip Seed Oil (organic).....	4.25 / oz.
Sesame Seed Oil (organic)	9.50 / pint
Shea Butter	4.00 / 2 oz.
Sweet Almond Oil (organic)	16.00 / pint
Sweet Almond Oil	9.50 / pint
Sunflower Oil (organic)	4.00 / 4 oz.
Vegetable Glycerine ..2.75/ 4 oz. or 6.50 / pint	
Wheat Germ Oil (Vit. E unrefined) ..5.75/4 oz.	

Fragrance Oils

1/2 oz.. Amber Bottles w/insert

Blue Cobalt bottles ... please add \$.65

Honeysuckle.....	\$5.75
Jasmine.....	7.50
Lilac	6.25
Lotus Blossom	6.00
Rose.....	7.50
Vanilla	5.75
Violet.....	6.25

Infused Oils

Specially made at Jean's Greens with fresh plants organically grown and wildcrafted.

Infused in Organic Olive Oil

\$5.00 per oz.. - 4 oz.. maximum limited supply

Calendula
Chamomile
Comfrey Leaf
Plantain

\$6.00 per oz.. - 4 oz.. maximum

St. Johnswort

Oil Burners

Find one that is perfect to scent any room. Call for our current selection of styles and prices.

Jean's Jars

Price Shown is per Dozen - Individual Jars Available at 1/12 Case Price

5 Dozen Maximum per Order per Jar Type

Glass Cream Jars

Pretty round jars, white caps

1 oz.....	\$11.75
2 oz.....	12.50
4 oz.....	14.25



Glass Hex Jars

Hexagonal wide mouth jars, gold twist, heat-seal able caps

1.5 oz.....	\$13.00
3.6 oz.....	13.75
6 oz..... long neck	17.25
8 oz.. long neck	19.00



SPECIAL ORDER IN SHOP ONLY

Storage Jars . . . 1 pint, 1/2 gallon, 1 gallon

Call for price and availability

Plastic Lotion Bottles

Translucent plastic, low density, narrow mouth, white flip-spout caps

1 oz.....	\$12.00
2 oz.....	10.25
4 oz.....	10.75
8 oz.....	11.50
16 oz.....	14.00



Plastic Cream Jars

Unbreakable white, wide mouth containers

1/4 oz.....	\$7.25
1 oz.....	12.25
2 oz.....	13.00
4 oz.....	13.25



Lipstick Tubes

White plastic. Great for lip balm or solid perfume!..... \$7.00 / dozen

Inhalers

For use with your favorite fragrance or blend. Includes base tube and cover, cotton wick and bottom plug..... \$16.95 / dozen

Glass Spice Jars

Standard round 2" jars, shaker insert and white cap.

3.5 oz.\$15.00/dozen.



COLORED GLASS

Amber ...Boston rounds

black polyseal cap glass droppers

1 dram vial	\$9.75	\$17.00
2 dram vial w/ lined cap.....	9.75	
1/2 oz.....	10.75	13.75
1 oz.....	11.50	14.25
2 oz.....	12.50	14.75
4 oz.....	14.75	20.75
8 oz.....	17.50	



Cobalt Blue ... Boston rounds

black polyseal cap glass droppers

1/2 oz.....	\$14.25	\$17.00
1 oz.....	15.50	18.25
2 oz.....	17.00	19.25
4 oz.....	19.75	25.75



Spray Misters & Pumps sold separately. Please see page 20.

Do It Yourself Supplies

All those little extras that complete your "must have" list. Priced per dozen.

OTHER CONTAINERS

Labelstick tins . . . Pretty silver tins with attached label on cover.
 1/4 oz. \$8.50/dz.
 1/2 oz. 9.00/dz.
 1 oz. 10.00/dz.
 2 oz. 12.25/dz.



Powder Cylinders ... White foil lined cardboard. Holds 4 oz., by volume, weight varies w/product. Closeable shaker top.
 4 oz. \$13.50/dz.

