

# Monterey Bay Spice Company

Wholesale Catalog  
2017

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Inside this issue you will find our company's most recent selection of fine herbs, oils, teas and spices, all produced with the highest level of integrity and standards, and delivered in their most natural state.

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Monterey Bay  
Spice Company

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## packaging

All our herbs, spices, and teas are sealed in non-gas-permeable bags to preserve freshness, aroma, and potency. 95% of our powdered materials are sealed in FDA-approved foil bags. Oils are bottled in glass: cobalt blue bottles or amber boston rounds. Quantities ordered as 25 pounds or more of any one item may be packed into a single 25-pound unit.

## mini-glossary

**Cut & Sifted:** Herbs that are collected, dried, and sifted are called *cut and sifted*. This process retains only the desired part of the plant and produces a relatively fine consistency that is ready for use.

**Wild Crafted:** *Wild crafted* herbs are collected in their wild habitat, while leaving enough plant material so as to not compromise the abundance of the mother plant.

**Certified Organic:** Certification is your guarantee that the product has been grown and processed according to strict guidelines established in the Organic Foods Production Act of 1990. Before a product can be labeled *Certified Organic*, farmers and processors must meet the following requirements (see also *organically grown*):

- \* *No harmful chemicals have been applied to the land for at least three years.*
- \* *Farmers/processors pass yearly inspections by an independent certifying agency.*
- \* *Farmers and processors keep detailed records of operations.*
- \* *Farmers maintain a written organic management plan.*

## product info ~ irradiation

All our products are free from irradiation.

## product info ~ oils

**Essential Oils:** All our essential oils are pure and 100% natural, undiluted with alcohol or any other substance. Essential oils are obtained through an expression, extraction, and/or a distillation of the plant's volatile oils. Please use oils with caution, they are extremely concentrated. Not recommended for internal use.

**Carrier Oils:** These replenishing, plant-derived oils can be externally applied to the body to moisturize skin and improve overall tone and texture. They are NOT designed for consumption.

## product info ~ teas

**Black Tea:** Black tea is the most oxidized of all the teas, providing its deep color, rich flavor and high caffeine content.

**Oolong Tea:** A traditional Chinese tea with medium oxidation, Oolong's color and flavor fall between those of black and green tea.

**Green Tea:** Green tea is processed just after plucking, which minimizes oxidation and delivers a pale green color and distinct earthy flavor.

**White Tea:** Derived from the young tea plant buds, white tea is the least processed giving it light color, sweet flavor and plenty of antioxidants.

**Rooibos:** Rooibos is made from shrub grown high in the hills of South Africa. Rooibos "tea" yields a velvety caffeine-free beverage, extravagantly rich in essential minerals.

**Herbals:** These soothing caffeine-free teas are made from various blends of flowers, roots, fruits, leaves or seeds, and are often used for medicinal purposes.

**Decaffeinated Tea Processes:** Our teas are decaffeinated using an organic carbon dioxide process, which safely draws out just the caffeine from the leaves. This process preserves the tea's natural flavors and benefits better than any other method.

## organically grown

*Organic* is the method of growing and processing that helps protect—not deplete—our natural resources. Organic foods are grown on land that has been free from the use of synthetic fertilizers, growth regulators, insecticides or herbicides for at least three years. By composting, crop rotation, and interplanting to control weeds and pests, organic farming replenishes the soil, and sustains the health of our planet.

## certifications

**Organic Certification:** The certification of our organic products is through *Quality Assurance International (QAI)*. We can provide an organic certification copy and a list of products organic-certified upon request.

**Kosher Certification:** Most of our products are kosher-certified by *Earth Kosher*. We can provide a certification copy and a list of products kosher-certified upon request.

**Good Manufacturing Practices (GMP) Certification:** Our rigorous standards and operations are reviewed and certified by *Silliker Labs*.

## delivery times

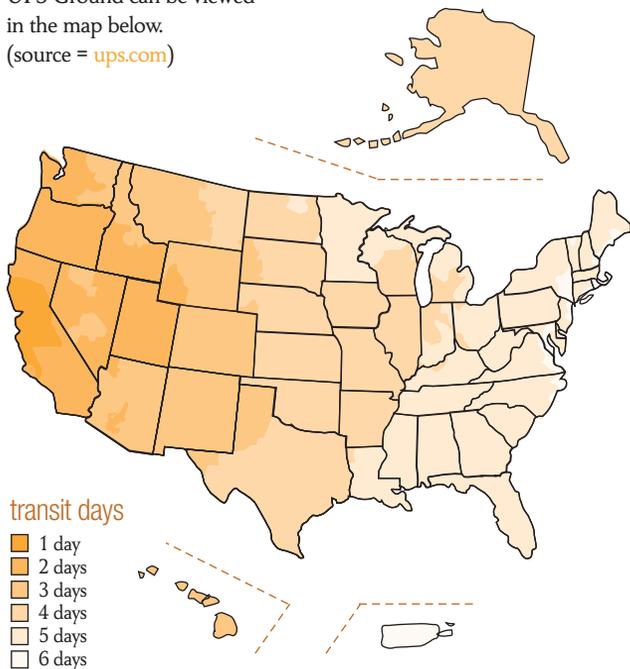
**UPS Ground:** US East Coast transit time can be 5 working days or more. (Please refer to the *UPS Ground* transit map below.) We ship your *UPS Ground* order within 48 hrs. Expedited shipping is available.

**Express Delivery Options:** *UPS 3 Day Select*, *UPS Next Day Air*, and *UPS 2nd Day Air*.

**Alaska and Hawaii:** Standard method to AK and HI is *US Postal Service Priority Mail*.

## ups ground transit time map

Estimated transit times of UPS Ground can be viewed in the map below.  
(source = [ups.com](http://ups.com))



Office hours are weekdays 8:30 AM to 5:00 PM, Pacific Time. You may place your order anytime to **800-500-6148** or by fax 831-722-3405, or on our secure website: [herbco.com](http://herbco.com). Orders incur shipping charges (calculated by weight and destination). We ship *UPS Ground* within 48 hrs. Expedited shipping is available. *Orders of \$500+ receive FREE shipping.*

## payment

We accept Visa, Mastercard, and Discover. For terms of 30 days net, please request a credit application. Checks drawn upon insufficient funds will incur a charge of \$22.

## pricing notes

**Discounts:** We offer discounts off our prices for bulk purchases.

5 lb price = **10% OFF** the 1-to-4 pound price

25 lb price = **15% OFF** the 1-to-4 pound price

\$500+ order = **5% OFF & FREE SHIPPING** on your order\*

\*US only, excluding Alaska & Hawaii. Ships via UPS.

**Price Per Unit:** This is relative to quantity ordered. Please multiply quantity by price per unit for total cost.

**Price Per Unit on herbco.com:** The website will reflect discount quantity once qualifying amount of product has been added to the shopping cart.

**Price Changes:** Most prices remain unchanged, however, due to market fluctuations some prices are subject to change. Price changes due to market fluctuations will be reflected on our website: [herbco.com](http://herbco.com).

## guarantee

We believe all our products to be of the highest quality. If for any reason you are not satisfied with any item please call us for instructions on how to make a return.

## returns

Return claims must be made within 5 days of receipt and are subject to a 15% re-stocking fee. Please call for return instructions.

## california proposition 65

If your order is shipped to an address in California we must include the proposition 65 warning for products that might exceed the state's safety standards. Please see details in our website's customer service area.

# Botanicals & Seasonings

We offer a vast collection of high quality botanicals and spices that are always at their peak of freshness. Create a deliciously memorable dish with our premium spices, or soothe a cold with a natural herbal infusion. Whatever your need, our fine selection will happily deliver.

goji berry (lycii berry), whole, #1212



ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
1816	 Acerola "Vitamin C"	powder	<i>Malpighia glabra</i>	United States	\$ 10.00	\$ 25.00	\$ 22.50
983	 African bird pepper, 90M HU	ground	<i>Capsicum annuum</i>	Africa	\$ 2.40	\$ 6.00	\$ 5.40
1865	 African bird pepper, 150M HU	ground	<i>Capsicum annuum</i>	Africa	\$ 4.00	\$ 10.00	\$ 9.00
27	 Agar agar	powder	<i>Gelidiella acerosa</i>	Japan	\$ 20.00	\$ 50.00	\$ 45.00
817	 Agrimony herb	cut & sifted	<i>Agrimonia eupatoria</i>	Bulgaria	\$ 2.30	\$ 5.75	\$ 5.18
1195	 Alfalfa leaf	cut & sifted	<i>Medicago sativa</i>	United States	\$ 1.40	\$ 3.50	\$ 3.15
130	 Alfalfa leaf	cut & sifted	<i>Medicago sativa</i>	United States	\$ 4.40	\$ 11.00	\$ 9.90
1363	 Alfalfa leaf	powder	<i>Medicago sativa</i>	United States	\$ 1.60	\$ 4.00	\$ 3.60
359	 Alfalfa leaf	powder	<i>Medicago sativa</i>	United States	\$ 4.00	\$ 10.00	\$ 9.00
876	 Alfalfa seed	whole	<i>Medicago sativa</i>	United States	\$ 3.60	\$ 9.00	\$ 8.10
1864	 Alkanet root	powder	<i>Batschia canescens</i>	Pakistan	\$ 5.60	\$ 14.00	\$ 12.60
177	 Allspice	powder	<i>Pimenta dioica</i>	Mexico	\$ 2.40	\$ 6.00	\$ 5.40
80	 Allspice	whole	<i>Pimenta dioica</i>	Mexico	\$ 2.36	\$ 5.90	\$ 5.31
1497	 Aloe	powder	<i>Aloe ferox</i>	Africa	\$ 7.60	\$ 19.00	\$ 17.10
1235	 Angelica root	cut & sifted	<i>Angelica archangelica</i>	Bulgaria	\$ 3.40	\$ 8.50	\$ 7.65
2106	 Anise seed	powder	<i>Pimpinella anisum</i>	Turkey	\$ 2.48	\$ 6.20	\$ 5.58
699	 Anise seed	whole	<i>Pimpinella anisum</i>	Turkey	\$ 2.36	\$ 5.90	\$ 5.31
1987	 Annatto seed	powder	<i>Bixa orellana</i>	India	\$ 1.84	\$ 4.60	\$ 4.14
1492	 Annatto seed	whole	<i>Bixa orellana</i>	India	\$ 1.80	\$ 4.50	\$ 4.05
58	 Arnica flower	whole	<i>Heterotheca inuloides</i>	Mexico	\$ 3.20	\$ 8.00	\$ 7.20
347	 Arrowroot	powder	<i>Maranta arundinacea</i>	Thailand	\$ 1.20	\$ 3.00	\$ 2.70
1041	 Ashwaganda root	powder	<i>Withania somnifera</i>	India	\$ 3.60	\$ 9.00	\$ 8.20
552	 Astragalus root	powder	<i>Astragalus membranaceus</i>	China	\$ 3.20	\$ 8.00	\$ 7.20
474	 Astragalus root	slices	<i>Astragalus membranaceus</i>	China	\$ 14.00	\$ 35.00	\$ 31.50
1173	 Baking powder, Aluminium free	powder	~	United States	\$ 3.20	\$ 8.00	\$ 7.20
447	 Barberry bark (wild crafted)	cut & sifted	<i>Berberis vulgaris</i>	India	\$ 4.20	\$ 10.50	\$ 9.45
1454	 Barberry bark	powder	<i>Berberis vulgaris</i>	India	\$ 4.00	\$ 10.00	\$ 9.00
1500	 Barley grass	powder	<i>Hordeum vulgare</i>	United States	\$ 4.80	\$ 12.00	\$ 10.80
933	 Basil leaf	cut & sifted	<i>Ocimum basilicum</i>	United States	\$ 6.40	\$ 16.00	\$ 14.40
677	 Basil leaf	cut & sifted	<i>Ocimum basilicum</i>	Egypt	\$ 1.72	\$ 4.30	\$ 3.87
1413	 Basil leaf	cut & sifted	<i>Ocimum basilicum</i>	Egypt	\$ 5.60	\$ 14.00	\$ 12.60
75	 Basil leaf	powder	<i>Ocimum basilicum</i>	Egypt	\$ 1.80	\$ 4.50	\$ 4.05

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
844	 Bay leaf	cut & sifted	<i>Laurus nobilis</i>	Turkey	\$ 2.20	\$ 5.50	\$ 4.95
407	 Bay leaf	whole	<i>Laurus nobilis</i>	United States	\$ 8.80	\$ 22.00	\$ 19.80
443	 Bay leaf	whole	<i>Laurus nobilis</i>	Turkey	\$ 2.80	\$ 7.00	\$ 6.30
1362	 Bayberry root bark (wild crafted)	cut & sifted	<i>Myrica cerifera</i>	United States	\$ 7.60	\$ 19.00	\$ 17.10
1375	 Bee pollen	granules	<i>Apis mellifera</i>	China	\$ 3.60	\$ 9.00	\$ 8.10
830	 Beet root	powder	<i>Beta vulgaris</i>	United States	\$ 2.80	\$ 7.00	\$ 6.30
1316	 Benzoin gum	powder	<i>Styrax benzoin</i>	Sumatra	\$ 3.60	\$ 9.00	\$ 8.10
217	 Beth root (wild crafted)	cut & sifted	<i>Trillium pendulum</i>	United States	\$ 8.80	\$ 22.00	\$ 19.80
1817	 Bilberry fruit	whole	<i>Vaccinium myrtillus</i>	Bulgaria	\$ 16.80	\$ 42.00	\$ 37.80
85	 Bilberry leaf (wild crafted)	cut & sifted	<i>Vaccinium myrtillus</i>	Bulgaria	\$ 3.60	\$ 9.00	\$ 8.10
292	 Birch bark	cut & sifted	<i>Betula alba</i>	Eorope	\$ 3.20	\$ 8.00	\$ 7.20
1496	 Black cohosh root (wild crafted)	powder	<i>Cimicifuga racemosa</i>	United States	\$ 7.00	\$ 17.50	\$ 15.75
874	 Black cohosh root	cut & sifted	<i>Cimicifuga racemosa</i>	United States	\$ 6.80	\$ 17.00	\$ 15.30
20	 Black haw bark (wild crafted)	cut & sifted	<i>Viburnum prunifolium</i>	United States	\$ 8.80	\$ 22.00	\$ 19.80
1031	 Black haw bark (wild crafted)	powder	<i>Viburnum prunifolium</i>	United States	\$ 9.00	\$ 22.50	\$ 20.25
483	 Black walnut hull (wild crafted)	powder	<i>Juglans nigra</i>	United States	\$ 2.40	\$ 6.00	\$ 5.40
725	 Black walnut leaf (wild crafted)	cut & sifted	<i>Juglans nigra</i>	Bulgaria	\$ 2.60	\$ 6.50	\$ 5.85
293	 Blackberry leaf	cut & sifted	<i>Rubus fruitcosus</i>	Bulgaria	\$ 2.36	\$ 5.90	\$ 5.31
803	 Bladderwrack	cut & sifted	<i>Fucus vesiculosus</i>	N. America	\$ 3.20	\$ 8.00	\$ 7.20
1814	 Bladderwrack	powder	<i>Fucus vesiculosus</i>	N. America	\$ 3.20	\$ 8.00	\$ 7.20
1464	 Blessed thistle	cut & sifted	<i>Centaurea benedicta</i>	Bulgaria	\$ 2.40	\$ 6.00	\$ 5.40
605	 Blessed thistle	cut & sifted	<i>Centaurea benedicta</i>	Bulgaria	\$ 4.80	\$ 12.00	\$ 10.80
291	 Blood root (wild crafted)	cut & sifted	<i>Sanguinaria canadensis</i>	United States	\$ 32.00	\$ 80.00	\$ 72.00
1885	 Blood root (wild crafted)	powder	<i>Sanguinaria canadensis</i>	United States	\$ 32.00	\$ 80.00	\$ 72.00
1451	 Blue cohosh root (wild crafted)	cut & sifted	<i>Caulophyllum thalictroides</i>	United States	\$ 5.60	\$ 14.00	\$ 12.60
722	 Blue cohosh root (wild crafted)	powder	<i>Caulophyllum thalictroides</i>	United States	\$ 5.80	\$ 14.50	\$ 13.05
173	 Blue flag root (wild crafted)	cut & sifted	<i>Iris versicolor</i>	United States	\$ 11.20	\$ 28.00	\$ 25.20
216	 Blue vervain herb (wild crafted)	cut & sifted	<i>Verbena spp.</i>	United States	\$ 3.00	\$ 7.50	\$ 6.75
891	 Boldo leaf	cut & sifted	<i>Peumus boldus</i>	Mexico	\$ 2.80	\$ 7.00	\$ 6.30
531	 Boneset herb (wild crafted)	cut & sifted	<i>Eupatorium perfoliatum</i>	Bulgaria	\$ 5.60	\$ 14.00	\$ 12.60
537	 Boswellia serrata	pieces	<i>Boswellia serrata</i>	India	\$ 4.00	\$ 10.00	\$ 9.00
1055	 Buckthorn bark	cut & sifted	<i>Rhamnus frangula</i>	Bulgaria	\$ 3.20	\$ 8.00	\$ 7.20

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
350	 Buckwheat hulls	whole	<i>Fagopyrum esculentum</i>	Bulgaria	\$ 1.20	\$ 3.00	\$ 2.70
1467	 Bupleurum root	powder	<i>Bupleurum radix chinensis</i>	China	\$ 14.00	\$ 35.00	\$ 31.50
759	 Bupleurum root	slices	<i>Bupleurum radix chinensis</i>	China	\$ 20.00	\$ 50.00	\$ 45.00
304	 Burdock leaf	cut & sifted	<i>Arctium lappa</i>	United States	\$ 2.80	\$ 7.00	\$ 6.30
1268	 Burdock root	cut & sifted	<i>Arctium lappa</i>	Bulgaria	\$ 2.40	\$ 6.00	\$ 5.40
1329	 Burdock root	cut & sifted	<i>Arctium lappa</i>	United States	\$ 4.40	\$ 11.00	\$ 9.90
249	 Burdock root	powder	<i>Arctium lappa</i>	United States	\$ 4.80	\$ 12.00	\$ 10.80
307	 Burdock root	powder	<i>Arctium lappa</i>	Bulgaria	\$ 2.60	\$ 6.50	\$ 5.85
49	 Butcher's broom root (wild crafted)	cut & sifted	<i>Ruscus aculeatus</i>	Bulgaria	\$ 4.40	\$ 11.00	\$ 9.90
381	 Calamus root	cut & sifted	<i>Acorus calamus</i>	United States	\$ 4.00	\$ 10.00	\$ 9.00
312	 Calamus root (wild crafted)	powder	<i>Acorus calamus</i>	United States	\$ 4.20	\$ 10.50	\$ 9.45
1101	 California poppy plant	cut & sifted	<i>Eschscholzia californica</i>	United States	\$ 14.00	\$ 35.00	\$ 31.50
1502	 Canadian snake root	cut & sifted	<i>Asarum canadense</i>	United States	\$ 6.80	\$ 17.00	\$ 15.30
1555	 Canadian snake root	powder	<i>Asarum canadense</i>	United States	\$ 7.20	\$ 18.00	\$ 16.20
1068	 Caraway seed	whole	<i>Carum carvi</i>	Holland	\$ 1.52	\$ 3.80	\$ 3.42
1290	 Caraway seed	whole	<i>Carum carvi</i>	Bulgaria	\$ 2.40	\$ 6.00	\$ 5.40
1380	 Cardamom, decorticated	whole	<i>Elettaria cardamomum</i>	Guatemala	\$ 4.00	\$ 10.00	\$ 9.00
1812	 Cardamom, decorticated	whole	<i>Elettaria cardamomum</i>	Guatemala	\$ 12.80	\$ 32.00	\$ 28.80
1017	 Cardamom, green pod	whole	<i>Elettaria cardamomum</i>	Guatemala	\$ 8.80	\$ 22.00	\$ 19.80
1940	 Cardamom, green pod	whole	<i>Elettaria cardamomum</i>	Guatemala	\$ 14.40	\$ 36.00	\$ 32.40
412	 Cardamom	powder	<i>Elettaria cardamomum</i>	Guatemala	\$ 4.00	\$ 10.00	\$ 9.00
1356	 Carob bean pods	cut & sifted	<i>Ceratonia siliqua</i>	Spain	\$ 1.60	\$ 4.00	\$ 3.60
571	 Carrot	powder	<i>Daucus carota</i>	United States	\$ 2.40	\$ 6.00	\$ 5.40
1186	 Cascara sagrada bark	cut & sifted	<i>Rhamnus purshiana</i>	United States	\$ 3.20	\$ 8.00	\$ 7.20
708	 Cascara sagrada bark	powder	<i>Rhamnus purshiana</i>	United States	\$ 3.36	\$ 8.40	\$ 7.56
1484	 Catnip leaf & flower	cut & sifted	<i>Nepeta cataria</i>	United States	\$ 3.20	\$ 8.00	\$ 7.20
62	 Catnip leaf & flower	cut & sifted	<i>Nepeta cataria</i>	United States	\$ 6.80	\$ 17.00	\$ 15.30
446	 Cat's claw bark	cut & sifted	<i>Uncaria tomentosa</i>	Peru	\$ 3.40	\$ 8.50	\$ 7.65
1503	 Cat's claw bark	powder	<i>Uncaria tomentosa</i>	Peru	\$ 3.60	\$ 9.00	\$ 8.10
667	 Cayenne, 30,000 HU	ground	<i>Capsicum annuum</i>	India	\$ 4.00	\$ 10.00	\$ 9.00
551	 Cayenne, 40,000 HU	ground	<i>Capsicum annuum</i>	India	\$ 1.80	\$ 4.50	\$ 4.05
718	 Cayenne, 90,000 HU	ground	<i>Capsicum annuum</i>	India	\$ 1.96	\$ 4.90	\$ 4.41