Spray Misters ... \$9.50/dz.
 Small fits 1 & 2 oz., amber or cobalt glass bottles & 1 oz., plastic lotion bottles.
 Large fits 4 oz., cobalt glass bottles & 2, 4, or 8 oz., plastic lotion bottles.

Pumps.....\$10.00/dz.
 Fit same sizes as Large Spray Misters.

Droppers Only* Glass - request by size
 1/2 oz. \$6.00/dz.
 1 oz. 6.25/dz.
 2 oz. 6.75/dz.
 4 oz. 9.50/dz.

Caps Only ... Fit Amber & Cobalt Boston Rounds.
 1/2 oz., 1 oz. & 2 oz.35 ea
 4, 8 oz.40 ea

CAPSULES

Minimum 100 caps per order

Gel Caps '0' (250 mg.)03 ea
 Gel Caps '00' (500 mg.)04 ea
 Gel Caps 1000 '00' caps 26.00
 Veggie Caps '0'05 ea
 Veggie Caps '00'06 ea
 Veggie Caps 1000 '00' 42.00

BAGS & SEALS

Press & Brew T-bags w/instructions
 Small (2.25 x 2.25) 100 or more04 ea
 Large (4.5 x 5.5) 50 or more15 ea
 Culinary Bags, muslin (4.5" x 2.5")40 ea
 Cello Lined Bags (brown, 1/2 lb.)45 ea
 Cello Lined Bags (brown, 1 lb.)65 ea
 Shrink Seals - 1 & 2 oz., size03 ea
 Shrink Seals - 4 oz., size05 ea
 Cheesecloth
 Unbleached cotton; 2 square yards 4.50

CLAYS

Bentonite (medicinal) \$10.00 lb.
 White Cosmetic (Kaolin) 11.50 lb.
 French Green (food grade) 13.00 lb.
 Red Clay (Morocco) 13.00 lb.

USEFUL ADDITIVES

Aloe Gel (organic) 1.75 / 4 oz.
 Aloe Gel (organic) 5.00 / pint
 Aloe Powder (gwc) 2.00 / oz.
 Apple Fiber Powder 1.00 / oz.
 Apple Fiber Powder 10.50 / lb.
 Arrowroot Powder (organic)65 / oz.
 Arrowroot Powder (organic) 6.50 / lb.
 Beeswax 1.25 / oz.
 Beeswax 12.00 / lb.
 Benzoin Gum Powder 1.85 / oz.
 Castile Liquid Soap 8.75 / pint
 Dead Sea Mineral Salts 95 / oz.
 Dead Sea Mineral Salts 11.50 / lb.
 Fuller's Earth 1.25 / oz.
 Grapefruit Seed Extract 7.50 / oz.
 Lanolin (Anhydrous) 1.75 / oz.
 Myrrh Gum Powder 1.39 / oz.
 PABA (powder) 1.75 / oz.
 Propolis Resin 5.25 / oz.
 Soy Wax 50 / oz.
 Zinc Oxide Powder 2.25 / oz.

NATURAL FRAGRANCE WATER

Lavender, Orange Blossom, Rosewater

1 oz. \$1.50
 4 oz. 5.00
 8 oz. 8.50
 16 oz. 14.50

or \$2.25 per oz. for

Jasmine, Roman Chamomile, Ylang Ylang

MORTAR & PESTLE

Classic Marble In White Or Black

3" ... \$14.00
 4" ... \$18.00

Sardonyx from Pakistan

2" ... \$8.00
 2 1/2" ... \$10.00
 3" ... \$14.00
 4" ... \$23.00
 5" ... \$40.00

See Mortar and Pestle Photos on Inside Covers

Herb List

Our herbs are high quality and require proper storage to retain their essence. Store in glass jars away from heat and light.

Codes: o - organic; w - wild crafted; gwc grown without chemicals; ch - Chinese; bk - bark; flwr - flower; lf - leaf;

rt - root; sd - seed; c/s - cut & sifted; pwd - powder; sl - slice; whl - whole.

Priced per ounce - multiply by number of ounces ordered

Minimum: 1 ounce - Maximum: 2 lb., each herb per order

*Available in 1/2 oz. quantities.

Prices & availability subject to change.

	1-8oz.	9-15 oz.	1 lb.
o AGRIMONY c/s (Agrimonia eupatoria)	1.13	.98	14.00
o ALFALFA LF c/s or pwd (Medicago sativa)	1.13	.98	14.00
w ALKANET RT c/s (Batschia canescens)	1.23	1.08	15.60
o ALLSPICE pwd (Pimenta dioica)	1.50	1.35	20.00
o ANGELICA RT c/s (Angelica archangelica)	1.63	1.48	22.00
o ANISE seed whl (Pimpinella anisum)	1.12	.97	13.90
o ANISE, Star Pods (Illicium verum)	1.33	1.18	17.30
o ARNICA FLWR whl (Arnica montana)	4.50	4.35	68.00
o ARROWROOT pwd (Maranta arundinacea)66	.51	6.50
o ARTICHOKE LF c/s (Cynara scolymus)	1.75	1.60	24.00
o ASHWAGANDHA RT c/s (Withania somifera)	1.50	1.35	20.00
o ASTRAGALUS RT c/s or pwd (Astragalus membranaceus)	1.50	1.35	20.00
o ASTRAGALUS RT sl (Astragalus membranaceus)	1.66	1.51	22.50
o ATRACTYLODES sl (Tian Sheng Zhu)	1.81	1.66	25.00
w BARBERRY RT BK c/s or pwd (Berberis vulgaris)	1.01	.86	12.20
o BASIL LF c/s (Ocimum basilicum)	1.11	.96	13.80
o BASIL, TULSI (Ocimum sanctum)	1.75	1.60	24.00
o BAY LF whl (Laurus nobilis)	1.33	1.18	17.30
w BAYBERRY RT BK c/s or pwd (Myrica cerifera)	1.75	1.60	24.00
o BILBERRY LF c/s or pwd (Vaccinium myrtillus)	1.56	1.41	21.00
w BIRCH BK c/s (Betula alba)	1.23	1.08	15.60
o BLACK COHOSH RT c/s or pwd (Cimicifuga racemosa)	1.97	1.82	27.50
w BLACK HAW BK c/s (Viburnum prunifolium)	1.69	1.54	23.00
w BLACK WALNUT HULL pwd (Juglans nigra)91	.76	10.60
w BLACK WALNUT LF c/s (Juglans nigra)97	.82	11.50
w BLACKBERRY LF c/s (Rubus fruticosus)	1.04	.89	12.60
w BLACKBERRY RT c/s (Rubus villosus)	1.63	1.48	22.00
o BLESSED THISTLE c/s (Cnicus benedictus)	1.28	1.13	16.50
w BLOOD RT c/s (Sanguinaria canadensis)	2.63	2.48	38.00
w BLUE COHOSH RT c/s or pwd (Caluophyllum thal.)	1.63	1.48	22.00
o BLUE VERVAIN lf & flwr (Verbena hastata)	1.50	1.35	20.00
o BLUE VIOLET LF c/s (Viola odorata)	1.63	1.48	22.00
o BONESET LF c/s (Eupatorium perfoliatum)	1.41	1.26	18.50
o BORAGE c/s (Borago officinalis)	1.50	1.35	20.00
w BUCHU c/s (Agathosma betulina)	3.19	3.04	47.00
w BUCKTHORN BK c/s (Rhamnus cathartica)	1.22	1.07	15.50
w BUGLEWEED c/s (Lycopus virginicus)	1.50	1.35	20.00
o BUPLEURUM RT c/s or pwd (Bupleurum chinense)	1.63	1.48	22.00
o BURDOCK RT c/s or pwd (Arctium lappa)	1.43	1.28	18.90
w BUTCHER'S BROOM RT c/s (Ruscus aculeatus)	1.29	1.14	16.60
o CALAMUS RT c/s (Acorus calamus)	1.18	1.03	14.90
o CALENDULA FLWR whl (Calendula officinalis)	1.88	1.73	26.00
o CALIFORNIA POPPY LF c/s (Eschscholzia californica)	1.97	1.82	27.50
o CARAWAY SD whl (Carum carvi)90	.75	10.40
o CARDAMOM SD decorticated (Elettaria cardamomum)	1.88	1.73	26.00