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
3427	 Celery seed	powder	<i>Apium graveolens</i>	Egypt	\$ 3.40	\$ 8.50	\$ 7.65
3412	 Celery seed	whole	<i>Apium graveolens</i>	Egypt	\$ 3.20	\$ 8.00	\$ 7.20
1337	 Celery seed	powder	<i>Apium graveolens</i>	India	\$ 1.20	\$ 3.00	\$ 2.70
884	 Celery seed	whole	<i>Apium graveolens</i>	India	\$ 1.16	\$ 2.90	\$ 2.61
308	 Chamomile	powder	<i>Matricaria recutita</i>	Egypt	\$ 3.00	\$ 7.50	\$ 6.75
1462	 Chamomile	whole	<i>Matricaria recutita</i>	Egypt	\$ 3.32	\$ 8.30	\$ 7.47
101	 Chamomile	whole	<i>Matricaria recutita</i>	Egypt	\$ 5.60	\$ 14.00	\$ 12.60
1014	 Chaparral leaf	cut & sifted	<i>Larrea tridentata</i>	Mexico	\$ 3.20	\$ 8.00	\$ 7.20
663	 Chaparral leaf	powder	<i>Larrea tridentata</i>	Mexico	\$ 3.60	\$ 9.00	\$ 8.10
989	 Chervil	cut & sifted	<i>Anthriscus cerefolium</i>	France	\$ 5.60	\$ 14.00	\$ 12.60
781	 Chia seed	whole	<i>Salvia hispanica</i>	Mexico	\$ 3.60	\$ 9.00	\$ 8.10
602	 Chickweed	cut & sifted	<i>Stellaria media</i>	Bulgaria	\$ 2.80	\$ 7.00	\$ 6.30
586	 Chickweed	powder	<i>Stellaria media</i>	Bulgaria	\$ 3.00	\$ 7.50	\$ 6.75
1373	 Chicory root roasted	granules	<i>Cichorium intybus</i>	India	\$ 1.32	\$ 3.30	\$ 2.97
1366	 Chile pepper	powder	<i>Capsicum annum</i>	New Mexico	\$ 2.20	\$ 5.50	\$ 4.95
1404	 Chile pepper	powder	<i>Capsicum annum</i>	California	\$ 2.20	\$ 5.50	\$ 4.95
1439	 Chile pepper	crushed	<i>Capsicum annum</i>	United States	\$ 1.96	\$ 4.90	\$ 4.41
2017	 Chipotle pepper	powder	<i>Capsicum annum</i>	United States	\$ 4.60	\$ 11.50	\$ 10.35
458	 Chives	cut & sifted	<i>Allium schoenoprasum</i>	Taiwan	\$ 7.60	\$ 19.00	\$ 17.10
1423	 Chrysanthemum flower	whole	<i>Chrysanthemum morifolium</i>	China	\$ 10.00	\$ 25.00	\$ 22.50
1196	 Cilantro	cut & sifted	<i>Coriandrum sativum</i>	United States	\$ 7.20	\$ 18.00	\$ 16.20
1481	 Cilantro	cut & sifted	<i>Coriandrum sativum</i>	United States	\$ 7.60	\$ 19.00	\$ 17.10
456	 Cinnamon, chips	cut & sifted	<i>Cinnamomum cassia</i>	Indonesia	\$ 1.98	\$ 4.95	\$ 4.46
1801	 Cinnamon, chips	cut & sifted	<i>Cinnamomum cassia</i>	Indonesia	\$ 2.80	\$ 7.00	\$ 6.30
281	 Cinnamon, 1" sticks, 420 sticks/lb.	whole	<i>Cinnamomum cassia</i>	Indonesia	\$ 2.60	\$ 6.50	\$ 5.85
641	 Cinnamon, 2 3/4" sticks, 100 sticks/lb.	whole	<i>Cinnamomum cassia</i>	Indonesia	\$ 2.20	\$ 5.50	\$ 4.95
1488	 Cinnamon, 6" sticks, 50 sticks/lb.	whole	<i>Cinnamomum cassia</i>	Indonesia	\$ 2.20	\$ 5.50	\$ 4.95
1044	 Cinnamon, 10" sticks, 30 sticks/lb.	whole	<i>Cinnamomum cassia</i>	Indonesia	\$ 2.20	\$ 5.50	\$ 4.95
1078	 Cinnamon, 18" sticks, 24 sticks/lb.	whole	<i>Cinnamomum cassia</i>	Indonesia	\$ 3.20	\$ 8.00	\$ 7.20
205	 Cinnamon, 2.5% oil	powder	<i>Cinnamomum cassia</i>	Indonesia	\$ 3.06	\$ 7.65	\$ 6.89
1172	 Cinnamon, 3% oil	powder	<i>Cinnamomum cassia</i>	Indonesia	\$ 1.80	\$ 4.50	\$ 4.05
3533	 Cinnamon	powder	<i>Cinnamomum verum</i>	Vietnam	\$ 2.80	\$ 7.00	\$ 6.30

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
1504	 Citric acid	powder	~	United States	\$ 2.60	\$ 6.50	\$ 5.85
99	 Clay~Bentonite		~	United States	\$ 1.80	\$ 4.50	\$ 4.05
1321	 Clay~Green		~	France	\$ 2.70	\$ 6.75	\$ 6.08
807	 Clay~Kaolin, white, cosmetic		~	United States	\$ 1.30	\$ 3.25	\$ 2.93
338	 Clay~Red		~	Morocco	\$ 2.70	\$ 6.75	\$ 6.08
947	 Cleavers herb (wild crafted)	cut & sifted	<i>Galium aparine</i>	Bulgaria	\$ 3.40	\$ 8.50	\$ 7.65
264	 Cloves	powder	<i>Syzygium aromaticum</i>	Madagascar	\$ 5.20	\$ 13.00	\$ 11.70
948	 Cloves	powder	<i>Syzygium aromaticum</i>	Sri Lanka	\$ 8.80	\$ 22.00	\$ 19.80
161	 Cloves	whole	<i>Syzygium aromaticum</i>	Madagascar	\$ 5.40	\$ 13.50	\$ 12.15
762	 Cloves	whole	<i>Syzygium aromaticum</i>	Sri Lanka	\$ 8.80	\$ 22.00	\$ 19.80
19	 Club moss (wild crafted)	cut & sifted	<i>Lycopodium clavatum</i>	China	\$ 5.60	\$ 14.00	\$ 12.60
820	 Codonopsis root (wild crafted)	whole	<i>Codonopsis pilosula</i>	China	\$ 20.00	\$ 50.00	\$ 45.00
1466	 Coltsfoot leaf	cut & sifted	<i>Tussilago farfara</i>	Bulgaria	\$ 3.60	\$ 9.00	\$ 8.10
2011	 Comfrey leaf	cut & sifted	<i>Symphytum officinale</i>	Bulgaria	\$ 3.20	\$ 8.00	\$ 7.20
1534	 Comfrey leaf	powder	<i>Symphytum officinale</i>	Bulgaria	\$ 3.40	\$ 8.50	\$ 7.65
2203	 Comfrey root	cut & sifted	<i>Symphytum officinale</i>	Bulgaria	\$ 3.20	\$ 8.00	\$ 7.20
747	 Comfrey root	cut & sifted	<i>Symphytum officinale</i>	Bulgaria	\$ 3.80	\$ 9.50	\$ 8.55
687	 Comfrey root	powder	<i>Symphytum officinale</i>	Bulgaria	\$ 4.00	\$ 10.00	\$ 9.00
1850	 Comfrey root	powder	<i>Symphytum officinale</i>	Bulgaria	\$ 3.40	\$ 8.50	\$ 7.65
1133	 Copal oro	pieces	<i>Bursera microphylla</i>	Indonesia	\$ 3.80	\$ 9.50	\$ 8.55
1505	 Coptis rhizome	sliced	<i>Coptis chinensis</i>	China	\$ 20.00	\$ 50.00	\$ 45.00
3425	 Coriander seed	powder	<i>Coriandrum sativum</i>	Egypt	\$ 2.40	\$ 6.00	\$ 5.40
413	 Coriander seed	powder	<i>Coriandrum sativum</i>	Egypt	\$ 1.20	\$ 3.00	\$ 2.70
3414	 Coriander seed	whole	<i>Coriandrum sativum</i>	Egypt	\$ 2.40	\$ 6.00	\$ 5.40
593	 Coriander seed	whole	<i>Coriandrum sativum</i>	Egypt	\$ 1.20	\$ 3.00	\$ 2.70
1153	 Cornflower	petals	<i>Centaurea cyanus</i>	Bulgaria	\$ 10.00	\$ 25.00	\$ 22.50
741	 Cornsilk	cut & sifted	<i>Zea mays</i>	Bulgaria	\$ 2.60	\$ 6.50	\$ 5.85
1275	 Cornsilk	powder	<i>Zea mays</i>	Bulgaria	\$ 2.70	\$ 6.75	\$ 6.08
1411	 Cramp bark (wild crafted)	cut & sifted	<i>Viburnum opulus</i>	India	\$ 3.60	\$ 9.00	\$ 8.10
1979	 Cramp bark (wild crafted)	powder	<i>Viburnum opulus</i>	India	\$ 3.76	\$ 9.40	\$ 8.46
505	 Cranesbill root (wild crafted)	cut & sifted	<i>Geranium maculatum</i>	United States	\$ 7.20	\$ 18.00	\$ 16.20
1487	 Cream of tartar	powder	~	Spain	\$ 3.20	\$ 8.00	\$ 7.20

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
592	 Cubeb berry	whole	<i>Piper cubeba</i>	Malaysia	\$ 9.20	\$ 23.00	\$ 20.70
1076	 Cumin seed	powder	<i>Cuminum cyminum</i>	India	\$ 1.84	\$ 4.60	\$ 4.14
1499	 Cumin seed	whole	<i>Cuminum cyminum</i>	India	\$ 1.72	\$ 4.30	\$ 3.87
1336	 Damiana leaf	cut & sifted	<i>Turnera diffusa</i>	Mexico	\$ 3.60	\$ 9.00	\$ 8.10
1506	 Damiana leaf	powder	<i>Turnera diffusa</i>	Mexico	\$ 3.80	\$ 9.50	\$ 8.55
256	 Dandelion leaf	cut & sifted	<i>Taraxacum officinale</i>	Bulgaria	\$ 2.68	\$ 6.70	\$ 6.03
1803	 Dandelion leaf	cut & sifted	<i>Taraxacum officinale</i>	Bulgaria	\$ 3.20	\$ 8.00	\$ 7.20
496	 Dandelion root	cut & sifted	<i>Taraxacum officinale</i>	Bulgaria	\$ 3.60	\$ 9.00	\$ 8.10
2065	 Dandelion root	powder	<i>Taraxacum officinale</i>	Bulgaria	\$ 3.80	\$ 9.50	\$ 8.55
719	 Dandelion root	powder	<i>Taraxacum officinale</i>	Bulgaria	\$ 5.80	\$ 14.50	\$ 13.05
1813	 Dandelion root	cut & sifted	<i>Taraxacum officinale</i>	Bulgaria	\$ 5.60	\$ 14.00	\$ 12.60
2010	 Dandelion root, roasted	cut & sifted	<i>Taraxacum officinale</i>	Bulgaria	\$ 5.60	\$ 14.00	\$ 12.60
313	 Dead Sea mineral salts		~	Israel	\$ 1.20	\$ 3.00	\$ 2.70
457	 Devil's claw root (wild crafted)	powder	<i>Harpagophytum procumbens</i>	S. Africa	\$ 5.00	\$ 12.50	\$ 11.25
618	 Devil's claw root (wild crafted)	cut & sifted	<i>Harpagophytum procumbens</i>	S. Africa	\$ 4.80	\$ 12.00	\$ 10.80
351	 Devil's club root bark (wild crafted)	cut & sifted	<i>Oplopanax horridus</i>	United States	\$ 20.00	\$ 50.00	\$ 45.00
467	 Dill seed	whole	<i>Anethum graveolens</i>	India	\$ 1.20	\$ 3.00	\$ 2.70
1154	 Dill seed	whole	<i>Anethum graveolens</i>	Bulgaria	\$ 2.80	\$ 7.00	\$ 6.30
647	 Dill weed	cut & sifted	<i>Anethum graveolens</i>	United States	\$ 6.00	\$ 15.00	\$ 13.50
1126	 Dill weed	cut & sifted	<i>Anethum graveolens</i>	United States	\$ 6.80	\$ 17.00	\$ 15.30
1265	 Dong quai root, palm	slices	<i>Angelica sinensis</i>	China	\$ 15.20	\$ 38.00	\$ 34.20
1138	 Dong quai root	powder	<i>Angelica sinensis</i>	China	\$ 12.00	\$ 30.00	\$ 27.00
621	 Dulce leaf	cut & sifted	<i>Palmaria palmata</i>	Canada	\$ 8.00	\$ 20.00	\$ 18.00
96	 Echinacea ang. root	powder	<i>Echinacea angustifolia</i>	United States	\$ 18.00	\$ 45.00	\$ 40.50
126	 Echinacea ang. root (wild crafted)	cut & sifted	<i>Echinacea angustifolia</i>	United States	\$ 16.80	\$ 42.00	\$ 37.80
998	 Echinacea ang. root (wild crafted)	powder	<i>Echinacea angustifolia</i>	United States	\$ 16.80	\$ 42.00	\$ 37.80
1007	 Echinacea purpurea root (wild crafted)	powder	<i>Echinacea purpurea</i>	United States	\$ 12.80	\$ 32.00	\$ 28.80
985	 Echinacea purpurea herb	cut & sifted	<i>Echinacea purpurea</i>	United States	\$ 3.40	\$ 8.50	\$ 7.65
1507	 Echinacea purpurea root	cut & sifted	<i>Echinacea purpurea</i>	United States	\$ 12.80	\$ 32.00	\$ 28.80
1355	 Echinacea purpurea root	cut & sifted	<i>Echinacea purpurea</i>	United States	\$ 14.00	\$ 35.00	\$ 31.50
3435	 Elderberry	whole	<i>Sambucus nigra</i>	Bulgaria	\$ 4.80	\$ 12.00	\$ 10.80
316	 Elderberry (wild crafted)	whole	<i>Sambucus nigra</i>	Bulgaria	\$ 3.40	\$ 8.50	\$ 7.65

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
149	 Elder flower	whole	<i>Sambucus nigra</i>	Bulgaria	\$ 5.60	\$ 14.00	\$ 12.60
417	 Elecampane root	cut & sifted	<i>Inula helenium</i>	Bulgaria	\$ 4.40	\$ 11.00	\$ 9.90
1508	 Elecampane root	cut & sifted	<i>Inula helenium</i>	Bulgaria	\$ 2.20	\$ 5.50	\$ 4.95
1559	 Elecampane root	powder	<i>Inula helenium</i>	Bulgaria	\$ 2.40	\$ 6.00	\$ 5.40
1274	 Eleuthero root	cut & sifted	<i>Eleutherococcus senticosus</i>	China	\$ 2.00	\$ 5.00	\$ 4.00
764	 Eleuthero root	powder	<i>Eleutherococcus senticosus</i>	China	\$ 2.00	\$ 5.00	\$ 4.50
1889	 Epazote herb	cut & sifted	<i>Chenopodium ambrosioides</i>	Mexico	\$ 3.80	\$ 9.50	\$ 8.55
1132	 Eucalyptus leaf	cut & sifted	<i>Eucalyptus globulus</i>	Egypt	\$ 2.08	\$ 5.20	\$ 4.68
295	 Eyebright herb	powder	<i>Euphrasia officinalis</i>	Bulgaria	\$ 5.20	\$ 13.00	\$ 11.70
3428	 Fennel seed	powder	<i>Foeniculum vulgare</i>	Egypt	\$ 3.00	\$ 7.50	\$ 6.75
1868	 Fennel seed	whole	<i>Foeniculum vulgare</i>	Egypt	\$ 2.80	\$ 7.00	\$ 6.30
1293	 Fennel seed	whole	<i>Foeniculum vulgare</i>	Egypt	\$ 1.32	\$ 3.30	\$ 2.97
1460	 Fennel seed	powder	<i>Foeniculum vulgare</i>	Egypt	\$ 1.36	\$ 3.40	\$ 3.06
3426	 Fenugreek seed	powder	<i>Trigonella foenum graecum</i>	India	\$ 2.60	\$ 6.50	\$ 5.85
1862	 Fenugreek seed	powder	<i>Trigonella foenum graecum</i>	India	\$ 1.20	\$ 3.00	\$ 2.70
1393	 Fenugreek seed	whole	<i>Trigonella foenum graecum</i>	India	\$ 1.12	\$ 2.80	\$ 2.52
1407	 Fenugreek seed	whole	<i>Trigonella foenum graecum</i>	United States	\$ 2.40	\$ 6.00	\$ 5.40
1282	 Feverfew herb	cut & sifted	<i>Tanacetum parthenium</i>	United States	\$ 5.20	\$ 13.00	\$ 11.70
15	 Figwort herb (wild crafted)	cut & sifted	<i>Scrophularia nodosa</i>	United States	\$ 8.00	\$ 20.00	\$ 18.00
168	 Flax seed	meal	<i>Linum usitatissimum</i>	United States	\$ 1.60	\$ 4.00	\$ 3.60
653	 Flax seed	whole	<i>Linum usitatissimum</i>	United States	\$ 1.00	\$ 2.50	\$ 2.25
1443	 Flax seed	whole	<i>Linum usitatissimum</i>	United States	\$ 1.60	\$ 4.00	\$ 3.60
315	 Fo ti, Ho-shou-wu	cut & sifted	<i>Polygonum multiflorum</i>	China	\$ 7.20	\$ 18.00	\$ 16.20
267	 Fo ti, Ho-shou-wu	powder	<i>Polygonum multiflorum</i>	China	\$ 6.40	\$ 16.00	\$ 14.40
1295	 Frankincense tears	pieces	<i>Boswellia carteri</i>	Africa	\$ 3.20	\$ 8.00	\$ 7.20
311	 Frankincense tears	ground	<i>Boswellia carteri</i>	Africa	\$ 3.60	\$ 9.00	\$ 8.10
1180	 Fuller's earth	powder	<i>Magnesium Aluminum Silicate</i>	United States	\$ 2.10	\$ 5.25	\$ 4.73
108	 Galangal root	cut & sifted	<i>Alpinia species</i>	China	\$ 3.00	\$ 7.50	\$ 6.75
326	 Galangal root	powder	<i>Alpinia species</i>	China	\$ 3.12	\$ 7.80	\$ 7.02
821	 Garlic	granules	<i>Allium sativum</i>	United States	\$ 3.20	\$ 8.00	\$ 7.20
449	 Garlic	granules	<i>Allium sativum</i>	United States	\$ 4.80	\$ 12.00	\$ 10.80
1891	 Garlic	minced	<i>Allium sativum</i>	United States	\$ 3.20	\$ 8.00	\$ 7.20