	1-8oz.	9-15 oz.	1 lb.		1-8oz.	9-15 oz.	1 lb.		
w	CASCARA SAGRADA BK c/s or pwd (Rhamnus pur)	1.29	1.14	16.70	w	GENTIAN RT c/s (Gentiana lutea)	1.81	1.66	25.00
o	CATNIP c/s (Nepeta cataria)	1.34	1.19	17.50	o	GINGER RT c/s or pwd (Zingiber officinale)	1.28	1.13	16.40
w	CATS CLAW BK c/s (Uncaria tomentosa)	1.21	1.06	15.30	w	GINGER RT WILD (American) c/s (Asarum canadense)	1.55	1.40	20.80
o	CAYENNE pwd (40 M HU) (Capsicum annum)	1.00	.85	12.00	o	GINKGO LF c/s (Ginkgo biloba)	1.28	1.13	16.50
o	CAYENNE pwd (90M HU) (Capsicum annum)	1.38	1.23	18.00	o	GINSENG RT PANAX (4 year woods grown)*	9.00 / oz		
w	CEDAR TIPS Western, red	1.50	1.35	20.00	o	GINSENG RT PANAX pwd	8.25 / oz		
o	CELANDINE HERB c/s (Chelidonium majus)	1.34	1.19	17.50	o	GOLDENROD c/s (Solidago canadensis)	1.03	.88	12.50
w	CENTAURY HERB c/s (Centaurium erthraea)	1.43	1.28	18.90	o	GOLDENSEAL LF c/s (Hydrastis canadensis)	1.78	1.63	24.00
w	CHAGA MUSHROOM c/s	3.06	2.91	45.00	o	GOLDENSEAL RT c/s or pwd (Hydrastis canadensis)*	9.00/ oz		
o	CHAMOMILE FLWR whl (Matricaria recutita)	1.14	.99	14.30	o	GOTU KOLA c/s (Centella asiatica)	1.63	1.48	22.00
w	CHAPARRAL LF c/s or pwd (Larrea tridentata)	1.07	.92	13.10	w	GRAVEL RT c/s (Eupatorium purpureum)	1.50	1.35	20.00
w	CHICKWEED c/s (Stellaria media)	1.13	.98	14.00	w	GUARANA pwd (Paullinia cupana)	1.28	1.13	16.50
o	CHICORY RT roasted granules (Cichorium intybus)	1.31	1.16	17.00	o	GYMNEMA LEAF (Gymnema sylvestre)	1.06	.91	13.00
o	CHRYSANTHEMUM FLWR whl (C. morifolium)	1.69	1.54	23.00	w	HAWTHORN BERRIES c/s (Crataegus laevigata)	.93	.78	11.00
o	CILANTRO LF c/s (Coriandrum sativum)	1.18	1.03	15.00	o	HAWTHORN BERRIES whl or pwd (Crataegus laevigata)	1.28	1.13	16.50
o	CINNAMON CHIPS 1/4" (Cinnamomum cassia)	.90	.75	10.40	o	HAWTHORN lf & flwr c/s (Crataegus laevigata)	1.61	1.46	18.50
o	CINNAMON PWD (Cinnamomum cassia)	.84	.69	9.50	o	HIBISCUS FLWR c/s (Hibiscus sabdariffa)	1.41	1.26	18.50
o	CINNAMON stix - 2 ^{3/4} "	.84	.75	10.40	o	HOPS FLWR whl (Humulus lupulus)	2.01	1.86	28.10
o	CLEAVERS HERB c/s (Galium aparine)	1.18	1.03	15.00	o	HOPS FLWR pwd (Humulus lupulus)	1.23	1.08	15.70
o	CLOVES whl or pwd (Syzygium aromaticum)	1.50	1.35	20.00	o	HOREHOUND c/s (Marrubium vulgare)	1.25	1.10	16.00
o	CODONOPSIS (Codonopsis pilosula) c/s	1.43	1.28	18.90	o	HORSE CHESTNUT c/s (Aesculus hippocastanum)	1.25	1.10	16.00
gwc	CODONOPSIS (Codonopsis pilosula) pwd	2.00	1.85	28.00	o	HORSETAIL c/s or pwd (Equisetum arvense)	1.16	1.01	14.50
o	COLTSFOOT c/s (Tussilago farfara)	1.22	1.07	15.50	w	HYDRANGEA RT c/s (Hydrangea arborescens)	1.25	1.10	16.00
o	COMFREY LF c/s (Symphytum officinale)	1.18	1.03	15.00	o	HYSSOP c/s (Hyssopus officinalis)	1.25	1.10	16.00
o	COMFREY RT c/s or pwd (Symphytum officinale)	1.25	1.10	16.00	o	ICELANDIC MOSS (Cetraria islandica)	1.43	1.28	18.90
o	CORIANDER SD pwd or whl (Coriandrum sativum)	.97	.82	11.50	o	IRISH MOSS c/s (Chondrus crispus)	1.25	1.10	16.00
o	CORNSILK c/s (Zea mays)	1.56	1.41	21.00	w	JAMAICAN DOGWOOD BK c/s (Piscidia piscipula)	1.63	1.48	22.00
o	COUCHGRASS RT c/s (Triticum repens)	1.50	1.35	20.00	gwc	JASMINE FLOWERS (Jasminum officinale)	1.29	1.14	16.70
w	CRAMPBARK c/s (Viburnum opulus)	2.63	2.48	38.00	o	JUNIPER BERRIES whl (Juniperus communis)	1.28	1.13	16.50
w	CRANESBILL RT c/s (Geranium maculatum)	1.87	1.72	26.00	gwc	KAVA KAVA RT c/s or pwd (Piper methysticum)	2.13	1.98	30.00
o	CUMIN SD pwd or whl (Cuminum cyminum)	1.13	.98	14.00	o	KELP granules or pwd (Atlantic Ocean)	.76	.61	8.20
o	DAMIANA LF c/s (Turnera diffusa)	1.06	.91	13.00	w	KOLA NUT pwd (Cola acuminata)	.93	.78	11.00
o	DANDELION LF c/s (Taraxacum officinale)	1.28	1.13	16.50	o	KUDZU c/s or pwd (Pueraria lobata)	1.13	.98	14.00
o	DANDELION RT, raw c/s or pwd (Taraxacum off.)	1.50	1.35	20.00	o	LADY'S MANTLE c/s (Alchemilla vulgaris)	1.63	1.48	22.00
w	DANDELION RT roasted granules (Taraxacum off.)	2.20	2.05	31.12	o	LAVENDER FLWR whl or pwd (Lavandula officinalis)	1.63	1.48	22.00
o	DEVIL'S CLAW RT sl or pwd (Harpagophytum procum)	1.63	1.48	22.00	o	LEMON BALM c/s (Melissa officinalis)	1.78	1.63	24.00
w	DEVIL'S CLUB RT BK c/s (Oplonax horridum)	3.13	2.98	46.00	o	LEMON PEEL c/s (Citrus limon)	1.43	1.28	18.90