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
180	 Garlic	powder	<i>Allium sativum</i>	United States	\$ 3.20	\$ 8.00	\$ 7.20
1495	 Garlic	powder	<i>Allium sativum</i>	United States	\$ 4.80	\$ 12.00	\$ 10.80
411	 Gentian root (wild crafted)	cut & sifted	<i>Gentiana lutea</i>	Bulgaria	\$ 5.60	\$ 14.00	\$ 12.60
919	 Ginger root, crystallized	pieces	<i>Zingiber officinale</i>	Thailand	\$ 3.20	\$ 8.00	\$ 7.20
813	 Ginger root	cut & sifted	<i>Zingiber officinale</i>	China	\$ 2.00	\$ 5.00	\$ 4.50
669	 Ginger root	cut & sifted	<i>Zingiber officinale</i>	Honduras	\$ 3.28	\$ 8.20	\$ 7.38
623	 Ginger root	powder	<i>Zingiber officinale</i>	China	\$ 2.08	\$ 5.20	\$ 4.68
1867	 Ginger root	powder	<i>Zingiber officinale</i>	Honduras	\$ 3.52	\$ 8.80	\$ 7.92
1346	 Ginkgo leaf	cut & sifted	<i>Ginkgo biloba</i>	China	\$ 3.20	\$ 8.00	\$ 7.20
206	 Ginkgo leaf	powder	<i>Ginkgo biloba</i>	China	\$ 3.20	\$ 8.00	\$ 7.20
1338	 Ginseng	powder	<i>Panax quinquefolius</i>	United States	\$ 48.00	\$120.00	\$108.00
1818	 Ginseng	whole	<i>Panax quinquefolius</i>	United States	\$ 46.00	\$115.00	\$103.50
185	 Ginseng, red	powder	<i>Panax ginseng</i>	China	\$ 30.00	\$ 75.00	\$ 67.50
336	 Ginseng, white	powder	<i>Panax ginseng</i>	China	\$ 30.00	\$ 75.00	\$ 67.50
* 1212	 Goji berry, lycii	whole	<i>Lycium chinense</i>	China	\$ 6.00	\$ 15.00	\$ 13.50
1311	 Goldenrod herb	cut & sifted	<i>Solidago virgaurea</i>	Bulgaria	\$ 5.20	\$ 13.00	\$ 11.70
323	 Goldenseal leaf	cut & sifted	<i>Hydrastis canadensis</i>	United States	\$ 11.20	\$ 28.00	\$ 25.20
1079	 Goldenseal root	powder	<i>Hydrastis canadensis</i>	United States	\$ 34.00	\$ 85.00	\$ 76.50
1061	 Goldenseal root	cut & sifted	<i>Hydrastis canadensis</i>	United States	\$ 34.00	\$ 85.00	\$ 76.50
485	 Gotu kola	cut & sifted	<i>Centella asiatica</i>	Sri Lanka	\$ 2.20	\$ 5.50	\$ 4.95
692	 Gotu kola	powder	<i>Centella asiatica</i>	Sri Lanka	\$ 2.32	\$ 5.80	\$ 5.22
1910	 Grape seed	powder	<i>Vitis vinifera</i>	United States	\$ 3.00	\$ 7.50	\$ 6.75
1808	 Grape seed	whole	<i>Vitis vinifera</i>	United States	\$ 2.80	\$ 7.00	\$ 6.30
28	 Gravel root	cut & sifted	<i>Eupatorium purpureum</i>	United States	\$ 8.80	\$ 22.00	\$ 19.80
1998	 Gravel root	powder	<i>Eupatorium purpureum</i>	United States	\$ 9.20	\$ 23.00	\$ 20.70
1834	 Green tea	powder	<i>Camillia sinensis</i>	China	\$ 2.60	\$ 6.50	\$ 5.85
490	 Grindelia herb (wild crafted)	cut & sifted	<i>Grindelia robusta</i>	United States	\$ 5.20	\$ 13.00	\$ 11.17
1509	 Guarana seed	whole	<i>Paullinia cupana</i>	Brazil	\$ 4.80	\$ 12.00	\$ 10.80
422	 Guarana seed	powder	<i>Paullinia cupana</i>	Brazil	\$ 5.00	\$ 12.50	\$ 11.25
1510	 Gum arabic	powder	<i>Acacia nilotica</i>	Sudan	\$ 5.20	\$ 13.00	\$ 11.70
1953	 Gymnema	powder	<i>Gymnema sylvestree</i>	India	\$ 3.60	\$ 9.00	\$ 8.10
3436	 Hawthorn berry	whole	<i>Crataegus laevigata</i>	Bulgaria	\$ 2.40	\$ 6.00	\$ 5.40

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
1010	 Hawthorn berry	whole	<i>Crataegus laevigata</i>	Bulgaria	\$ 2.20	\$ 5.50	\$ 4.95
379	 Hawthorn berry	powder	<i>Crataegus laevigata</i>	Bulgaria	\$ 2.60	\$ 6.50	\$ 5.85
82	 Hawthorn leaf & flower (wild crafted)	cut & sifted	<i>Crataegus laevigata</i>	Bulgaria	\$ 3.60	\$ 9.00	\$ 8.10
742	 Henna leaf, neutral	powder	<i>Lawsonia inermis</i>	India	\$ 2.60	\$ 6.50	\$ 5.85
533	 Henna leaf, black	powder	{Blend}	India	\$ 2.60	\$ 6.50	\$ 5.85
342	 Henna leaf, blond	powder	{Blend}	India	\$ 2.60	\$ 6.50	\$ 5.85
329	 Henna leaf, chestnut	powder	{Blend}	India	\$ 2.60	\$ 6.50	\$ 5.85
320	 Henna leaf, red	powder	{Blend}	India	\$ 2.60	\$ 6.50	\$ 5.85
1877	 Hibiscus flower	powder	<i>Hibiscus sabdariffa</i>	Egypt	\$ 1.84	\$ 4.60	\$ 4.14
1463	 Hibiscus flower	cut & sifted	<i>Hibiscus sabdariffa</i>	Egypt	\$ 1.92	\$ 4.80	\$ 4.32
1802	 Hibiscus flower	cut & sifted	<i>Hibiscus sabdariffa</i>	Egypt	\$ 3.20	\$ 8.00	\$ 7.20
1436	 Hibiscus flower	whole	<i>Hibiscus sabdariffa</i>	Egypt	\$ 2.60	\$ 6.50	\$ 5.85
1414	 Hibiscus flower	whole	<i>Hibiscus sabdariffa</i>	Egypt	\$ 4.00	\$ 10.00	\$ 9.00
1312	 Hops	whole	<i>Humulus lupulus</i>	United States	\$ 5.60	\$ 14.00	\$ 12.60
51	 Hops	whole	<i>Humulus lupulus</i>	United States	\$ 11.60	\$ 29.00	\$ 26.10
583	 Horehound herb	cut & sifted	<i>Marrubium vulgare</i>	Bulgaria	\$ 2.60	\$ 6.50	\$ 5.85
1089	 Horse chestnut (wild crafted)	cut & sifted	<i>Aesculus hippocastanum</i>	Bulgaria	\$ 3.56	\$ 8.90	\$ 8.01
259	 Horseradish	powder	<i>Armoracia rusticana</i>	Germany	\$ 3.26	\$ 8.15	\$ 7.33
1003	 Horsetail, shavegrass	cut & sifted	<i>Equisetum arvense</i>	Bulgaria	\$ 2.20	\$ 5.50	\$ 4.95
375	 Horsetail, shavegrass	cut & sifted	<i>Equisetum arvense</i>	United States	\$ 5.20	\$ 13.00	\$ 11.70
442	 Horsetail, shavegrass	powder	<i>Equisetum arvense</i>	United States	\$ 2.40	\$ 6.00	\$ 5.40
609	 Hydrangea root (wild crafted)	cut & sifted	<i>Hydrangea arborescens</i>	United States	\$ 6.00	\$ 15.00	\$ 13.50
526	 Hyssop herb	cut & sifted	<i>Hyssopus officinalis</i>	Bulgaria	\$ 2.20	\$ 5.50	\$ 4.95
1053	 Hyssop herb	cut & sifted	<i>Hyssopus officinalis</i>	France	\$ 4.00	\$ 10.00	\$ 9.00
1511	 Hyssop herb	powder	<i>Hyssopus officinalis</i>	Bulgaria	\$ 2.40	\$ 6.00	\$ 5.40
1249	 Irish moss	cut & sifted	<i>Chondrus crispus</i>	Canada	\$ 5.60	\$ 14.00	\$ 12.60
430	 Irish moss	powder	<i>Chondrus crispus</i>	Canada	\$ 5.80	\$ 14.50	\$ 13.05
1378	 Jasmine flower	whole	<i>Jasminum officinale</i>	China	\$ 7.20	\$ 18.00	\$ 16.20
198	 Juniper berry, blue	whole	<i>Juniperus communis</i>	Bulgaria	\$ 2.48	\$ 6.20	\$ 5.58
3498	 Juniper berry	whole	<i>Juniperus communis</i>	Bulgaria	\$ 3.20	\$ 8.00	\$ 7.02
233	 Juniper berry	powder	<i>Juniperus communis</i>	Bulgaria	\$ 2.80	\$ 7.00	\$ 6.30
768	 Kava kava root	powder	<i>Piper methysticum</i>	Fiji	\$ 10.40	\$ 26.00	\$ 23.40

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
649	 Kelp granules, Atlantic	granules	<i>Ascophyllum nodosum</i>	United States	\$ 1.60	\$ 4.00	\$ 3.60
740	 Kelp powder, Atlantic	powder	<i>Ascophyllum nodosum</i>	United States	\$ 1.64	\$ 4.10	\$ 3.69
613	 Kola nut	powder	<i>Cola acuminata</i>	Africa	\$ 2.80	\$ 7.00	\$ 6.30
904	 Kudzu root	sliced	<i>Pueraria lobata</i>	China	\$ 3.00	\$ 7.50	\$ 6.75
777	 Ladies mantle herb (wild crafted)	cut & sifted	<i>Alchemilla vulgaris</i>	Bulgaria	\$ 4.40	\$ 11.00	\$ 9.90
743	 Lavender flower, (Ultra) strong blue color	whole	<i>Lavandula x intermedia</i>	France	\$ 5.20	\$ 13.00	\$ 11.70
345	 Lavender flower, (Extra) grey color	whole	<i>Lavandula x intermedia</i>	France	\$ 3.80	\$ 9.50	\$ 8.55
934	 Lavender flower	whole	<i>Lavandula x intermedia</i>	France	\$ 6.80	\$ 17.00	\$ 15.30
1876	 Lavender flower	powder	<i>Lavandula x intermedia</i>	France	\$ 4.00	\$ 10.00	\$ 9.00
1805	 Lemon balm leaf	cut & sifted	<i>Melissa officinalis</i>	Bulgaria	\$ 5.60	\$ 14.00	\$ 12.60
513	 Lemon balm leaf	cut & sifted	<i>Melissa officinalis</i>	Bulgaria	\$ 4.40	\$ 11.00	\$ 9.90
1512	 Lemon balm leaf	powder	<i>Melissa officinalis</i>	Bulgaria	\$ 4.40	\$ 11.00	\$ 9.90
927	 Lemon peel	cut & sifted	<i>Citrus limon</i>	United States	\$ 3.20	\$ 8.00	\$ 7.20
953	 Lemon peel	cut & sifted	<i>Citrus limon</i>	United States	\$ 5.60	\$ 14.00	\$ 12.60
3523	 Lemon peel	powder	<i>Citrus limon</i>	United States	\$ 4.40	\$ 11.00	\$ 9.90
1146	 Lemongrass	cut & sifted	<i>Cymbopogon citratus</i>	Egypt	\$ 2.20	\$ 5.50	\$ 4.95
1024	 Lemongrass	cut & sifted	<i>Cymbopogon citratus</i>	Guatemala	\$ 4.00	\$ 10.00	\$ 6.00
1199	 Lemon verbena	whole	<i>Aloysia triphylla</i>	Morocco	\$ 6.40	\$ 16.00	\$ 14.40
314	 Licorice root	cut & sifted	<i>Glycyrrhiza glabra</i>	Bulgaria	\$ 2.80	\$ 7.00	\$ 6.30
886	 Licorice root	cut & sifted	<i>Glycyrrhiza glabra</i>	Egypt	\$ 4.40	\$ 11.00	\$ 9.90
56	 Licorice root	powder	<i>Glycyrrhiza glabra</i>	China	\$ 2.88	\$ 7.20	\$ 6.48
541	 Licorice root	powder	<i>Glycyrrhiza glabra</i>	Egypt	\$ 4.60	\$ 11.50	\$ 10.35
203	 Licorice sticks, approx. 6"	whole	<i>Glycyrrhiza glabra</i>	Egypt	\$ 3.20	\$ 8.00	\$ 7.20
864	 Linden leaf and flower	cut & sifted	<i>Tilia argenteum</i>	Bulgaria	\$ 4.00	\$ 10.00	\$ 9.00
484	 Lobelia herb	cut & sifted	<i>Lobelia inflata</i>	Bulgaria	\$ 4.40	\$ 11.00	\$ 9.90
1009	 Lobelia herb (wild crafted)	powder	<i>Lobelia inflata</i>	Bulgaria	\$ 4.60	\$ 11.50	\$ 10.35
1513	 Lomatium root	cut & sifted	<i>Lomatium dissectum</i>	United States	\$ 10.00	\$ 25.00	\$ 22.50
398	 Lovage root, Kao Ben	cut & sifted	<i>Levisticum officinale</i>	China	\$ 3.00	\$ 7.50	\$ 6.75
391	 Lungwort lichen (wild crafted)	whole	<i>Sticta pulmonaria</i>	United States	\$ 10.00	\$ 25.00	\$ 22.50
* 1212	 Lycii berry, goji	whole	<i>Lycium chinense</i>	China	\$ 6.00	\$ 15.00	\$ 13.50
926	 Mace	powder	<i>Myristica fragrans</i>	Indonesia	\$ 15.60	\$ 39.00	\$ 35.10
1884	 Madder root	powder	<i>Rubia tinctorum</i>	India	\$ 5.20	\$ 13.00	\$ 11.70

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
497	 Mandrake root	cut & sifted	<i>Podophyllum peltatum</i>	United States	\$ 8.80	\$ 22.00	\$ 19.80
1911	 Marigold, calendula	petals	<i>Calendula officinalis</i>	Egypt	\$ 2.40	\$ 6.00	\$ 5.40
1184	 Marigold, calendula	whole	<i>Calendula officinalis</i>	Egypt	\$ 1.80	\$ 4.50	\$ 4.05
220	 Marigold, calendula	whole	<i>Calendula officinalis</i>	United States	\$ 4.00	\$ 10.00	\$ 9.00
1416	 Marjoram	cut & sifted	<i>Origanum majorana</i>	Egypt	\$ 1.88	\$ 4.70	\$ 4.23
1386	 Marjoram	cut & sifted	<i>Origanum majorana</i>	Italy	\$ 3.20	\$ 8.00	\$ 7.20
459	 Marshmallow root	cut & sifted	<i>Althaea officinalis</i>	Bulgaria	\$ 3.20	\$ 8.00	\$ 7.20
158	 Marshmallow root	cut & sifted	<i>Althaea officinalis</i>	Bulgaria	\$ 4.40	\$ 11.00	\$ 9.90
1542	 Marshmallow root	powder	<i>Althaea officinalis</i>	Bulgaria	\$ 3.40	\$ 8.50	\$ 7.65
1401	 Marshmallow root	powder	<i>Althaea officinalis</i>	Bulgaria	\$ 4.60	\$ 11.50	\$ 10.35
694	 Meadowsweet herb	cut & sifted	<i>Filipendula ulmaria</i>	United States	\$ 5.40	\$ 13.50	\$ 12.15
1162	 Milk thistle seed	whole	<i>Silybum marianum</i>	Bulgaria	\$ 2.40	\$ 6.00	\$ 5.40
678	 Milk thistle seed	whole	<i>Silybum marianum</i>	Bulgaria	\$ 4.50	\$ 11.25	\$ 10.13
1515	 Milk thistle seed	powder	<i>Silybum marianum</i>	Bulgaria	\$ 2.80	\$ 7.00	\$ 6.30
1302	 Mistletoe leaf	cut & sifted	<i>Viscum album</i>	Bulgaria	\$ 4.00	\$ 10.00	\$ 9.00
63	 Motherwort herb	cut & sifted	<i>Leonurus cardiaca</i>	Bulgaria	\$ 3.60	\$ 9.00	\$ 8.10
726	 Mugwort herb	cut & sifted	<i>Artemisia vulgaris</i>	Bulgaria	\$ 2.60	\$ 6.50	\$ 5.85
548	 Mugwort herb	cut & sifted	<i>Artemisia vulgaris</i>	United States	\$ 3.24	\$ 8.10	\$ 7.29
465	 Muira puama, chips	cut & sifted	<i>Ptychopetalum olacoides</i>	Brazil	\$ 2.20	\$ 5.50	\$ 4.95
3497	 Mullein leaf	cut & sifted	<i>Verbascum thapus</i>	Bulgaria	\$ 3.60	\$ 9.00	\$ 8.10
44	 Mullein leaf	cut & sifted	<i>Verbascum thapus</i>	Bulgaria	\$ 2.80	\$ 7.00	\$ 6.30
1281	 Mustard seed, brown	whole	<i>Brassica nigra</i>	United States	\$ 1.00	\$ 2.50	\$ 2.25
723	 Mustard seed, brown	whole	<i>Brassica nigra</i>	United States	\$ 2.40	\$ 6.00	\$ 5.40
424	 Mustard seed, yellow	powder	<i>Sinapis alba</i>	United States	\$ 2.60	\$ 6.50	\$ 5.85
297	 Mustard seed, yellow	powder	<i>Sinapis alba</i>	United States	\$ 1.52	\$ 3.80	\$ 3.42
204	 Mustard seed, yellow	whole	<i>Sinapis alba</i>	United States	\$ 1.08	\$ 2.70	\$ 2.43
1342	 Mustard seed, yellow	whole	<i>Sinapis alba</i>	United States	\$ 2.40	\$ 6.00	\$ 5.40
1088	 Myrrh gum	pieces	<i>Commiphora molmol</i>	India	\$ 8.80	\$ 22.00	\$ 19.80
792	 Myrrh gum	powder	<i>Commiphora molmol</i>	India	\$ 9.60	\$ 24.00	\$ 21.60
1887	 Neem leaf	powder	<i>Azadirachta indica</i>	India	\$ 3.00	\$ 7.50	\$ 6.75
1465	 Nettle leaf	cut & sifted	<i>Urtica dioica</i>	United States	\$ 4.40	\$ 11.00	\$ 9.90
1517	 Nettle leaf	powder	<i>Urtica dioica</i>	Bulgaria	\$ 2.80	\$ 7.00	\$ 6.30

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
628	 Nutmeg	ground	<i>Myristica fragrans</i>	Sri Lanka	\$ 6.40	\$ 16.00	\$ 14.40
352	 Nutmeg	ground	<i>Myristica fragrans</i>	Sri Lanka	\$ 12.00	\$ 30.00	\$ 27.00
355	 Nutmeg	whole	<i>Myristica fragrans</i>	Sri Lanka	\$ 6.80	\$ 17.00	\$ 15.30
1518	 Oatstraw	cut & sifted	<i>Avena sativa</i>	United States	\$ 4.40	\$ 11.00	\$ 9.90
1520	 Oatstraw	powder	<i>Avena sativa</i>	United States	\$ 2.40	\$ 6.00	\$ 5.40
3420	 Olive leaf	powder	<i>Olea europaea</i>	Egypt	\$ 4.00	\$ 10.00	\$ 9.00
1015	 Olive leaf	powder	<i>Olea europaea</i>	Greece	\$ 1.60	\$ 4.00	\$ 3.60
967	 Olive leaf	whole	<i>Olea europaea</i>	Greece	\$ 1.52	\$ 3.80	\$ 3.42
18	 Onion	chopped	<i>Allium cepa</i>	United States	\$ 1.60	\$ 4.00	\$ 3.60
7	 Onion	chopped	<i>Allium cepa</i>	United States	\$ 3.20	\$ 8.00	\$ 7.20
984	 Onion	granules	<i>Allium cepa</i>	United States	\$ 1.68	\$ 4.20	\$ 3.78
1428	 Onion	powder	<i>Allium cepa</i>	United States	\$ 2.60	\$ 6.50	\$ 5.85
1519	 Onion	powder	<i>Allium cepa</i>	United States	\$ 1.60	\$ 4.00	\$ 3.60
1875	 Orange peel	powder	<i>Citrus sinensis</i>	United States	\$ 1.68	\$ 4.20	\$ 3.78
1113	 Orange peel	cut & sifted	<i>Citrus sinensis</i>	United States	\$ 4.60	\$ 11.50	\$ 10.35
124	 Orange peel, 1/2" - 3/4"	large cut	<i>Citrus sinensis</i>	United States	\$ 1.80	\$ 4.50	\$ 4.05
1158	 Orange peel, 1/4"	small cut	<i>Citrus sinensis</i>	United States	\$ 1.80	\$ 4.50	\$ 4.05
1236	 Oregano	cut & sifted	<i>Origanum vulgare</i>	Greece	\$ 4.69	\$ 6.70	\$ 6.03
1498	 Oregano	cut & sifted	<i>Lippia Graveolens</i>	Mexico	\$ 2.80	\$ 7.00	\$ 6.30
73	 Oregano	powder	<i>Lippia Graveolens</i>	Mexico	\$ 2.92	\$ 7.30	\$ 6.57
810	 Oregano	cut & sifted	<i>Origanum vulgare</i>	United States	\$ 6.00	\$ 15.00	\$ 13.50
1099	 Oregon grape root	cut & sifted	<i>Mahonia aquifolium</i>	United States	\$ 3.60	\$ 9.00	\$ 8.10
61	 Oregon grape root (wild crafted)	powder	<i>Mahonia aquifolium</i>	United States	\$ 4.80	\$ 12.00	\$ 10.80
339	 Orris root, peeled	cut & sifted	<i>Iris x germanica</i>	Bulgaria	\$ 5.60	\$ 14.00	\$ 12.60
433	 Orris root, peeled	powder	<i>Iris x germanica</i>	Bulgaria	\$ 5.60	\$ 14.00	\$ 12.60
367	 Osha root (wild crafted)	whole	<i>Ligusticum porteri</i>	United States	\$ 28.00	\$ 70.00	\$ 63.00
306	 Papaya leaf	cut & sifted	<i>Carica papaya</i>	India	\$ 3.20	\$ 8.00	\$ 7.20
1119	 Paprika	powder	<i>Capsicum annuum</i>	United States	\$ 1.80	\$ 4.50	\$ 4.05
522	 Paprika	powder	<i>Capsicum annuum</i>	Spain	\$ 2.40	\$ 6.00	\$ 5.40
1886	 Paprika	powder	<i>Capsicum annuum</i>	Hungary	\$ 3.20	\$ 8.00	\$ 7.20
1457	 Parsley leaf	flakes	<i>Petroselinum crispum</i>	United States	\$ 3.60	\$ 9.00	\$ 8.10
132	 Parsley herb	powder	<i>Petroselinum crispum</i>	United States	\$ 1.20	\$ 3.00	\$ 2.70

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
388	 Parsley root	cut & sifted	<i>Petroselinum crispum</i>	Bulgaria	\$ 3.60	\$ 9.00	\$ 8.10
1306	 Parsley root	powder	<i>Petroselinum crispum</i>	Bulgaria	\$ 4.00	\$ 10.00	\$ 9.00
668	 Passion flower herb	cut & sifted	<i>Passiflora incarnata</i>	India	\$ 2.80	\$ 7.00	\$ 6.30
1851	 Passion flower herb	powder	<i>Passiflora incarnata</i>	India	\$ 3.00	\$ 7.50	\$ 6.75
964	 Patchouli herb	cut & sifted	<i>Pogostemon cablin</i>	Indonesia	\$ 5.60	\$ 14.00	\$ 12.60
956	 Pau d'arco, ipe roxo	cut & sifted	<i>Tabebuia impetiginosa</i>	Brazil	\$ 2.20	\$ 5.50	\$ 4.95
1521	 Pau d'arco, ipe roxo	powder	<i>Tabebuia impetiginosa</i>	Brazil	\$ 2.40	\$ 6.00	\$ 5.40
691	 Pennyroyal	cut & sifted	<i>Mentha pulegium</i>	Spain	\$ 2.36	\$ 5.90	\$ 5.31
1098	 Peony root, white	slices	<i>Paeonia lactiflora</i>	China	\$ 4.40	\$ 11.00	\$ 9.90
182	 Peppercorn, 4 pepper mix	whole	{ Blend }	India	\$ 5.20	\$ 13.00	\$ 11.70
940	 Peppercorn, black	cracked	<i>Piper nigrum</i>	India	\$ 4.40	\$ 11.00	\$ 9.90
252	 Peppercorn, black, med	12 mesh	<i>Piper nigrum</i>	India	\$ 4.40	\$ 11.00	\$ 9.90
78	 Peppercorn, black, med	16 mesh	<i>Piper nigrum</i>	India	\$ 4.40	\$ 11.00	\$ 9.90
1198	 Peppercorn, black, med	20 mesh	<i>Piper nigrum</i>	India	\$ 4.40	\$ 11.00	\$ 9.90
1066	 Peppercorn, black, med	24 mesh	<i>Piper nigrum</i>	India	\$ 4.40	\$ 11.00	\$ 9.90
656	 Peppercorn, black, fine	30 mesh	<i>Piper nigrum</i>	India	\$ 4.40	\$ 11.00	\$ 9.90
181	 Peppercorn, black	ground	<i>Piper nigrum</i>	Sri Lanka	\$ 6.40	\$ 16.00	\$ 14.40
931	 Peppercorn, black	whole	<i>Piper nigrum</i>	India	\$ 4.40	\$ 11.00	\$ 9.90
783	 Peppercorn, black	whole	<i>Piper nigrum</i>	Sri Lanka	\$ 6.40	\$ 16.00	\$ 14.40
928	 Peppercorn, green	whole	<i>Piper nigrum</i>	India	\$ 7.20	\$ 18.00	\$ 16.20
930	 Peppercorn, pink	whole	<i>Schinus terebinthifolius</i>	United States	\$ 9.20	\$ 23.00	\$ 25.30
250	 Peppercorn, white	ground	<i>Piper nigrum</i>	Indonesia	\$ 6.00	\$ 15.00	\$ 13.50
192	 Peppercorn, white	whole	<i>Piper nigrum</i>	Indonesia	\$ 6.00	\$ 15.00	\$ 13.50
932	 Peppermint leaf	cut & sifted	<i>Mentha piperita</i>	United States	\$ 3.00	\$ 7.50	\$ 6.75
786	 Peppermint leaf	cut & sifted	<i>Mentha piperita</i>	United States	\$ 5.60	\$ 14.00	\$ 12.60
1892	 Peppermint leaf	powder	<i>Mentha piperita</i>	United States	\$ 3.20	\$ 8.00	\$ 7.20
785	 Peppermint leaf	powder	<i>Mentha piperita</i>	United States	\$ 5.80	\$ 14.50	\$ 13.05
899	 Periwinkle herb	cut & sifted	<i>Vinca minor</i>	Bulgaria	\$ 2.60	\$ 6.50	\$ 5.85
1077	 Pipsisewa herb	cut & sifted	<i>Chimaphila umbellata</i>	United States	\$ 6.40	\$ 16.00	\$ 14.40
597	 Plantain leaf	cut & sifted	<i>Plantago major</i>	United States	\$ 2.80	\$ 7.00	\$ 6.30
1804	 Plantain leaf	cut & sifted	<i>Plantago major</i>	United States	\$ 4.60	\$ 11.50	\$ 10.35
1522	 Plantain herb	powder	<i>Plantago major</i>	United States	\$ 3.00	\$ 7.50	\$ 6.75

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
858	 Pleurisy root	cut & sifted	<i>Asclepias tuberosa</i>	United States	\$ 11.20	\$ 28.00	\$ 25.20
782	 Poke root	cut & sifted	<i>Phytolacca americana</i>	United States	\$ 4.80	\$ 12.00	\$ 10.80
816	 Poppy seed	whole	<i>Papaver somniferum</i>	Holland	\$ 1.92	\$ 4.80	\$ 4.32
809	 Prickly ash bark	cut & sifted	<i>Zanthoxylum americanum</i>	United States	\$ 9.60	\$ 24.00	\$ 21.60
703	 Psyllium husk	powder	<i>Plantago ovata</i>	India	\$ 3.00	\$ 7.50	\$ 6.75
806	 Psyllium husk	whole	<i>Plantago ovata</i>	India	\$ 2.92	\$ 7.30	\$ 6.57
814	 Psyllium seed	powder	<i>Plantago ovata</i>	India	\$ 2.20	\$ 5.50	\$ 4.95
705	 Psyllium seed	whole	<i>Plantago ovata</i>	India	\$ 1.80	\$ 4.50	\$ 4.05
1034	 Quassia, wood	chips	<i>Quassia amara</i>	Mexico	\$ 2.40	\$ 6.00	\$ 5.40
2020	 Quassia, wood	powder	<i>Quassia amara</i>	Mexico	\$ 3.12	\$ 7.80	\$ 7.02
450	 Queen of the meadow, herb	cut & sifted	<i>Eupatorium purpureum</i>	Bulgaria	\$ 2.56	\$ 6.40	\$ 5.76
420	 Radish seed	whole	<i>Raphanus satifus</i>	United States	\$ 3.60	\$ 9.00	\$ 8.10
811	 Raspberry leaf	cut & sifted	<i>Rubus idaeus</i>	Bulgaria	\$ 2.40	\$ 6.00	\$ 5.40
711	 Raspberry leaf	cut & sifted	<i>Rubus idaeus</i>	Bulgaria	\$ 3.20	\$ 8.00	\$ 7.20
202	 Red clover seed	whole	<i>Trifolium pratense</i>	United States	\$ 5.20	\$ 13.00	\$ 11.70
1863	 Red clover tops	whole	<i>Trifolium pratense</i>	Bulgaria	\$ 8.00	\$ 20.00	\$ 18.00
1523	 Red clover herb	powder	<i>Trifolium pratense</i>	Bulgaria	\$ 3.90	\$ 9.75	\$ 8.78
1870	 Red clover herb and flower	cut & sifted	<i>Trifolium pratense</i>	Bulgaria	\$ 5.60	\$ 14.00	\$ 8.40
1168	 Red root	cut & sifted	<i>Ceanothus americana</i>	United States	\$ 8.40	\$ 21.00	\$ 18.90
968	 Rehmanniae root	cooked	<i>Rehmannia glutinosa</i>	China	\$ 8.40	\$ 21.00	\$ 18.90
14	 Rehmanniae root	raw	<i>Rehmannia glutinosa</i>	China	\$ 8.40	\$ 21.00	\$ 18.90
973	 Reishi mushroom	whole	<i>Ganoderma lucidum</i>	China	\$ 18.40	\$ 46.00	\$ 41.40
1956	 Reishi mushroom	powder	<i>Ganoderma lucidum</i>	China	\$ 18.80	\$ 47.00	\$ 42.30
712	 Rhubarb root	cut & sifted	<i>Rheum officinalis</i>	Bulgaria	\$ 1.96	\$ 4.90	\$ 4.41
1848	 Rooibos	cut & sifted	<i>Aspalathus linearis</i>	South Africa	\$ 2.60	\$ 6.50	\$ 5.85
1967	 Rooibos	cut & sifted	<i>Aspalathus linearis</i>	South Africa	\$ 3.80	\$ 9.50	\$ 8.55
555	 Rose buds & petals, pink		<i>Rosa canina</i>	Pakistan	\$ 5.20	\$ 13.00	\$ 11.70
131	 Rose buds & petals, red		<i>Rosa canina</i>	Pakistan	\$ 2.40	\$ 6.00	\$ 5.40
118	 Rose hips, seedless	cut & sifted	<i>Rosa canina</i>	Chile	\$ 3.16	\$ 7.90	\$ 7.11
542	 Rose hips	cut & sifted	<i>Rosa canina</i>	Chile	\$ 4.00	\$ 10.00	\$ 9.00
372	 Rose hips	powder	<i>Rosa canina</i>	Chile	\$ 2.80	\$ 7.00	\$ 6.30
558	 Rose hips	whole	<i>Rosa canina</i>	Chile	\$ 1.60	\$ 4.00	\$ 3.60

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
123	 Rosemary	cut & sifted	<i>Rosmarinus officinalis</i>	Morocco	\$ 1.12	\$ 2.80	\$ 2.52
121	 Rosemary	powder	<i>Rosmarinus officinalis</i>	Morocco	\$ 1.08	\$ 2.70	\$ 2.43
437	 Rosemary	whole	<i>Rosmarinus officinalis</i>	Morocco	\$ 1.68	\$ 4.20	\$ 3.78
136	 Rosemary	whole	<i>Rosmarinus officinalis</i>	Morocco	\$ 1.04	\$ 2.60	\$ 2.34
921	 Safflower	powder	<i>Carthamus tinctorius</i>	China	\$ 9.40	\$ 23.50	\$ 21.15
1241	 Safflower	cut & sifted	<i>Carthamus tinctorius</i>	China	\$ 9.20	\$ 23.00	\$ 20.70
986	 Saffron, per gram	whole (stamens)	<i>Crocus sativus</i>	Spain	~	\$9.00 gm	\$8.10 gm
110	 Saffron, per oz.	whole (stamens)	<i>Crocus sativus</i>	Spain	~	\$140.00 oz	\$126.00 oz
567	 Sage white (wild crafted)	whole	<i>Salvia apiana</i>	United States	\$ 8.00	\$ 20.00	\$ 18.00
1002	 Sage	cut & sifted	<i>Salvia officinalis</i>	Italy	\$ 3.60	\$ 9.00	\$ 8.10
1042	 Sage	powder	<i>Salvia officinalis</i>	Albania	\$ 2.20	\$ 5.50	\$ 4.95
135	 Sage	powder	<i>Salvia officinalis</i>	Italy	\$ 3.68	\$ 9.20	\$ 8.28
117	 Sage, spongy	rubbed	<i>Salvia officinalis</i>	Morocco	\$ 2.40	\$ 6.00	\$ 5.40
554	 Sage	whole	<i>Salvia officinalis</i>	Albania	\$ 2.20	\$ 5.50	\$ 4.95
1257	 Sarsaparilla root	cut & sifted	<i>Hemidesmus indicus</i>	India	\$ 4.40	\$ 11.00	\$ 9.90
734	 Sarsaparilla root	powder	<i>Hemidesmus indicus</i>	India	\$ 4.56	\$ 11.40	\$ 10.26
1480	 Sarsaparilla root	cut & sifted	<i>Smilax medica</i>	Mexico	\$ 4.00	\$ 10.00	\$ 9.00
707	 Sarsaparilla root	powder	<i>Smilax medica</i>	Mexico	\$ 4.00	\$ 10.00	\$ 9.00
556	 Sassafras root bark	cut & sifted	<i>Sassafras albidum</i>	United States	\$ 14.00	\$ 35.00	\$ 31.50
1524	 Sassafras root bark	powder	<i>Sassafras albidum</i>	United States	\$ 14.00	\$ 35.00	\$ 31.50
273	 Savory	cut & sifted	<i>Satureja hortensis</i>	Bulgaria	\$ 3.00	\$ 7.50	\$ 6.75
106	 Saw palmetto berry	cut & sifted	<i>Serenoa serrulata</i>	United States	\$ 11.70	\$ 29.00	\$ 26.10
1525	 Saw palmetto berry	powder	<i>Serenoa serrulata</i>	United States	\$ 11.20	\$ 28.00	\$ 25.20
1243	 Saw palmetto berry	powder	<i>Serenoa serrulata</i>	United States	\$ 11.70	\$ 29.00	\$ 26.10
364	 Saw palmetto berry	whole	<i>Serenoa serrulata</i>	United States	\$ 10.80	\$ 27.00	\$ 24.30
543	 Saw palmetto berry	whole	<i>Serenoa serrulata</i>	United States	\$ 11.20	\$ 28.00	\$ 25.20
1447	 Schizandra berry	whole	<i>Schisandra chinensis</i>	China	\$ 4.80	\$ 12.00	\$ 10.80
1936	 Schizandra berry	powder	<i>Schisandra chinensis</i>	China	\$ 5.20	\$ 13.00	\$ 11.70
957	 Sea salt		<i>Chloretum natricum</i>	United States	\$ 0.60	\$ 1.50	\$ 1.35
1849	 Sea salt, 5 pound bag		<i>Chloretum natricum</i>	United States		\$ 6.00 / 5 lb. bag	
1861	 Sea salt, large granules		<i>Chloretum natricum</i>	United States	\$ 1.00	\$ 2.50	\$ 2.25
377	 Senna leaf	whole	<i>Senna alexandrina</i>	India	\$ 1.48	\$ 3.70	\$ 3.33

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
2001	 Senna leaf	powder	<i>Senna alexandrina</i>	India	\$ 1.60	\$ 4.00	\$ 3.60
546	 Senna pods	whole	<i>Senna alexandrina</i>	India	\$ 2.60	\$ 6.50	\$ 5.85
373	 Sesame seed	hulled	<i>Sesamum indicum</i>	India	\$ 1.60	\$ 4.00	\$ 3.60
1114	 Sesame seed, black	whole	<i>Sesamum indicum</i>	China	\$ 1.64	\$ 4.10	\$ 3.69
112	 Sesame seed	natural	<i>Sesamum indicum</i>	Mexico	\$ 2.40	\$ 6.00	\$ 5.40
103	 Sheep's sorrel herb	cut & sifted	<i>Rumex acetosella</i>	Bulgaria	\$ 3.60	\$ 9.00	\$ 8.10
40	 Sheep's sorrel herb	powder	<i>Rumex acetosella</i>	Bulgaria	\$ 4.40	\$ 11.00	\$ 9.90
122	 Shepherd's purse	cut & sifted	<i>Capsella bursa-pastoris</i>	Bulgaria	\$ 2.00	\$ 5.00	\$ 4.50
971	 Skullcap herb	cut & sifted	<i>Scutellaria lateriflora</i>	United States	\$ 13.20	\$ 33.00	\$ 29.70
1526	 Skullcap herb	powder	<i>Scutellaria lateriflora</i>	United States	\$ 6.60	\$ 16.50	\$ 14.85
1001	 Slippery elm bark	powder	<i>Ulmus rubra</i>	United States	\$ 7.20	\$ 18.00	\$ 16.20
1947	 Slippery elm bark	cut & sifted	<i>Ulmus rubra</i>	United States	\$ 7.20	\$ 18.00	\$ 16.20
1869	 Soapwort root	powder	<i>Saponasia officinalis</i>	United States	\$ 4.60	\$ 10.25	\$ 9.23
115	 Spearmint leaf	cut & sifted	<i>Mentha spicata</i>	United States	\$ 2.80	\$ 7.00	\$ 6.30
1032	 Spearmint leaf	cut & sifted	<i>Mentha spicata</i>	United States	\$ 5.60	\$ 14.00	\$ 12.60
1527	 Spearmint leaf	powder	<i>Mentha spicata</i>	United States	\$ 3.00	\$ 7.50	\$ 6.75
1367	 Spikenard root	cut & sifted	<i>Aralia racemosa</i>	United States	\$ 10.80	\$ 27.00	\$ 24.30
550	 Spirulina	powder	<i>Spirulina platensis</i>	China	\$ 8.00	\$ 20.00	\$ 18.00
1528	 Squawvine herb	cut & sifted	<i>Mitchella repens</i>	United States	\$ 16.00	\$ 40.00	\$ 36.00
1561	 Squawvine herb	powder	<i>Mitchella repens</i>	United States	\$ 16.80	\$ 42.00	\$ 37.80
999	 St. John's wort	cut & sifted	<i>Hypericum perforatum</i>	Bulgaria	\$ 2.60	\$ 6.50	\$ 5.85
354	 St. John's wort	powder	<i>Hypericum perforatum</i>	Bulgaria	\$ 2.72	\$ 6.80	\$ 6.12
298	 Star anise	whole	<i>Illicium verum</i>	China	\$ 2.80	\$ 7.00	\$ 6.30
1823	 Stevia leaf	cut & sifted	<i>Stevia rebaudiana</i>	China	\$ 4.00	\$ 10.00	\$ 9.00
1012	 Stevia leaf	powder	<i>Stevia rebaudiana</i>	China	\$ 4.00	\$ 10.00	\$ 9.00
832	 Stevia leaf, extract	powder	<i>Stevia rebaudiana</i>	South America	\$ 19.00 / 1/4 lbs.		
438	 Stillingia root	cut & sifted	<i>Stillingia sylvatica</i>	United States	\$ 18.00	\$ 45.00	\$ 40.50
71	 Stone root	cut & sifted	<i>Collinsonia canadens</i>	United States	\$ 7.20	\$ 18.00	\$ 16.20
2081	 Stone root	powder	<i>Collinsonia canadens</i>	United States	\$ 7.60	\$ 19.00	\$ 17.10
987	 Strawberry leaf	cut & sifted	<i>Fragaria vesca</i>	Bulgaria	\$ 2.60	\$ 6.50	\$ 5.85
154	 Suma	powder	<i>Pfafia paniculata</i>	Brazil	\$ 6.00	\$ 15.00	\$ 13.50
1872	 Sweetgrass	braids	<i>Hierochlœ odorata</i>	United States	\$ 7.50 / each		