o	DILL WEED c/s (Anethum graveolens)	1.38	1.23	18.00	o	LEMON VERBENA LF c/s (Aloysia triphylla)	1.63	1.48	22.00
o	DONG QUAI c/s or pwd (Angelica sinensis)	1.63	1.48	22.00	o	LEMONGRASS c/s (Cymbopogon citratus)	1.30	1.15	16.80
o	DONG QUAI sl (Angelica sinensis)	1.75	1.60	24.00	o	LICORICE RT c/s or pwd (Glycyrrhiza glabra)	1.25	1.10	16.00
o	DULSE LF GRANULES (Rhodymenia palmata)	1.81	1.66	25.00	o	LINDEN flwr & lf c/s (Tilia europea)	1.78	1.63	24.00
o	ECHINACEA ANGUSTIFOLIA RT c/s or pwd	2.44	2.29	35.00	o	LOBELIA c/s (Lobelia inflata)	2.13	1.98	30.00
o	ECHINACEA PURPUREA HERB c/s	.90	.85	12.00	w	LOMATIUM RT c/s (Lomatium dissectum)	2.63	2.48	38.00
o	ECHINACEA PURPUREA RT c/s or pwd	1.78	1.63	24.00	o	LYCII BERRIES whl (Lycium chinense)	1.50	1.35	20.00
o	ELDERBERRIES whl (Sambucus nigra)	1.21	1.06	15.40	o	MARJORAM c/s (Origanum marjorana)	.88	.73	10.00
o	ELDERFLOWER c/s (Sambucus canadensis)	1.43	1.28	18.90	o	MARSHMALLOW RT c/s or pwd (Althea officinalis)	1.43	1.28	18.90
o	ELECAMPANE RT c/s (Inula helenium)	1.43	1.28	18.90	o	MEADOWSWEET HERB c/s (Filipendula ulmaria)	1.43	1.28	18.90
o	EUCALYPTUS LF c/s (Eucalyptus globulus)	1.06	.91	13.00	o	MILK THISTLE SD whl or pwd (Silybum marianum)	1.50	1.35	20.00
o	EYEBRIGHT HERB c/s (Euphrasia officinalis)	1.63	1.48	22.00	o	MOTHERWORT HERB c/s (Leonurus cardiaca)	1.50	1.35	20.00
o	FENNEL SD whl (Foeniculum vulgare)	.88	.73	10.00	w	MOTHERWORT HERB pwd (Leonurus cardiaca)	1.29	1.14	16.70
o	FENUGREEK SD whl or pwd (Trigonella foenum-graecum)	1.02	.87	12.30	o	MUGWORT HERB c/s (Artemisia vulgaris)	1.50	1.35	20.00
o	FEVERFEW c/s (Tanacetum parthenium)	1.28	1.13	16.50	o	MULLEIN LF c/s (Verbascum thapsus)	1.18	1.03	15.00
w	FIGWORT c/s (Scrophularia nodosa)	1.75	1.60	24.00	o	MUSTARD sd or pwd (Sinapis alba)	.88	.73	10.00
o	FLAX SD whl (Linum usitatissimum)	.67	.52	6.50	w	MYRRH GUM pwd (Commiphora molmol)	1.39	1.24	18.30
o	FO TI pwd & c/s (Polygonum multiflorum)	1.50	1.35	20.00	o	NETTLE LF c/s or pwd (Urtica dioica)	1.29	1.14	16.70
w	FRINGE TREE BK c/s (Chionanthus virginicus)	2.63	2.48	38.00	o	NETTLE seed (Urtica dioica)	3.25	3.10	48.00
o	GARLIC GRANULES (Allium sativum)	1.03	.88	12.50					