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
572	 Szechuan pepper	whole	<i>Zanthoxylum simulans</i>	China	\$ 9.60	\$ 24.00	\$ 21.60
855	 Tansy herb	cut & sifted	<i>Tanacetum vulgare</i>	Bulgaria	\$ 3.60	\$ 9.00	\$ 8.10
1013	 Tarragon	cut & sifted	<i>Artemisia dracunculus</i>	France	\$ 9.20	\$ 23.00	\$ 20.70
414	 Thuja (wild crafted)	twigs	<i>Thuja occidentalis</i>	United States	\$ 6.40	\$ 16.00	\$ 14.40
374	 Thyme leaf	cut & sifted	<i>Thymus vulgaris</i>	Morocco	\$ 1.52	\$ 3.80	\$ 3.42
812	 Thyme leaf	powder	<i>Thymus vulgaris</i>	Morocco	\$ 1.76	\$ 4.40	\$ 3.96
1952	 Tribulus terrestris	powder	<i>Tribulus terrestris</i>	India	\$ 2.80	\$ 7.00	\$ 6.30
544	 Turkey rhubarb root	cut & sifted	<i>Rheum palmatum</i>	United States	\$ 7.80	\$ 19.50	\$ 17.55
520	 Turkey rhubarb root	powder	<i>Rheum palmatum</i>	United States	\$ 7.80	\$ 19.50	\$ 17.55
119	 Turmeric root	powder	<i>Curcuma longa</i>	India	\$ 1.70	\$ 4.25	\$ 3.83
1866	 Turmeric root	powder	<i>Curcuma longa</i>	India	\$ 3.80	\$ 9.50	\$ 8.55
1390	 Usnea lichen	whole	<i>Usnea barbata</i>	United States	\$ 9.60	\$ 24.00	\$ 21.60
1962	 Uva ursi leaf	powder	<i>Arctostaphylos uva ursi</i>	Spain	\$ 3.80	\$ 9.50	\$ 8.55
333	 Uva ursi leaf	whole	<i>Arctostaphylos uva ursi</i>	Spain	\$ 3.60	\$ 9.00	\$ 8.20
368	 Valerian root	cut & sifted	<i>Valeriana wallichii</i>	Bulgaria	\$ 3.20	\$ 8.00	\$ 7.20
553	 Valerian root	cut & sifted	<i>Valeriana officinalis</i>	India	\$ 6.00	\$ 15.00	\$ 13.50
994	 Valerian root	powder	<i>Valeriana wallichii</i>	Bulgaria	\$ 3.28	\$ 8.20	\$ 7.38
508	 Valerian root	powder	<i>Valeriana officinalis</i>	India	\$ 6.04	\$ 15.10	\$ 13.59
128	 Vanilla beans, approx. 24	whole	<i>Vanilla planifolia</i>	Madagascar		\$ 54.00 / 1/4 lb.	
434	 Vanilla beans, approx. 24	whole	<i>Vanilla planifolia</i>	Madagascar		\$ 74.00 / 1/4 lb.	
470	 Vitex (Chaste) berry	powder	<i>Vitex agnus-castus</i>	Bulgaria	\$ 3.00	\$ 7.50	\$ 6.75
153	 Vitex (Chaste) berry	whole	<i>Vitex agnus-castus</i>	Bulgaria	\$ 2.80	\$ 7.00	\$ 6.30
1562	 Watercress herb	cut & sifted	<i>Nasturtium officinale</i>	Bulgaria	\$ 3.88	\$ 9.70	\$ 8.73
1530	 Watercress herb	powder	<i>Nasturtium officinale</i>	Bulgaria	\$ 3.88	\$ 9.70	\$ 8.73
1563	 Wheat grass	powder	<i>Triticum aestivum</i>	United States	\$ 4.00	\$ 10.00	\$ 9.00
606	 White oak bark (wild crafted)	cut & sifted	<i>Quercus alba</i>	United States	\$ 3.00	\$ 7.50	\$ 6.75
662	 White oak bark (wild crafted)	powder	<i>Quercus alba</i>	United States	\$ 3.08	\$ 7.70	\$ 6.93
831	 White willow bark	cut & sifted	<i>Salix alba</i>	Bulgaria	\$ 2.40	\$ 6.00	\$ 5.40
1027	 White willow bark	powder	<i>Salix alba</i>	Bulgaria	\$ 2.56	\$ 6.40	\$ 5.76
1531	 Wild carrot herb (wild crafted)	cut & sifted	<i>Daucus carota</i>	United States	\$ 3.60	\$ 9.00	\$ 8.10
129	 Wild cherry bark	cut & sifted	<i>Prunus serotina</i>	United States	\$ 3.40	\$ 8.50	\$ 7.65
1532	 Wild cherry bark	powder	<i>Prunus serotina</i>	United States	\$ 3.52	\$ 8.80	\$ 7.92

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
317	 Wild indigo root	cut & sifted	<i>Baptisia tinctoria</i>	United States	\$ 17.60	\$ 44.00	\$ 39.60
1388	 Wild lettuce herb	cut & sifted	<i>Lactuca quercina</i>	Bulgaria	\$ 5.60	\$ 14.00	\$ 12.60
697	 Wild yam root (wild crafted)	cut & sifted	<i>Dioscorea composita</i>	United States	\$ 6.00	\$ 15.00	\$ 13.50
639	 Wild yam root	powder	<i>Dioscorea villosa</i>	Mexico	\$ 3.60	\$ 9.00	\$ 8.10
440	 Witch hazel bark	cut & sifted	<i>Hamamelis virginiana</i>	United States	\$ 5.20	\$ 13.00	\$ 11.70
1190	 Witch hazel leaf	cut & sifted	<i>Hamamelis virginiana</i>	United States	\$ 5.20	\$ 13.00	\$ 11.70
1533	 Witch hazel leaf	powder	<i>Hamamelis virginiana</i>	United States	\$ 5.40	\$ 13.50	\$ 12.15
565	 Wood betony herb	cut & sifted	<i>Stachys officinales</i>	Bulgaria	\$ 6.00	\$ 15.00	\$ 13.50
3499	 Wormwood herb	cut & sifted	<i>Artemisia absinthium</i>	Bulgaria	\$ 4.40	\$ 11.00	\$ 9.90
102	 Wormwood herb	cut & sifted	<i>Artemisia absinthium</i>	Bulgaria	\$ 2.80	\$ 7.00	\$ 6.30
137	 Wormwood herb (wild crafted)	powder	<i>Artemisia absinthium</i>	Bulgaria	\$ 2.92	\$ 7.30	\$ 6.57
1445	 Xanthan gum	powder	~	~	\$ 7.20	\$ 18.00	\$ 16.20
3500	 Yarrow flower	cut & sifted	<i>Achillea millefolium</i>	Bulgaria	\$ 3.60	\$ 9.00	\$ 8.10
475	 Yarrow flower	cut & sifted	<i>Achillea millefolium</i>	Bulgaria	\$ 2.40	\$ 6.00	\$ 5.40
710	 Yarrow flower and herb	powder	<i>Achillea millefolium</i>	Bulgaria	\$ 2.60	\$ 6.50	\$ 5.85
322	 Yellow dock root	cut & sifted	<i>Rumex crispus</i>	India	\$ 2.80	\$ 7.00	\$ 6.30
728	 Yellow dock root	powder	<i>Rumex crispus</i>	India	\$ 2.92	\$ 7.30	\$ 6.57
557	 Yerba mate	cut & sifted	<i>Ilex paraguariensis</i>	Brazil	\$ 2.40	\$ 6.00	\$ 5.40
378	 Yerba mate	cut & sifted	<i>Ilex paraguariensis</i>	Brazil	\$ 4.80	\$ 12.00	\$ 10.80
287	 Yerba santa leaf (wild crafted)	whole	<i>Eriodictyon californicum</i>	United States	\$ 5.20	\$ 13.00	\$ 11.70
145	 Yohimbe bark	cut & sifted	<i>Corvanthe yohimbe</i>	Africa	\$ 3.80	\$ 9.50	\$ 8.55
5	 Yohimbe bark	powder	<i>Corvanthe yohimbe</i>	Africa	\$ 3.90	\$ 9.75	\$ 8.78
1340	 Yucca root	cut & sifted	<i>Yucca schidigeria</i>	United States	\$ 3.60	\$ 9.00	\$ 8.10
1033	 Yucca root	powder	<i>Yucca schidigeria</i>	United States	\$ 3.80	\$ 9.50	\$ 8.55

## \*BOTANICALS &amp; SEASONINGS SHOWCASED ITEM

## Goji (Lycii) Berry

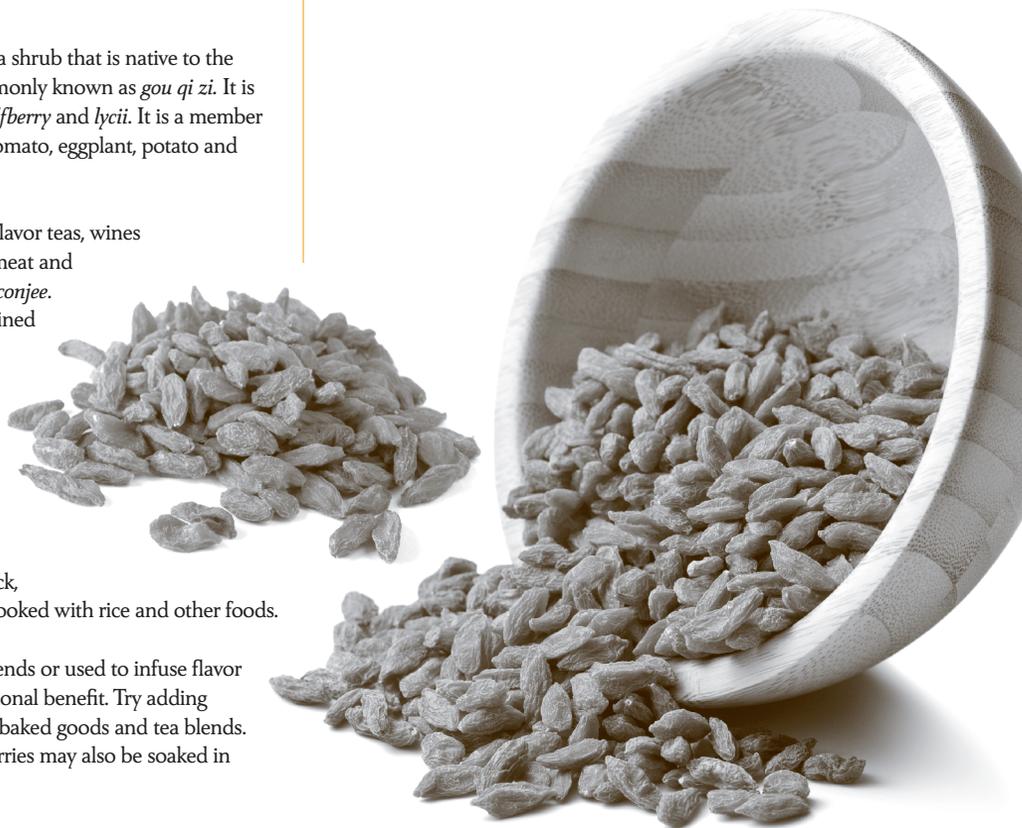
*Lycium chinense*

Goji berry is the chewy, bright red fruit of a shrub that is native to the highlands of China, where it is more commonly known as *gou qi zi*. It is also referred to as *fructus lycii*, *Chinese wolfberry* and *lycii*. It is a member of the nightshade family, which includes tomato, eggplant, potato and tobacco.

In Asia, the bright red berries are used to flavor teas, wines and jelly, or they are used dried in soups, meat and vegetable stews and a rice porridge called *conjee*. As a tea, the whole berries are often combined with other herbs, such as licorice root and astragalus root.

This anti-oxidant rich fruit, has become a superfood favorite in the West as well. Dried lycii berries have a texture akin to raisin, but offer flavor notes that are definitely more sour than sweet. Despite this, they are often eaten by hand as a snack, added to salads, cereals or yogurt, or are cooked with rice and other foods.

Dried lycii berries may be added to tea blends or used to infuse flavor into other beverages to extract their nutritional benefit. Try adding them to puddings and rice while cooking, baked goods and tea blends. For a less healthful approach, the dried berries may also be soaked in wine or brandy before use to reconstitute.



# Spice Blends

We have crafted both traditional and ethnic spice blends that will add natural, delicious flavor to your favorite recipes. Taste the difference in our premium spices, which are free from irradiation and never contain any additives or preservatives.



ITEM#	SPICE BLENDS	INGREDIENTS	1/4 LB	PRICE PER POUND FOR	
				1-4 LBS	5-24 LBS
1878	Cajun Spice Blend	<i>Cumin, garlic granules, salt, paprika, onion granules, black pepper, oregano, rosemary, and cayenne pepper</i>	\$ 2.32	\$ 5.80	\$ 5.22
1121	Celery Salt	<i>Celery seed and salt</i>	\$ 1.00	\$ 2.50	\$ 2.25
* 584	Chili Blend	<i>Paprika, chili powder, cumin, garlic, salt, onion, and oregano</i>	\$ 2.20	\$ 5.50	\$ 4.95
801	Curry, powder	<i>Coriander, fenugreek, turmeric, cumin, ginger, and mustard</i>	\$ 2.20	\$ 5.50	\$ 4.95
183	Garam Masala, powder	<i>Cardamom, cinnamon, cloves, cumin seed, coriander, nutmeg, and black pepper</i>	\$ 5.20	\$ 13.00	\$ 11.70
389	Garlic Salt	<i>Dehydrated garlic, salt, parsley flakes</i>	\$ 1.20	\$ 3.00	\$ 2.70
1104	Gumbo File, powder	<i>Sassafras leaf powder and thyme leaf powder</i>	\$ 2.60	\$ 6.50	\$ 5.85
436	Herbs de Provence	<i>Basil, rosemary, thyme, parsley, lavender, and savory</i>	\$ 2.92	\$ 7.30	\$ 6.57
1365	Italian Seasoning	<i>Basil, marjoram, oregano, thyme, rosemary, and parsley</i>	\$ 2.00	\$ 5.00	\$ 4.50
1879	Jamaican Jerk Seasoning	<i>Allspice, garlic granules, brown sugar, chipotle powder, clove powder, thyme, pepper, cayenne, salt, cinnamon</i>	\$ 2.60	\$ 6.50	\$ 5.85
709	Lemon Pepper Blend	<i>Lemon peel, spices, onion, salt, sugar, citric acid, and garlic</i>	\$ 2.20	\$ 5.50	\$ 4.95
873	Mulling Spices	<i>Orange peel, cinnamon, cloves, and allspice</i>	\$ 2.60	\$ 6.50	\$ 5.85
1242	Onion Salt	<i>Dehydrated onion, salt, parsley flakes</i>	\$ 1.28	\$ 3.20	\$ 2.88
598	Pickling Spice	<i>Mustard, cinnamon, ginger, black pepper, dill seed, cloves, coriander, allspice, chili peppers, and bay leaves</i>	\$ 2.40	\$ 6.00	\$ 5.40
1880	Poultry Seasoning	<i>Salt, mustard, onion granules, garlic granules, tomato powder, thyme, rubbed sage, oregano, basil, and rosemary</i>	\$ 3.44	\$ 8.60	\$ 7.74
366	Seasoning Salt	<i>Salt, onion, garlic, celery seed, pepper, paprika, cumin seed, and turmeric</i>	\$ 1.40	\$ 3.50	\$ 3.15
804	Triphala, powder	<i>Amalaki, bibitaki, and haritaki</i>	\$ 5.60	\$ 14.00	\$ 12.60

## \*SPICE BLEND SHOWCASED ITEM

## Chili Blend

This blend delivers the heat and spiciness in spades, with chili powder and paprika! Bland chili is perhaps worse than mild chili, but with garlic, onion, and oregano, our **Chili Blend** leaps out of the pot with fragrance and flavor! Surprise everyone with world-class chili made from scratch!



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# Quintessential Leaf Teas

The green practices of certified fair trade and certified organically grown provide significant leverage for beneficial social transformation. You will find these green values in every cup of Q-Leaf Tea!



**Darjeeling Black** - This whole-leaf tea is the champagne of black teas. Savory leaves produce full-bodied flavor and a light liquor, providing wonderful morning or afternoon refreshment.

**Earl Grey** - The wonderful combination of delicious single-estate tea leaves flavored with bergamot. Popular served early in the day, but just as refreshing in the afternoon.

**Green Tea** - Our whole-leaf green tea has a delectable aroma and a light, smooth taste. Research indicates green tea contains healthful antioxidant polyphenols.

**Earl Green** - Our whole-leaf green tea, infused with bergamot oil for an aromatic and flavorful twist! This richly delectable tea has less caffeine than black Earl Grey. People really love this tea!

**Rooibos Red** - Hand-harvested. Caffeine-free. This South African herb, used for centuries there by the native Khoisan people for medicinal properties, contains the outstanding antioxidant superoxide dismutase.

**English Breakfast** - A divine way to start any day! Quintessential Leaf English Breakfast blends the finest whole-leaf black teas available. Brews into pure, dark liquor. Equally excellent served iced!

**White Tea** - Also called bai mudan or white peony, White Tea is picked as buds with two leaves. A wonderful, light tea, with a slightly sweet bouquet. White tea is high in antioxidants.

**Decaf Green** - Enjoy the health benefits of green whole-leaf tea, without the caffeine. Our carbon dioxide decaffeination process is considered to be the best.

**Decaf Exclusive Black** - A fine black whole-leaf tea that won't keep you awake at night. Enjoyable any time! Decaffeinated using carbon dioxide, considered to be the very best process.

**Extra Special Black** - This exquisite whole-leaf black tea is delicious absolutely any time. The caffeine content in a cup of this tea, freshly brewed, is roughly 40mg versus the average 85mg in a cup of coffee.

ITEM# Q~LEAF TEAS QTY / FORM PRICE

**Quintessential Darjeeling Black**

Q024	Darjeeling Black	Tea Bags in Tin (25 bags)	\$ 11.95
Q031	Darjeeling Black	Loose Tea in Tin (100g)	\$ 11.95
Q024EP	Darjeeling Black	Tea Bags in EnviroPack	\$ 11.20
Q031EP	Darjeeling Black	Loose Tea in EnviroPack	\$ 11.20

**Quintessential Earl Grey**

Q086	Earl Grey	Tea Bags in Tin (25 bags)	\$ 8.95
Q093	Earl Grey	Loose Tea in Tin (100g)	\$ 8.95
Q086EP	Earl Grey	Tea Bags in EnviroPack	\$ 8.20
Q093EP	Earl Grey	Loose Tea in EnviroPack	\$ 8.20

**Quintessential English Breakfast**

Q000	English Breakfast	Tea Bags in Tin (25 bags)	\$ 8.95
Q017	English Breakfast	Loose Tea in Tin (100g)	\$ 8.95
Q000EP	English Breakfast	Tea Bags in EnviroPack	\$ 8.20
Q017EP	English Breakfast	Loose Tea in EnviroPack	\$ 8.20

**Quintessential Extra Special Black**

Q062	Extra Special Black	Tea Bags in Tin (25 bags)	\$ 8.95
Q079	Extra Special Black	Loose Tea in Tin (100g)	\$ 8.95
Q062EP	Extra Special Black	Tea Bags in EnviroPack	\$ 8.20
Q079EP	Extra Special Black	Loose Tea in EnviroPack	\$ 8.20

**Quintessential Green Tea**

Q048	Green Tea	Tea Bags in Tin (25 bags)	\$ 8.95
Q055	Green Tea	Loose Tea in Tin (100g)	\$ 8.95
Q048EP	Green Tea	Tea Bags in EnviroPack	\$ 8.20
Q055EP	Green Tea	Loose Tea in EnviroPack	\$ 8.20

ITEM# Q~LEAF TEAS QTY / FORM PRICE

**Quintessential Decaf Exclusive Black**

Q109	Decaf Exclusive Black	Tea Bags in Tin (25 bags)	\$ 8.95
Q116	Decaf Exclusive Black	Loose Tea in Tin (100g)	\$ 8.95
Q109EP	Decaf Exclusive Black	Tea Bags in EnviroPack	\$ 8.20
Q116EP	Decaf Exclusive Black	Loose Tea in EnviroPack	\$ 8.20

**Quintessential Decaf Green**

Q123	Decaf Green	Tea Bags in Tin (25 bags)	\$ 8.95
Q139	Decaf Green	Loose Tea in Tin (100g)	\$ 8.95
Q123EP	Decaf Green	Tea Bags in EnviroPack	\$ 8.20
Q139EP	Decaf Green	Loose Tea in EnviroPack	\$ 8.20

**Quintessential Earl Green**

Q192	Earl Green	Tea Bags in Tin (25 bags)	\$ 8.95
Q201	Earl Green	Loose Tea in Tin (100g)	\$ 8.95
Q192EP	Earl Green	Tea Bags in EnviroPack	\$ 8.20
Q201EP	Earl Green	Loose Tea in EnviroPack	\$ 8.20

**Quintessential Rooibos Red (caffeine-free, herbal)**

Q154	Rooibos Red	Tea Bags in Tin (25 bags)	\$ 8.95
Q202	Rooibos Red	Loose Tea in Tin (100g)	\$ 8.95
Q154EP	Rooibos Red	Tea Bags in EnviroPack	\$ 8.20
Q202EP	Rooibos Red	Loose Tea in EnviroPack	\$ 8.20

**Quintessential White Tea (also called Bai Mudan or White Peony)**

Q178	White Tea	Tea Bags in Tin (25 bags)	\$ 11.95
Q203	White Tea	Loose Tea in Tin (100g)	\$ 11.95
Q178EP	White Tea	Tea Bags in EnviroPack	\$ 11.20
Q203EP	White Tea	Loose Tea in EnviroPack	\$ 11.20

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call 800-500-6148



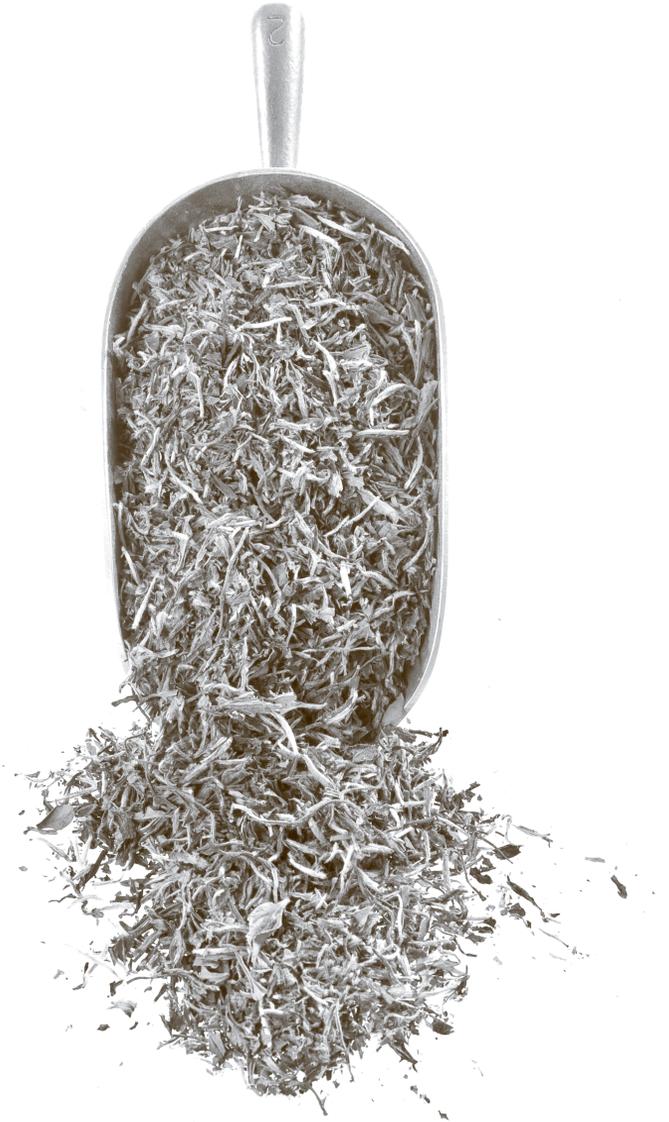
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Re-use your tea tin when re-ordering!  
EnviroPacks are poly-bags containing either  
Loose Tea (100g) or Tea Bags (25 bags / 3g each)



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# Loose Leaf Tea & Tea Bags in Bulk

We offer a wide variety of quality teas in bulk, as well as some bagged teas in bulk made with unbleached paper. There are four main classifications of tea—Black, Green, Oolong and White. Though all non-herbal tea comes from the same “*Camellia sinensis*” plant, the type of tea is determined by the leaf harvesting and processing.



ITEM#	LOOSE LEAF BLACK TEA	INGREDIENTS	1/4 LB	PRICE PER POUND FOR	
				1-4 LBS	5-24 LBS
1836	 Apricot Fruit Tea	<i>black tea, apricot pieces, marigold petals, and fruit flavor</i>	\$ 3.20	\$ 8.00	\$ 7.20
1835	 Assam Tea ( <i>Kondoli</i> )	<i>Tippy Golden Flowery Orange Pekoe grade black tea</i>	\$ 4.00	\$ 10.00	\$ 9.00
1837	 Blackberry Fruit Tea	<i>black tea, blackberry leaf, and fruit flavor</i>	\$ 3.20	\$ 8.00	\$ 7.20
922	 Black Tea	<i>Flowery Orange Pekoe grade black tea</i>	\$ 2.00	\$ 5.00	\$ 4.50
981	 Black Tea	<i>Flowery Orange Pekoe grade organic black tea</i>	\$ 4.80	\$ 12.00	\$ 10.80
290	 Black Tea, <i>decaf</i>	<i>Flowery Orange Pekoe grade decaffeinated black tea</i>	\$ 7.20	\$ 18.00	\$ 16.20
828	 Black Currant Tea	<i>black tea, blackcurrant leaf, and fruit flavor</i>	\$ 4.00	\$ 10.00	\$ 9.00
1299	 Ceylon Tea	<i>Flowery Broken Orange Pekoe grade organic black tea</i>	\$ 6.00	\$ 15.00	\$ 13.50
672	 Ceylon Tea	<i>Broken Orange Pekoe grade black tea</i>	\$ 3.20	\$ 8.00	\$ 7.20
225	 Darjeeling Tea	<i>Finest Tippy Golden Flowery Golden Pekoe grade black tea</i>	\$ 7.20	\$ 18.00	\$ 16.20
1409	 Darjeeling Tea	<i>Finest Tippy Golden Flowery Golden Pekoe grade organic black tea</i>	\$ 8.40	\$ 21.00	\$ 18.90
482	 Earl Grey Tea	<i>black tea, cornflower petals, and bergamot flavor</i>	\$ 3.60	\$ 9.00	\$ 8.10
1255	 Earl Grey Tea	<i>organic black tea, cornflower petals, and natural bergamot flavor</i>	\$ 5.60	\$ 14.00	\$ 12.60
568	 Earl Grey Tea, <i>decaf</i>	<i>decaffeinated black tea and natural bergamot flavor</i>	\$ 7.20	\$ 18.00	\$ 16.20
633	 English Breakfast Tea	<i>Tippy Golden Flowery Orange Pekoe grade organic black tea</i>	\$ 5.20	\$ 13.00	\$ 11.70
1387	 English Breakfast Tea	<i>a blend of black teas</i>	\$ 3.60	\$ 9.00	\$ 8.10
2086	 Ginger Peach Tea	<i>black tea, ginger, peach pieces, and fruit flavor</i>	\$ 3.40	\$ 8.50	\$ 7.65
2090	 Gold Rush Tea	<i>passionfruit, mango, cornflower, black tea, blue mallow blossoms, marigold petals, safflower, and fruit flavor</i>	\$ 5.20	\$ 13.00	\$ 11.70
454	 Irish Breakfast Tea	<i>a blend of organic black teas</i>	\$ 5.60	\$ 14.00	\$ 12.60
461	 Irish Breakfast Tea	<i>a blend of black teas</i>	\$ 4.80	\$ 12.00	\$ 10.80
2061	 Mango Tea	<i>black tea, mango pieces, marigold petals, and fruit flavor</i>	\$ 3.20	\$ 8.00	\$ 7.20
965	 Oolong Tea	<i>large coarse leaf</i>	\$ 3.40	\$ 8.50	\$ 7.65
1838	 Orange Fruit Tea	<i>black tea, orange peel, and fruit flavor</i>	\$ 3.00	\$ 7.50	\$ 6.75
288	 Orange Spice Cinnamon Tea	<i>black tea, orange peel, cinnamon, and fruit flavor</i>	\$ 3.20	\$ 8.00	\$ 7.20
1490	 Orange Spice Cinnamon Tea, <i>decaf</i>	<i>decaffeinated black tea, orange peel, cinnamon, and fruit flavor</i>	\$ 4.80	\$ 12.00	\$ 10.80
2088	 Passion Fruit Tea	<i>black tea, marigold petals, and fruit flavor</i>	\$ 3.20	\$ 8.00	\$ 7.20
1839	 Raspberry Fruit Tea	<i>black tea, raspberry leaf, and fruit flavor</i>	\$ 3.00	\$ 7.50	\$ 6.75
1840	 Summer Fruit Ambrosia Tea	<i>black tea, safflower, and fruit flavor</i>	\$ 3.00	\$ 7.50	\$ 6.75
1841	 Tropical Fruit Tea	<i>black tea, mango pieces, cornflower petals, and fruit flavor</i>	\$ 3.00	\$ 7.50	\$ 6.75
2056	 Winter Blend Tea	<i>black tea, orange peel, cinnamon, apple pieces, rose petals, with fruit and spice flavoring</i>	\$ 5.20	\$ 13.00	\$ 11.70

ITEM#	LOOSE LEAF GREEN TEA	INGREDIENTS	1/4 LB	PRICE PER POUND FOR	
				1-4 LBS	5-24 LBS
3349	 Citrus Green Tea	<i>sencha green tea, lemon peel, and fruit flavor</i>	\$ 5.20	\$ 13.00	\$ 11.70
794	 Genmaicha	<i>bancha green tea, popped corn, and toasted rice</i>	\$ 7.60	\$ 19.00	\$ 17.10
2092	 Ginger Orange Peach	<i>organic green tea, ginger/orange/peach flavoring, marigold flowers, peach pieces, and ginger root</i>	\$ 6.00	\$ 15.00	\$ 13.50
* 1833	 Green Tea	<i>chun mee, twisted leaf green tea</i>	\$ 2.60	\$ 6.50	\$ 5.85
3347	 Green Tea, <i>Decaf</i>	<i>Orange Pekoe grade green tea</i>	\$ 7.20	\$ 18.00	\$ 16.20
1834	 Green Tea Powder	<i>ground chun mee green tea</i>	\$ 2.20	\$ 5.50	\$ 4.95
383	 Green Tea, <i>Sencha</i>	<i>steam fired organic sencha green tea</i>	\$ 9.00	\$ 22.50	\$ 20.25
1314	 Gunpowder Green Tea	<i>rolled green tea leaves</i>	\$ 2.40	\$ 6.00	\$ 5.40
2093	 Immortalitea	<i>green tea, rosemary, sage, safflower, rose petals, with lemon and rose flavor</i>	\$ 4.80	\$ 12.00	\$ 10.80
3346	 Jasmine Pearls	<i>rolled green tea scented with jasmine petals</i>	\$ 16.00	\$ 40.00	\$ 36.00
868	 Jasmine Tea	<i>green tea scented with jasmine petals</i>	\$ 4.00	\$ 10.00	\$ 9.00
2094	 Jasmine Tea	<i>organic green tea scented with jasmine petals</i>	\$ 7.20	\$ 18.00	\$ 16.20
1270	 Kukicha Twig Tea	<i>twigs from the green tea plant</i>	\$ 10.00	\$ 25.00	\$ 22.50
2091	 Moroccan Mint	<i>gunpowder green tea and peppermint leaf</i>	\$ 3.60	\$ 9.00	\$ 8.10
3348	 Pineapple Papaya Green Tea	<i>sencha green tea, pineapple pieces, blue malva flowers, and fruit flavor</i>	\$ 6.40	\$ 16.00	\$ 14.40
1832	 Houng Hyson Green Tea	<i>Formosa green tea, twisted leaf</i>	\$ 2.80	\$ 7.00	\$ 6.30

ITEM#	LOOSE LEAF WHITE TEA	INGREDIENTS	1/4 LB	PRICE PER POUND FOR	
				1-4 LBS	5-24 LBS
3353	 White Tea	<i>white peony tea</i>	\$ 7.20	\$ 18.00	\$ 16.20
3351	 White Pomegranate Tea	<i>white tea, rose hips, safflower, and fruit flavor</i>	\$ 8.00	\$ 20.00	\$ 18.00

No matter whether it's destined to become black, green, white, or oolong tea *Camellia sinensis* can be harvested multiple times during the year. Each harvest is called a "flush." During the spring months the first flush generally produces the most delicate and highest quality tea, but subsequent flushes are still sought and sold.



ITEM#	LOOSE LEAF ROOIBOS TEA	INGREDIENTS	1/4 LB	PRICE PER POUND FOR	
				1-4 LBS	5-24 LBS
3358	 Apple Cinnamon	<i>cinnamon, apple pieces, rooibos, marigold petals, and fruit flavor</i>	\$ 8.00	\$ 20.00	\$ 18.00
3342	 Cranberry Orange	<i>rooibos, cranberries, orange peel, hibiscus, and fruit flavor</i>	\$ 6.00	\$ 15.00	\$ 13.50
3352	 Crimson Berry	<i>rooibos, hibiscus, currants, rose hips, elderberries, cranberries, and fruit flavor</i>	\$ 4.40	\$ 11.00	\$ 9.90
3341	 Herbal Chocolate Chai	<i>rooibos, ginger, cardamom, chocolate chips, and chocolate flavor</i>	\$ 4.80	\$ 12.00	\$ 10.80
1848	 Rooibos	<i>rooibos: South African "red bush" tea</i>	\$ 2.60	\$ 6.50	\$ 5.85
1967	 Rooibos	<i>organic rooibos: South African "red bush" tea</i>	\$ 3.80	\$ 9.50	\$ 8.55
3344	 Rooibos Africana	<i>rooibos, cornflower, blue malva, with vanilla and orange flavor</i>	\$ 5.67	\$ 14.17	\$ 12.75
3355	 Rooibos Chai Masala	<i>rooibos, cinnamon, ginger, cardamom, and flavoring</i>	\$ 8.00	\$ 18.33	\$ 16.50

## \*LOOSE LEAF TEA SHOWCASED ITEM

## Green Tea ~ Chun Mee

Green tea actually comes from the same plant as black tea (*Camellia sinensis*). The difference is the lower rate of oxidation permitted while processing the leaves of green tea versus black. There are many varieties of green tea, just as with black teas. Growing regions, growth in shade vs sun, time of harvest, and different methods of process post-harvest will yield different varieties with different flavors. Green tea also blends well with other botanicals that can lend its delicate flavor fruity, flowery, or even spicy notes.

Green tea not only makes a satisfying brewed beverage, it is also high in antioxidants. Since it is generally brewed at lower temperatures and for shorter steep times than black tea, it usually contains less caffeine.

The dried leaf is also used to produce infusions and extracts for us in skin toners, liquid soaps, shampoos and other cosmetics. The powdered leaf is used in facial masks and body powders, sometimes in combination with other powdered herbs.



ITEM#	HERBAL TEA BLENDS	INGREDIENTS	1/4 LB	PRICE PER POUND FOR		
				1-4 LBS	5-24 LBS	
3345	 African Summer	Honeybush, lemongrass, lemon myrtle, rose hips, eucalyptus, hibiscus, safflower, marigolds, and fruit flavor	\$ 5.20	\$ 13.00	\$ 11.70	
1827	 Alfalfa Mint tea	Peppermint leaf, spearmint leaf, and alfalfa herb	\$ 3.00	\$ 7.50	\$ 6.75	
1957	 Avena Dream tea	Chamomile, oatstraw, linden, skullcap, catnip, fennel, lemon verbena, wild lettuce, nutmeg, and marigolds	\$ 6.00	\$ 15.00	\$ 13.50	
1046	 Chai	Cinnamon, ginger, cardamom, black tea, allspice, cloves, and black pepper	\$ 4.60	\$ 11.50	\$ 10.35	
371	 Chai, Caffeine-Free	Cinnamon, ginger, cardamom, allspice, cloves, and black pepper	\$ 4.60	\$ 11.50	\$ 10.35	
2060	 Chamomile tea	Chamomile and peppermint	\$ 2.76	\$ 6.90	\$ 6.21	
2039	 Cinnamon Apricot Tisane	Marigold petals, cinnamon, apricot pieces, and fruit flavor	\$ 4.00	\$ 10.00	\$ 9.00	
3350	 Citrus Chamomile Herbal	Chamomile, orange peel, hibiscus petals, and fruit flavor	\$ 4.80	\$ 12.00	\$ 10.80	
3373	 Cold & Flu Brew	Peppermint, elder flower, rose hips, ginger, anise seed, thyme, yarrow, and marigolds	\$ 6.00	\$ 15.00	\$ 13.50	
2048	 Eight Herb tea	Spearmint leaf, rosemary, lemon balm, linden leaf, eucalyptus, wood betony, blackberry leaf, and eleuthero root	\$ 3.20	\$ 8.00	\$ 7.20	
3374	 Feeling Good Flower tea	Chamomile, rose petals, orange peel, oatstraw, lemon balm, lavender, and stevia	\$ 6.00	\$ 15.00	\$ 13.50	
1958	 Get Smart tea	Peppermint, gotu kola, lemongrass, ginkgo, marigold petals, eleuthero, licorice, damiana, and ho shou wu	\$ 6.00	\$ 15.00	\$ 13.50	
1961	 Herbal Jahva	Roasted dandelion root, roasted chicory root, crystal malt, chocolate barley malt	\$ 6.00	\$ 15.00	\$ 13.50	
2162	 Hibiscus Mint	Hibiscus petals, peppermint leaf, and stevia leaf	\$ 3.60	\$ 9.00	\$ 8.10	
2049	 Hibiscus Zest	Hibiscus petals, orange peel, lemon balm, cloves, lavender, licorice root, and stevia	\$ 4.00	\$ 10.00	\$ 9.00	
1828	 Lemon Mint	Peppermint leaf, lemongrass, spearmint leaf, lemon verbena, and lemon balm	\$ 2.80	\$ 7.00	\$ 6.30	
2058	 Licorice Mint	Peppermint leaf, licorice root, and cloves	\$ 3.40	\$ 8.50	\$ 7.65	
1959	 Love Your Life	Licorice root, nettle leaf, yerba santa, dandelion root, yellow dock root, and rosemary	\$ 5.40	\$ 13.50	\$ 12.15	
3372	 Mama to Be tea	Raspberry leaf, nettle, spearmint, ginger, oatstraw, rose petals, lemon balm, and chamomile	\$ 6.00	\$ 15.00	\$ 13.50	
2057	 Passion Berry Fruit Tisane	Hibiscus petals, cranberries, orange peel, apple pieces, and fruit flavor	\$ 5.80	\$ 14.50	\$ 13.05	

ITEM#	HERBAL TEA BLENDS	INGREDIENTS	1/4 LB	PRICE PER POUND FOR		
				1-4 LBS	5-24 LBS	
569	 Polari-Tea	<i>Fennel seeds, flax seeds, fenugreek seeds, licorice root, and peppermint leaf</i>	\$ 1.80	\$ 4.50	\$ 4.05	
3354	 Relax & Digest tea	<i>Peppermint, ginger, orange peel, fennel, lemon balm, chamomile, rose petals, and papaya leaf</i>	\$ 6.00	\$ 15.00	\$ 13.50	
1960	 Root 66 tea	<i>Sarsaparilla root, chicory root, roasted dandelion root, carob pods, cinnamon, fennel, crystal malt, and coconut</i>	\$ 5.60	\$ 14.00	\$ 12.60	
3343	 Sunset tea	<i>Hibiscus petals, lemon peel, orange peel, rose hips, rose petals, and fruit flavor</i>	\$ 5.33	\$ 13.33	\$ 12.00	
1852	 Triple Berry tea	<i>Strawberry leaf, myrtle leaf, blueberry leaf, rose hips, hibiscus petals, and juniper berry</i>	\$ 3.20	\$ 8.00	\$ 7.20	
1829	 Wiccan Women's Brew	<i>Raspberry leaf, nettle leaf, lemon peel, vitex, cinnamon, lemon verbena, linden flower, rose petals, and stevia</i>	\$ 6.00	\$ 15.00	\$ 13.50	
2182	 Wild Berry tea	<i>Rose hips, elderberry, hibiscus petals, and fruit flavor</i>	\$ 5.20	\$ 13.00	\$ 11.70	
1830	 Yogi tea	<i>Cinnamon, cardamom, ginger, and black pepper</i>	\$ 4.00	\$ 10.00	\$ 9.00	