	1-8oz	9-15 oz.	1 lb.		1-8oz.	9-15 oz.	1 lb.
o NUTMEG pwd or whl (Myristica fragrans).....	1.50	1.35	20.00	o SKULLCAP c/s (Scutellaria lateriflora).....	1.75	1.60	24.00
o OATS, MILKY TOPS(Avena sativa).....	2.25	2.10	32.00	o SLIPPERY ELM BK cotton cut or pwd (Ulmus rubra) ..	2.34	2.19	33.50
o OATSTRAW c/s (Avena sativa).....	1.13	.98	14.00	w SOLOMON'S SEAL RT c/s (Polygonatum biflorum)....	1.78	1.63	24.00
o OATSTRAW pwd (Avena sativa).....	.94	.79	11.00	o SPEARMINT LF c/s (Menta spicata).....	1.43	1.28	18.90
o OLIVE LF c/s (Olea europaea).....	1.43	1.28	18.90	w SPIKENARD RT c/s (Aralia racemosa).....	2.25	2.10	32.00
o ORANGE PEEL granules or c/s (Citrus sinensis).....	1.26	1.11	16.10	o SPILANTHES c/s (Spilanthes acmella).....	2.13	1.98	30.00
o OREGANO c/s (Origanum vulgare).....	.95	.80	11.20	gwc SPIRULINA, KONA, HI pwd (Spirulina platensis).....	2.75	2.60	40.00
w OREGON GRAPE RT c/s or pwd (Mahonia aquifolium) .	1.50	1.35	20.00	w SQUAWVINE HERB c/s (Mitchella repens).....	3.13	2.98	46.00
w ORRIS RT peeled c/s or pwd (Iris germanica).....	1.86	1.71	25.70	o STEVIA LF c/s or pwd (Stevia rebaudiana).....	1.25	1.10	16.00
o OSHA RT c/s (Ligusticum porteri).....	2.69	2.54	39.00	STEVIA EXTRACT 90% (Stevia rebaudiana).....	3.84	3.69	59.00
o PAPRIKA pwd (Capsicum annuum).....	1.38	1.23	18.00	w STILLINGIA RT c/s (Stillingia sylvatica).....	3.38	3.23	50.00
o PARSLEY LF flakes (Petroselinum crispum).....	1.18	1.03	15.00	w STONE RT c/s (Collinsonia canadens).....	1.97	1.82	27.50
o PARSLEY RT c/s (Petroselinum crispum).....	1.56	1.41	21.00	o STRAWBERRY LF c/s (Fragaria vesca).....	1.18	1.03	15.00
o PASSIONFLOWER HERB c/s (Passiflora incarnata).....	1.63	1.48	22.00	o TARRAGON LF c/s (Artemesia dranunculus).....	1.78	1.63	24.00
w PAU D'ARCO BK c/s or pwd (Tabebuia impetiginosa) ..	.86	.71	9.80	o THYME LF c/s (Thymus vulgaris).....	1.38	1.23	18.00
o PENNYROYAL HERB c/s (Mentha pulegium).....	1.38	1.23	18.00	o TURMERIC RT pwd (Curcuma longa).....	1.08	.93	13.20
PEPPERCORNS rainbow blend.....	1.63	1.48	22.00	o TURKEY RHUBARB RT c/s or pwd (Rheum palmatum) 1.50	1.35	20.00	
o PEPPERCORNS whl black (Piper nigrum).....	1.21	1.06	15.30	w USNEA LICHEN whl (Usnea barbata).....	2.13	1.98	30.00
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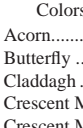

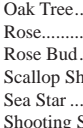





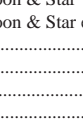



Handcrafted Bone Jewelry

designs by Christopher Miller

Made with cattle bone & black buffalo horn. Each piece is strung on a strong braided nylon cord joined with a reliable barrel clasp.

Colors: (W) Off-white (Bone) or (B) Black (Horn)

	Acorn.....	20.00 (W&B)
	Butterfly	32.50 (W)
	Claddagh	42.00 (W)
	Crescent Moon	17.00 (W&B)
	Crescent Moon & Star	27.00 (W&B)
	Crescent Moon & Star earrings.....	27.00 (W&B)
	Dolphin	32.50 (W&B)
	Dragon.....	42.00 (W)
	Nautilus	42.00 (W)
	Oak Leaf.....	26.00 (W)
	Oak Tree.....	40.00 (W)
	Rose.....	32.50 (W)
	Rose Bud.....	29.50 (W)
	Scallop Shell	20.00 (W)
	Sea Star	20.00 (W)
	Shooting Star.....	20.00 (W)
	Wave.....	32.00 (W)



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Jean's Quilt and other cards by Patricia Murtha Friedman



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