ITEM#	BULK TEA BAGS	1/4 LB	PRICE PER POUND FOR			ITEM#	BULK TEA BAGS	1/4 LB	PRICE PER POUND FOR		
			1-4 LBS	5-24 LBS					1-4 LBS	5-24 LBS	
2211	Apricot Fruit Tea	\$ 3.00	\$ 7.50	\$ 6.75	2046	Mango Tea	\$ 3.50	\$ 8.75	\$ 7.88		
1976	Black Tea	\$ 3.86	\$ 9.65	\$ 8.68	2244	Oolong Tea	\$ 3.20	\$ 8.00	\$ 7.20		
2210	Blackberry Fruit Tea	\$ 3.00	\$ 7.50	\$ 6.75	2074	Pau d'Arco	\$ 3.40	\$ 8.50	\$ 7.65		
1974	Chamomile	\$ 3.20	\$ 8.00	\$ 7.20	1971	Peppermint	\$ 3.40	\$ 8.50	\$ 7.65		
2208	Chai	\$ 4.60	\$ 11.50	\$ 10.35	3537	Raspberry Leaf	\$ 5.20	\$ 13.00	\$ 11.70		
1978	Earl Grey	\$ 3.20	\$ 8.00	\$ 7.20	1975	Rooibos	\$ 3.92	\$ 9.80	\$ 8.82		
3431	English Breakfast	\$ 4.00	\$ 10.00	\$ 9.00	1972	Rose Hips	\$ 2.84	\$ 7.10	\$ 6.39		
2205	Ginger	\$ 3.20	\$ 8.00	\$ 7.20	2212	Senna Leaf	\$ 3.00	\$ 7.50	\$ 6.75		
1977	Green Tea	\$ 3.84	\$ 9.60	\$ 8.64	3367	Spearmint	\$ 3.10	\$ 7.75	\$ 6.97		
1973	Hibiscus	\$ 3.60	\$ 9.00	\$ 8.10	2215	White Tea	\$ 4.00	\$ 10.00	\$ 9.00		
2217	Hibiscus Mint	\$ 3.60	\$ 9.00	\$ 8.10	2209	Yerba Mate	\$ 3.00	\$ 7.50	\$ 6.75		
2207	Lemongrass	\$ 2.80	\$ 7.00	\$ 6.30							

# Oils ~ Essential & Carrier

Our oils can be used to soothe the body, soften the skin and stimulate the senses. Find an inspiring essential oil for your cosmetics or for your crafts; enjoy using our carrier oils for an invigorating massage; or combine both oil types to create a formula for a calming aromatherapy session.

avocado oil #3501



ITEM#	ESSENTIAL OILS	LATIN NAME	ORIGIN	PRICE PER OUNCE FOR		
				1-4 fl oz	5-15 fl oz	16 fl oz
431	Anise oil	<i>Pimpinella anisum</i>	China	\$ 4.50	\$ 4.05	\$ 55.00
188	Basil oil	<i>Ocimum basilicum</i>	Camoro Islands	\$ 11.00	\$ 9.90	\$ 160.00
448	Benzoin oil	<i>Styrax benzoin</i>	East Indies	\$ 5.00	\$ 4.50	\$ 55.00
426	Bergamot oil	<i>Citrus aurantium bergamia</i>	Italy	\$ 8.90	\$ 8.01	\$ 96.00
512	Camphor oil, white	<i>Cinnamomum camphora</i>	China	\$ 3.00	\$ 2.70	\$ 40.00
1328	Cassia bark oil	<i>Cinnamomum cassia</i>	China	\$ 5.00	\$ 4.50	\$ 58.00
494	Chamomile oil, German	<i>Matricaria chamomilla</i>	Hungary	\$ 17.50 / 1/4 oz.		
452	Cinnamon leaf oil	<i>Cinnamomum zeylanicum</i>	Sri Lanka	\$ 3.50	\$ 3.15	\$ 40.00
361	Citronella oil	<i>Cymbopogon nardus</i>	China	\$ 4.00	\$ 3.60	\$ 45.00
187	Clary sage oil	<i>Salvia sclarea</i>	Russia	\$ 11.25	\$ 10.13	\$ 136.00
208	Clove bud oil, select	<i>Eugenia caryophyllata</i>	Madagascar	\$ 4.80	\$ 4.32	\$ 58.00
453	Cypress oil	<i>Cupressus sempervirens</i>	France	\$ 7.00	\$ 6.30	\$ 75.00
982	Eucalyptus oil	<i>Eucalyptus globulus</i>	China	\$ 3.50	\$ 3.15	\$ 40.00
464	Fir needle oil	<i>Abies siberica</i>	Siberia	\$ 5.00	\$ 4.50	\$ 56.00
1846	Frankincense oil	<i>Boswellia carteri</i>	Oman	\$ 18.00	\$ 16.20	\$ 220.00
* 1284	Ginger oil	<i>Zingiber officinale</i>	China	\$ 5.50	\$ 4.95	\$ 60.00
714	Grapefruit oil	<i>Citrus paradisi</i>	United States	\$ 7.00	\$ 6.30	\$ 85.00
857	Jasmine absolute oil	<i>Jasminum grandiflorum</i>	Morocco	\$ 28.75 / 1/4 oz.		
941	Juniper berry oil	<i>Juniperus communis</i>	Italy	\$ 10.00	\$ 9.00	\$ 120.00
1267	Lavender oil	<i>Lavandula angustifolia</i>	France	\$ 7.50	\$ 6.75	\$ 95.00
405	Lemon oil	<i>Citrus limon</i>	United States	\$ 5.50	\$ 4.95	\$ 60.00
1845	Lemon balm oil	<i>Melissa officinalis</i>	United States	\$ 10.00	\$ 9.00	\$ 120.00
120	Lemongrass oil	<i>Cymbopogon citratus</i>	Mexico	\$ 4.00	\$ 3.60	\$ 50.00
1844	Lime oil	<i>Citrus aurantifolia</i>	United States	\$ 4.00	\$ 3.60	\$ 57.00
1489	Myrrh oil	<i>Commiphora spp.</i>	Somalia	\$ 50.00	\$ 45.00	\$ 720.00
746	Orange sweet oil	<i>Citrus sinensis</i>	United States	\$ 3.50	\$ 3.15	\$ 40.00
1486	Oregano oil	<i>Origanum vulgare</i>	Spain	\$ 10.00	\$ 9.00	\$ 130.00
638	Patchouli oil	<i>Pogostemon cablin</i>	Indonesia	\$ 9.00	\$ 8.10	\$ 120.00
1399	Pennyroyal oil	<i>Mentha pulegium</i>	Spain	\$ 10.00	\$ 8.10	\$ 120.00
761	Peppermint oil, redistilled	<i>Mentha piperita</i>	United States	\$ 6.00	\$ 5.40	\$ 86.40
463	Pine oil	<i>Pinus balsamea</i>	United States	\$ 3.50	\$ 3.15	\$ 40.00

ITEM#	ESSENTIAL OILS	LATIN NAME	ORIGIN	PRICE PER OUNCE FOR		
				1-4 fl oz	5-15 fl oz	16 fl oz
859	Rose absolute oil	<i>Rosa centifolia</i>	France	\$ 29.00 / 1/4 oz.		
270	Rose geranium oil	<i>Pelargonium graveolens</i>	France	\$ 24.00	\$ 21.60	\$350.00
1123	Rosemary oil	<i>Rosmarinus officinalis</i>	Spain	\$ 3.50	\$ 3.15	\$ 40.00
140	Sage oil, Dalmation	<i>Salvia officinalis</i>	France	\$ 8.00	\$ 7.20	\$100.00
534	Sandalwood oil	<i>Santalum album</i>	Australia	\$ 80.00 / 1/4 oz.		
282	Spearmint oil	<i>Mentha spicata</i>	United States	\$ 4.50	\$ 4.05	\$ 58.00
716	Tangerine oil	<i>Citrus reticulata</i>	United States	\$ 4.00	\$ 3.60	\$ 68.00
1233	Tea tree oil	<i>Melaleuca alternifolia</i>	Australia	\$ 6.50	\$ 5.85	\$ 85.00
1417	Thuja oil, Cedar leaf	<i>Thuja occidentalis</i>	Canada	\$ 7.00	\$ 6.30	\$100.00
324	Thyme oil	<i>Thymus vulgaris</i>	Spain	\$ 6.00	\$ 5.40	\$ 63.20
861	Wintergreen oil, Chinese	<i>Gaultheria procumbens</i>	China	\$ 4.00	\$ 3.60	\$ 45.00
925	Ylang ylang oil, 3rd press	<i>Cananga odorata</i>	Comoros Islands	\$ 15.00	\$ 13.50	\$192.00



## \*ESSENTIAL OILS SHOWCASED ITEM

## Ginger (an essential oil)

*Zingiber officinale*

One of the most important spices in China and India, ginger provides a digestive stimulant in the cuisine of both nations. Ginger essential oil has a different aroma to the pungency of fresh ginger root—the oil is softer and sweeter with a very pleasant, spicy fragrance.

The anti-inflammatory and antibacterial qualities of ginger essential oil are due to a high concentration of sesquiterpenes. The oil may increase photosensitivity, however, so keep this in mind when using topically. As with other essential oils, dilute ginger essential oil to avoid the risk of irritation.

ITEM#	CARRIER OILS	LATIN NAME	PRICE PER	
			16 fl oz	GALLON
3503	Apricot Kernel oil	<i>Prunus armeniaca</i>	\$ 13.50	\$100.00
* 3501	Avocado oil	<i>Persea americana</i>	\$ 10.00	\$ 72.00
3504	Coconut oil	<i>Cocos nucifera</i>	\$ 6.50	\$ 41.00
1881	Grapeseed oil	<i>Vitis vinifera</i>	\$ 7.50	\$ 50.00
1882	Joboba oil	<i>Simmondsia chinensis</i>	\$ 35.00	\$210.00
1883	Rose hip seed oil	<i>Rosa mosqueta</i>	\$ 26.00	\$170.00
3505	Safflower oil	<i>Carthamus tinctorius</i>	\$ 7.50	\$ 53.00
3502	Sesame oil	<i>Sesamum indicum</i>	\$ 10.00	\$ 72.00
1811	Sweet almond oil	<i>Prunus dulcis</i>	\$ 10.00	\$ 70.00

## \*CARRIER OILS SHOWCASED ITEM

## Avocado Oil

*Persea americana (a carrier oil)*

Avocado oil is obtained from a tree in the laurel family that originates in Central America and Mexico. While the avocado fruit is often prepared as a dip or served in a salad or sandwich, the fat-rich oil is used in massage and to make skin and hair care products.

A small amount of avocado oil is typically added to other carrier oils in order to enrich protein and vitamin content. It is used by manufacturers in soaps, lotions and creams.

Avocado oil is pale yellow in color, it may turn cloudy in low temperatures but will return to normal when it comes up to room temperature again. This carrier oil is lightly nutty and rich in aroma, it works well with other carrier oils that are more absorbent, such as sweet almond or safflower oil.



# Supplies

We offer a select range of the most essential supplies for all of your herbal needs, including preparing, brewing, and storing.

Spice Racks, *p 39*

Herbal & Tea Supplies, *p 40, 41*

Glassware, *p 42, 43*

Capsules, *p 43*



wide mouthed amber bottles  
#1702, 1566, 1701, 1705

ITEM#	SPICE RACKS	DESCRIPTION	PRICE PER PIECE FOR	
			1-4 PCS	5+ PCS
3215	Individual magnet spice container	<i>stainless steel</i>	\$ 5.50	\$ 4.95
3216	5 magnet spice containers	<i>stainless steel, w/ steel board</i>	\$ 37.00	\$ 33.30
3217	5 magnet spice containers	<i>stainless steel, w/ steel L-shape stand</i>	\$ 40.00	\$ 36.00
3218	8 magnet spice containers	<i>stainless steel, w/ steel L-shape stand</i>	\$ 65.00	\$ 58.50



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ITEM#	HERBAL SUPPLIES	DESCRIPTION	PRICE PER PIECE FOR	
			1-4 PCS	5+ PCS
432	Cap-M-Quick '0'	capsule filler machine (fills 50 capsules at a time), size '0'	\$ 17.00	\$ 15.30
879	Cap-M-Quick '00'	capsule filler machine (fills 50 capsules at a time), size '00'	\$ 17.00	\$ 15.30
1806	tamper, Cap-M-Quick '0'	tamper board for Cap-M-Quick (not shown), size '0'	\$ 8.00	\$ 7.20
1807	tamper, Cap-M-Quick '00'	tamper board for Cap-M-Quick (not shown), size '00'	\$ 8.00	\$ 7.20
1871	The Capsule Machine	capsule filler machine (fills 24 capsules at a time), size '0'	\$ 18.00	\$ 16.20
1023	The Capsule Machine	capsule filler machine (fills 24 capsules at a time), size '00'	\$ 18.00	\$ 16.20
3202	mortar and pestle	black marble mortar & pestle (not shown), 4 1/2" diam x 2 1/2" high	\$ 20.00	\$ 18.00
1343	muslin herb bag	small muslin bag w/ drawstring, 3" x 5"	\$ 0.20	\$ 0.18
1086	muslin herb bag	medium muslin bag w/ drawstring, 4" x 6"	\$ 0.24	\$ 0.22
680	muslin herb bag	large muslin bag w/ drawstring, 6" x 8"	\$ 0.38	\$ 0.34
3208	nutmeg grater	stainless steel nutmeg grater, 5 1/2" x 1 3/4"	\$ 2.40	\$ 2.16
1539	pipette dropper	polyethylene oil dropper, pipette, 3 ml	\$ 0.20	\$ 0.18
3214	steel tin w/ lid	cylindrical steel tin w/ lid, (1 1/2" diameter x 1 3/4" high), 4 oz	\$ 1.40	\$ 1.26
3213	steel tin w/ lid	cylindrical steel tin w/ lid, (3 1/4" diameter x 2" high), 8 oz	\$ 1.90	\$ 1.71
3212	steel tin w/ lid	cylindrical steel tin w/ lid, (4" diameter x 2 1/2" high), 16 oz	\$ 2.48	\$ 2.23
632	bamboo tea strainer	bamboo tea strainer (single serving), 2 1/2" diameter	\$ 1.70	\$ 1.53
1253	strainer, tea	stainless steel mesh tea strainer w/ drip bowl	\$ 5.00	\$ 4.50
305	strainer, tea sock	tea filter sock	\$ 3.50	\$ 3.15



both vegetarian and gelatin capsules, p 40

#1871  
#1023

#432  
#879

#1343  
#1086  
#680

#3214  
#3213  
#3212  
-  
#3208

#1539  
-  
#480

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ITEM#	HERBAL SUPPLIES	DESCRIPTION	[ PRICE PER PIECE FOR ]	
			1-4 PCS	5+ PCS
3203	strainer, tea ball heart	<i>heart-shaped stainless steel tea ball w/ drip plate, 2"</i>	\$ 3.20	\$ 2.88
3204	strainer, tea ball star	<i>star-shaped stainless steel tea ball w/ drip plate, 2"</i>	\$ 2.50	\$ 2.25
1194	strainer, tea ball mesh sphere	<i>sphere-shaped stainless steel mesh tea ball, 2"</i>	\$ 1.80	\$ 1.62
3205	strainer, tea ball mesh heart	<i>heart-shaped stainless steel mesh tea ball, 2"</i>	\$ 3.20	\$ 2.88
3207	strainer, tea ball mesh basket	<i>large basket stainless steel mesh tea ball, 5" x 3 1/2"</i>	\$ 14.00	\$ 12.60
41	strainer, tea ball mesh sphere	<i>stainless steel mesh sphere tea ball w/ squeeze handle, 2"</i>	\$ 3.70	\$ 3.33
3200	strainer, tea	<i>heart-shaped stainless steel tea ball w/ push handle, 2"</i>	\$ 6.50	\$ 5.85
3209	teapot, cast iron	<i>cast iron teapot w/ matching trivet (lime green), 20 oz</i>	\$ 36.00	\$ 32.40
3210	teapot, cast iron	<i>red cast iron teapot w/ matching trivet (red), 27 oz</i>	\$ 39.50	\$ 35.55
3211	teapot, cast iron	<i>black cast iron teapot w/ matching trivet (black), 40 oz</i>	\$ 43.25	\$ 38.93

ITEM#	HERBAL SUPPLIES	QTY/PKG	SIZE	1-4 PCS		5+ PCS	
24	Press 'N Brew	50 pk	<i>small, 2 3/4" x 2 1/2"</i>	\$ 2.60	\$ 2.34		
1968	Press 'N Brew	50 pk	<i>large, 5" x 3 7/8"</i>	\$ 3.20	\$ 2.88		
2197	Press 'N Brew	CASE, 5000 qty	<i>small, 2 3/4" x 2 1/2"</i>	\$120.00	\$108.00		
2241	Press 'N Brew	CASE, 5000 qty	<i>large, 5" x 3 7/8"</i>	\$180.00	\$162.00		
399	cellophane bags	100 pk, (not shown)	<i>small, 3" x 1.75" x 8.25"</i>	\$ 12.00	\$ 10.80		
480	cellophane bags	100 pk	<i>large, 4" x 2.75" x 11"</i>	\$ 16.00	\$ 14.40		

#632  
#305

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#3203  
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#3207

#3205  
#1194-  
#41  
#1253#3209  
#3210  
#3211#24  
#1968  
#2197  
#2241order now ph: 1-800-500-6148 or web: [www.herbco.com](http://www.herbco.com)

ITEM#	GLASSWARE	DESCRIPTION	PRICE PER PIECE FOR	
			1-4 PCS	5+ PCS
1081	jar, clear	clear round glass jar w/ lid, 1/2 gal	\$ 5.50	\$ 4.95
207	jar, clear	clear round glass jar w/ lid, 1 gal	\$ 6.50	\$ 5.85
1705	bottle, amber	wide mouth amber glass bottle w/ lid, 60 cc	\$ 1.20	\$ 1.08
1701	bottle, amber	wide mouth amber glass bottle w/ lid, 150 cc	\$ 1.50	\$ 1.35
1566	bottle, amber	wide mouth amber glass bottle w/ lid, 250 cc	\$ 1.60	\$ 1.44
1702	bottle, amber	wide mouth amber glass bottle w/ lid, 500 cc	\$ 2.80	\$ 2.52
666	bottle, amber	narrow mouth amber glass bottle w/ dropper, 1 oz	\$ 1.40	\$ 1.26
715	bottle, amber	narrow mouth amber glass bottle w/ lid, 1/2 oz	\$ 0.70	\$ 0.63
65	bottle, amber	narrow mouth amber glass bottle w/ lid, 1 oz	\$ 0.90	\$ 0.81
818	bottle, amber	narrow mouth amber glass bottle w/ lid, 2 oz	\$ 1.00	\$ 0.90
589	bottle, amber	narrow mouth amber glass bottle w/ lid, 4 oz	\$ 1.05	\$ 0.95
825	bottle, amber	narrow mouth amber glass bottle w/ lid, 8 oz	\$ 1.35	\$ 1.22
111	bottle, amber	narrow mouth amber glass bottle w/ lid, 16 oz	\$ 1.45	\$ 1.31
862	bottle, cobalt blue	cobalt blue glass bottle w/ lid, 1 oz	\$ 1.20	\$ 1.08
276	bottle, cobalt blue	cobalt blue glass bottle w/ lid, 2 oz	\$ 1.30	\$ 1.17
38	mist sprayer	mist sprayer for bottle, 2 oz	\$ 1.20	\$ 1.08



#207  
#1081



#1705  
#1701  
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#111

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amber bottles help block  
UV light and can protect your  
herbs, spices, oils, extracts etc



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ITEM#	GLASSWARE	DESCRIPTION	[ PRICE PER PIECE FOR ]	
			1-4 PCS	5+ PCS
1280	bottle, clear	clear glass bottle w/ lid, 1/4 oz	\$ 0.90	\$ 0.81
1258	bottle, clear	glass spice bottle, clear w/ white lid, 4 oz	\$ 1.20	\$ 1.08
166	bottle, clear	glass spice bottle, clear w/ white lid, 8 oz	\$ 1.65	\$ 1.49
576	vial, clear	glass vial stopper cap w/ stem, 2 drams	\$ 0.20	\$ 0.18
1873	dropper	glass dropper, 1/2 oz	{ \$ 0.55 / ea }	
1333	dropper	glass dropper, 1 oz	{ \$ 0.60 / ea }	
1874	dropper	glass dropper, 2 oz	{ \$ 0.70 / ea }	

ITEM#	CAPSULES	QTY/PKG	CAPACITY (APPROXIMATE)	[ PRICE PER PACKAGE FOR ]	
				1 PCS	2+ PCS
1100	Gelatin Capsules, size '0'	500/pkg	500 mg	\$ 5.00	\$ 4.50
1435	Gelatin Capsules, size '00'	500/pkg	1000 mg	\$ 7.70	\$ 6.93
1182	Gelatin Capsules, size '00'	500/pkg	1300 mg	\$ 19.50	\$ 17.55
1179	Vegetarian Capsules, size '0'	500/pkg	500 mg	\$ 9.40	\$ 8.46
302	Vegetarian Capsules, size '00'	500/pkg	1000 mg	\$ 12.00	\$ 10.80



#862  
#276  
-  
#38



#166  
#1258

also see our magnetic  
steel spice containers, p 39



#1280  
#576



-  
#1873  
#1333  
#1874



fill capsules quickly  
using one of our  
capsule filler machines,  
p 40

#1100  
#1435  
#1182  
#1179  
#302



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# Co-Packing Services

Since we are a direct importer of our products, we can offer other companies co-packing or private label packaging services at very competitive prices. Our co-packing items include teas, tea blends, bath formulas and a variety of spices and blends.



## increased opportunity

Your opportunities for profit-producing increase significantly when you select Monterey Bay Spice Company for your Co-Packing needs. As a direct importer of an extensive selection of herbs, teas, and spices, we are able to offer extremely competitive pricing for raw materials. We offer lower volume tea bagging production runs—approx. 66,000 teabags. Co-Packing is used by manufacturers, restaurants, gourmet stores, supermarket chains, and many others.

## low cost

Co-Packing can provide a low-cost way to satisfy your existing markets, explore new markets, or to produce new products and packaging that can help you stay competitive in the marketplace of today.

## custom production

Monterey Bay Spice Company's Co-Packing capacities provide practical and affordable offerings for expanding existing brands, or launching new brands, flavors, or formulas.

We offer custom formulation, private labeling options, with knowledgeable and dedicated customer service staff. Monterey Bay Spice Company is certified by QAI as a Certified Organic Processor. We Co-Pack your products to your specifications.

## co-packing benefits

- \* *Reduce your capital requirements*
- \* *Reduce lead-time of new products or packages*
- \* *Avoid unnecessarily large production runs*
- \* *Reduce the cost of extending your product line*
- \* *Reduce the cost of extending your brands*
- \* *Extend your brand influence*
- \* *Gain low-risk entry into new markets*
- \* *Quickly introduce products into new distribution*

## non-disclosure

We utilize confidentiality agreements, securely protecting your ingredient lists and any 'trade secrets'. We quote all estimated costs, establish a time frame for production, and create a service contract with you. We produce your formulas, and can procure commercially available ingredients. We provide preliminary price quotes for every production run, and finalize all pricing with you. Products are completed and shipped to you. You, your market, and consumers reap the benefits!

## services and products

- pillow style tea bags
- tea bags with string and tag
- tea bags with overwrap
- large tea bags
- empty tea bags
- tea size requirement
- milling
- blending
- tea cartons
- tea tags
- organic tea
- spice packaging

## getting started

Co-Packing with Monterey Bay Spice Company provides you with a wealth of production advantages. For more information visit [www.herbco.com](http://www.herbco.com).



# Our Newsletters a sampling

We're very excited about our free herbal email newsletter! Each month, we'll bring you informative articles on the folklore and science behind the regenerative properties of spices, herbs, teas, and essential oils. We'll also tempt your palate with mouth-watering recipes, and inspire your creativity with practical how-to guides on herbal gardening and crafting. Of course, you'll also enjoy receiving coupons and special offers!

We also make our newsletter easy to subscribe to and easy on the environment. Just sign up today to start receiving yours when you visit our web site: [herbco.com](http://herbco.com). Your newsletter will be delivered to your email address—no fuss, no wasted paper, no toxic ink. While we're hard at work preparing the next issue, please enjoy the following sample from our collection of previous articles. If you're already getting our newsletter, we welcome your comments and suggestions!

This newsletter is just one of the ways we can think of to share our herbal knowledge with you and to thank you for being a loyal customer. Enjoy!

We wish you well on all your herb & spice adventures ~ your friends at the Monterey Bay Spice Company

## SUPER SIMPLE SUPERFOODS

based on an excerpt from our June '14 newsletter

A superfood is a food that qualifies as “super” because it is nutrient dense and calorie scarce. While the term is relatively new in foodie and fitness vernacular, and is frequently tossed around in the world of marketing like wet lettuce in a spinner, its existence is anything but new. In fact, a superfood is only novel in that it is naturally occurring—that is, it comes from the ground or is plucked off a living plant or tree and not turned out of a lab or pulled off an assembly line. But what really makes a simple food super is that its complex composition of nutrients complement each other like sidekicks in synergy.

### Classic Chia Seed

The same seed that gave us the clay Chia Pets in the 1970s is now hailed as a modern superfood. Interestingly enough, South American natives have thought of chia this way for centuries. In fact, the word “chia” translates to “strength” in ancient Mayan, and the seed was coveted during times of famine and carried by soldiers when traveling great distances. Chia seed was so highly valued that it was even used as currency at one time. Today, the tiny seed is prized as a powerhouse of nutrition that includes protein, fiber, iron, calcium, magnesium, zinc, and omega-3 fatty acids. *See our expanded article on Chia Seed on page 50.*



### Fixation For Flax Seed

Flax, also known as linseed, is one of the earliest cultivated seed crops, with evidence dating to 3000 BC to indicate it was widely grown by the ancient Egyptians. King Charlemagne, the first Emperor of the Holy Roman Empire, was so fond of flax as a superfood that he mandated that his subjects regularly consume it to ensure good public health.



Modern science tells us what the good king suspected—flax seed is

a significant source of protein, both soluble and insoluble fiber, omega-3 fatty acids, antioxidants, minerals, and essential vitamins. One caveat: although whole flax seeds have a tasty, nutty flavor, the high fiber content necessitates grinding the seed to better absorb the nutrients. You can choose to grind the seed yourself, or purchase flax meal that has been pre-ground.

### Spirulina Spunk

Spirulina is a freshwater plant commonly referred to as blue-green algae, although it isn't an algae but the product of two species of cyanobacteria named *Arthrospira platensis* and *Arthrospira maxima*.

The uniqueness of this plant is appreciated when you consider that it is classified as a bacteria because its nucleus lacks a protective membrane, yet it manufactures energy through photosynthesis like plants do and that other bacteria cannot. What makes this simple form of life such a superfood is the presence of all nine essential amino acids and that it consists of up to 70% digestible protein.

### Go, Go, Goji Berry

Also known as wolfberry or lycii, goji is the fruit of an Asian species of shrub in the nightshade family, which makes the plant related to tomato, potato and eggplant. The dried berries closely resemble raisins, but are red in color and have a slightly tart, sour flavor.

Goji is commonly used in Asian cuisine as a flavoring and nutrient additive to soups, stews, tonics and rice congee. Elsewhere, the colorful berries are added to smoothies, cereals, baked goods, teas and "functional" wines and cordials.

According to Chinese legend, an herbalist named Li Qing Yuen reputedly lived to be 256 years old thanks for having a penchant for goji. While the validity of this story may be questionable, the known qualifications of goji berry as a superfood are almost too numerous to mention, but in brief include several phytosterols and carotenoids, 11 essential fatty acids and 22 trace minerals.

### Buzzed Over Bee Pollen

Bee pollen is the product of the worker honeybee, who must toil for about 240 hours to collect roughly 2.5 billion grains of microscopic floral male seed particles to come up with just one teaspoon of this golden ambrosia. Also known as bee bread, this material stumps modern science when it comes to its exact composition. Although we know that bee pollen consists of 40% protein, B-complex vitamins and folic acid, it contains a "secret" component known only to bees. In fact, experiments show that lab-synthesized bee pollen fed to honeybees causes their demise, even though all of the known ingredients are in there. Aside from marveling at this amazing feat on the part of honeybees, we can also appreciate the fact that bee pollen provides nearly complete nutrition for people. Note: For best quality, store bee pollen granules in the refrigerator or freezer. [See our expanded article on Bee Pollen Granules on page 48.](#)



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## BEE POLLEN

from one of our website's herb and spice study guides

### What Are Bee Pollen Granules?

The golden grains collected by honeybees contain the male reproductive cells of flowering plants. To this material, each bee contributes its own digestive enzymes to help the pollen adhere to the tiny collection "baskets" on their rear legs as they forage. This activity is not only vital to ensure the propagation of a variety of plants, but provides the sole food source for honeybees that is engineered to safeguard the health of the hive.

Making bee pollen, or bee bread as it's sometimes called, is a laborious task for the honeybee. In fact, it takes one worker bee about 240 hours to collect enough pollen grains to make a single teaspoon of bee pollen granules. Of course, the raw material is collected a little at a time with each return to the hive.




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The pollen, which is normally mixed with saliva and reserved nectar for the purpose of feeding male drones, is transported back to the hive via specialized pockets on the rear legs of the bees

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### Collecting Bee Pollen

Commercial beekeepers can successfully capture the pollen by placing a mesh screen over the entrance to the hive so that as the bee enters, it brushes against the screen that causes the specialized baskets that flank him on each side to empty their contents onto the tray waiting below. The accumulated pollen is then collected from trays that lie beneath the hive's entrance.

### A Super Superfood

Bee pollen is a unique and chemically diverse substance with no two samples being exactly alike, even when taken from the same hive. On average, however, all bee pollen is abundantly rich in protein, amino acids, vitamins and minerals. As such, it is also known as "bee bread," "ambrosia" and, to the ancient Romans and Greeks, as "life-giving dust." With a nutritional profile that includes every nutrient necessary to maintain life and good health for humans as well as honeybees, it's no wonder bee pollen is touted as a "super food." Indeed, it is food fit for a queen.



A chemical analysis of bee pollen is impressive. This amazing substance contains all 22 essential amino acids and all 28 minerals required by the human body. Bee pollen also contains up to 35% protein, most of which is in the form of free amino acids. It is also rich in fatty acids, nearly a dozen enzymes and coenzymes and vitamins A, B, C, D, E, H (biotin) and K.

### Allergy Information

Bee pollen should not be confused with wind-blown pollen that triggers seasonal allergies. The latter type of pollen is lighter in weight and contains anemophile pollen grains, which honeybees pass over in favor of entomophile pollen grains because of their superior nutritional value. This is a remarkable feat considering they have to choose the preferred pollen from millions of grains present in any particular flower.

Speaking of allergy... it is highly unlikely that you will experience an allergic reaction from consuming bee products just because you are allergic to bee venom. In addition, the presence of quercetin in bee pollen, which

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inhibits the release of histamine, may offer a protective effect. However, caution may be warranted if you are allergic to the pollen of plants in the ragweed family, for example, or other flowering plants that honeybees frequently visit. Note that plant diversity, and therefore pollen content, is governed by the region in which each hive resides.

### Bee Pollen Uses

Bee pollen has a sweet and light floral taste. Try adding bee pollen granules to smoothies, or incorporate them into raw protein bar—or raw dessert—recipes. Bee pollen granules can also be used as a topping on yogurts or cereal. *Ground* bee pollen granules can be mixed into salad dressings, or as a coating for popcorn, or stirred into vegetable juices.

Bee pollen granules are not strictly reserved for culinary use. The granules can be infused in oil for use in various skin formulations including face-masks and creams. The collagen-stimulating qualities are believed to help with dissipating the appearance of fine lines and wrinkles.

### Bee Pollen Storage

Granules should dissolve slightly when placed on tongue. They should not be crunchy. If stored in cool dark place bee pollen can last about a year. Bee pollen will last longest if kept in the refrigerator.

### recipe: honey mustard bee pollen dressing

This dressing is light and tangy over salad greens, but also performs double duty as a terrific marinade for grilled or roasted chicken or vegetables.

- ¼ cup extra-virgin olive oil
- ¼ cup apple cider vinegar
- ¼ cup fresh lemon juice
- 2 tablespoons ground mustard [pg 15](#)
- 2 tablespoons bee pollen granules [pg 6](#)
- 2 tablespoons local honey
- 1 teaspoon minced garlic
- ½ teaspoon cumin [pg 10](#)
- ½ teaspoon paprika [pg 17](#)

Freshly ground black pepper and sea salt to taste. Combine all ingredients in a bottle with a tight-fitting lid and shake well (or whisk in a bowl) just before using. Refrigerate leftovers.



## CHIA SEED: ANCIENT MAYAN STAPLE TO MODERN SUPERFOOD

an excerpt from our July '09 newsletter

Chia seed is obtained from the Mexican native chia plant (*Salvia hispanica*), so named after the Mayan word meaning “strength.” It would seem that the plant was aptly named since the seeds were known by several indigenous peoples to promote endurance. In fact, chia seed was often the only source of nutrition consumed by the ancient Aztecs and southwestern tribes of the U.S. while traveling great distances in pursuit of conquest or trade. This tradition does not appear to have been lost since many athletes regularly partake of chia seed to help increase stamina and performance today.

### Cultivated Currency

Domesticated in the valley of Mexico as early as 2,700 B.C., chia seeds served as a primary staple food of the Nahuatl (Aztec), Mayan, Incan and other indigenous peoples.

Its cultivation is referenced in the Florentine Codex—the twelve volume research manuscript including more than 2,000 natively-drawn illustrations meant to document the culture and natural history of the Aztec people. The Mendoza Codex, a similarly themed tome also referenced the plant’s cultivation and that it could be found in roughly 80% of the Aztec states at the time of the writing. Also inferred from the codices is the notion that these seeds were so highly prized that they were used

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as currency as well as offered to gods along with other life-sustaining crops.

One spoon of seed in water was used to supply sustenance for an entire day of hard labor. Related to the Nahuatl words Chiapan, meaning “river of chia” (possibly in relation to its broad cultivation); and chia, meaning “energy” or “strength”.

Traditionally and presently used by the Tarahumara and Chumash of Chihuahua, the seed is roasted, crushed, and mixed with water for a gel of extremely high nutritional value used as performance food. In California, Arizona, Mexico, Guatemala and Nicaragua it was, and is, mixed with a lemonade. The ground seed meal was called *pinole*.

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Chia seed is also an excellence source of soluble fiber. In fact, due to its hydrophilic properties it can absorb up to 12 times its volume in water.

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### Absorbing the Nutrition

Nutritionally speaking, chia seed packs a wallop. Aside from consisting of about 30% protein, chia seed delivers an abundance of vitamins A, B, D, E and K. They also contain alpha-linolenic and linoleic acid, essential fatty acids that the body cannot manufacture on its own. In terms of other nutrients and minerals, the list is lengthy. A run down by alphabetical order: calcium, copper, iodine, iron, magnesium, manganese, niacin, phosphorus, potassium, silicon, sodium, sulfur, thiamine, and zinc. Finally, chia seed is the richest plant-based source of omega-3 available.

Chia seed is also an excellence source of soluble fiber. In fact, due to its hydrophilic properties it can absorb up to 12 times its volume in water. This activity has two benefits. First, it helps to keep the body hydrated, which is important for proper cellular metabolism and renewal. Secondly, it reduces transit time in the gastrointestinal tract while enhancing the absorption of vitamins and minerals.

The hydrophilic properties of chia seed also permit the formation of hydrophilic colloids, a mucilaginous substance similar in appearance to gelatin. This is the same benefit obtained from eating raw vegetables versus cooked, only it's not necessary to swallow a bunch of chia seeds in order for this event take place. As you'll learn in a moment, all that's needed is a container of water.

### Water Absorption

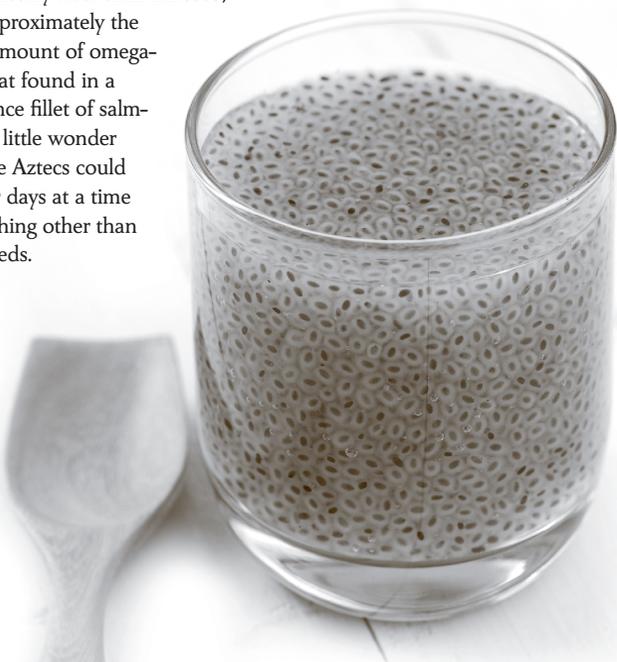
Chia's extraordinary ability to absorb water translates to displacing fat and calories when added to foods. The ideal ratio for this conversion is 9:1, or nine parts liquid to one part chia seed. Here's an experiment to try: Science is fun but, in this case, you can eat your experiment. In fact, you've just made a delicacy known to Mexican natives as *chia fresca*. If you add three to four tablespoons of this substance to non-baked foods at least three times a day, you'll be adding significant bulk to your diet (read that as appetite suppressant) and replacing fat and calories with a material consisting of 90% water. Chia gel can be made with juice in place of the water, and added to sauces, cereals, jams, puddings, yogurt,

or smoothies. It can also be prepared in an 8:1 ratio and added to baked goods in place of oil. Kept refrigerated, the gel will keep fresh for about three weeks.

What does hydrophilic colloid of chia seed taste like? Fear not. The seeds impart a very mild nutty flavor that won't overpower other foods. However, if you prefer, you can simply forego chia gel and eat up to four tablespoons of the seeds instead. For that matter, chia seed are delicious toasted. The seeds can also be sprouted for a tasty and nutritious addition to sandwiches.

### Nutritional Breakdown of Chia

Brace yourself. A mere one-fourth cup of chia seeds—that's four tablespoons—supplies as much calcium as three cups of milk, as much magnesium as ten stalks of broccoli, as much iron as one-half cup of red kidney beans, 30% more antioxidants than blueberries, 25% more dietary fiber than flaxseed, and approximately the same amount of omega-3 as that found in a 32-ounce fillet of salmon. It's little wonder that the Aztecs could run for days at a time on nothing other than chia seeds.



## SPIRULINA

from one of our website's herb and spice study guides

### Spirulina Provides Protein Support

Many people are turning to diets that are low, if not free from, animal products. These diets are healthful as long as they're supported by a good amount of protein. One way that you can make sure you're getting enough protein is by supplementing your diet with spirulina.

Spirulina is a form of algae that provides you with all of the amino acids you need for a complete protein. While many plant sources provide you with many of the amino acids you need, you usually have to pair them with other sources in order to get all of those amino acids.

But when you have spirulina on your side, you don't have to supplement with anything else. You'll get all of the amino acids you need in order to build cells and tissues that keep you healthy and strong.

You can use it in several forms, but most people add spirulina powder to a smoothie to get the most benefit from it. It comes in powders, capsules, tablets, and flakes. The easiest way to use it and digest it is to add the powder to a liquid such as juice or a smoothie.

Just a small amount of spirulina in the morning can give you all the protein you need for an entire day. And what's even better, you won't be adding any saturated fats to your diet that can clog up your arteries and ruin your heart.

## a moment for gratitude

our continued thanks

We here at here at Monterey Bay Spice Company would like to give all of our customers a most sincere thank you for your business and support.

Our goal is to deliver premium products that you can feel confident in using, enjoying, preparing for your loved ones, or delivering to your own customers. We believe in promoting the health and wellbeing of people everywhere, and uphold the highest standards of production to preserve our precious environment.

We always welcome your feedback on our company and our products. Please feel free to contact us and we'll be happy to answer any questions or hear what you have to say.

Your satisfaction is our satisfaction and we look forward to your continued business with us.



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