

HERBCO

also known under the name of

Monterey Bay
Spice Company

2019 wholesale catalog

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.

**Monterey Bay
Spice Company**

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831-722-3405 (fax)

herbco.com





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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.

They are 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 (*or more accurately: tisanes*) are made from various blends of flowers, roots, fruits, leaves or seeds, and are often used for wellness purposes.

Decaffeinated Tea Processes: Our decaffeinated teas are processed using a hot water method. This initial soak allows the some of the water-soluble caffeine molecules to be drawn out of the tea before the tea is again dried and packaged for sale. *Please note: there is no type of decaffeination that removes ALL of the caffeine in tea. If you require a fully caffeine free beverage we recommend you switch to an herbal or rooibos tea.*

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 & terms

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.

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.

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.

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*.

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 INFO section.

delivery times

UPS Delivery (*see map below*): **UPS Ground**. Transit time to can be 1-6 business days or more depending on location. East Coast destinations are a minimum of 5 days. We ship your **UPS Ground** package within 48 hrs.

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

for Alaska & Hawaii: **US Postal Service Priority Mail.**

for Canada: For Canadian shipping our customers can choose to use either **USPS** or **UPS**. The service chosen and the destination desired will affect the length of time it takes to receive your package.

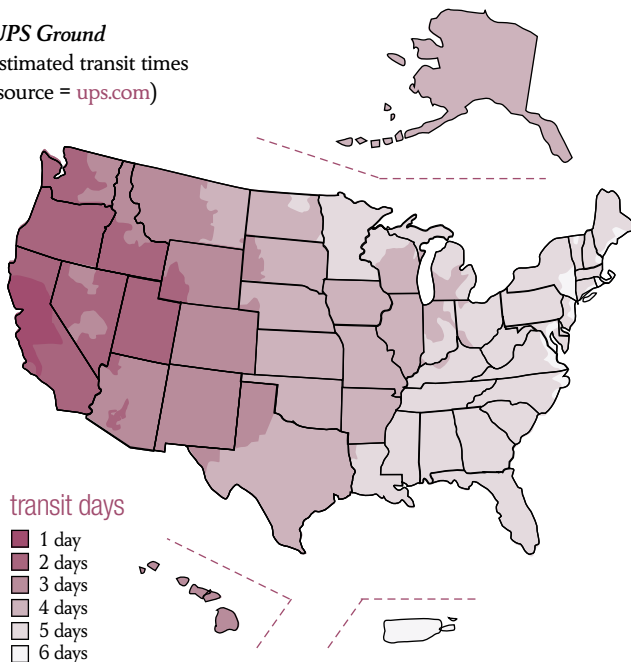
Canadian Restrictions & Fees: Please check with Canadian customs agencies to ensure that the product you are purchasing is allowed to be imported and what additional fees might be required at entry.

We are not responsible for items rejected from import and/or any charges incurred at customs.

UPS Ground

estimated transit times

(source = ups.com)



ordering

Office hours are weekdays 8:30 AM to 4:30 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. 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.

our guarantee and returns

We believe all our products to be of the highest quality. If for any reason you are not satisfied with any item, simply return it for an exchange, refund, or credit. **All claims must be made within two weeks of receiving your order.** Please call us to obtain a RMA (Return Merchandise Authorization) number which must be on the outside of your return shipment. Please call 831-722-3400 to obtain your RMA number. Sorry, but we are unable to refund shipping charges.

































please note: all our products are **FREE from irradiation*







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.

juniper berry, whole, #198



































































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	\$ 4.80	\$ 12.00	\$ 10.80
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	\$ 4.40	\$ 11.00	\$ 9.90
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	\$ 8.80	\$ 22.00	\$ 19.80
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	\$ 2.40	\$ 6.00	\$ 5.40
1492	 Annatto seed	whole	<i>Bixa orellana</i>	India	\$ 2.20	\$ 5.50	\$ 4.95
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	 Ashwagandha 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	\$ 16.00	\$ 40.00	\$ 36.00
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
844	 Bay leaf	cut & sifted	<i>Laurus nobilis</i>	Turkey	\$ 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
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	\$ 12.00	\$ 30.00	\$ 27.00
1375	 Bee pollen	granules	<i>Apis mellifera</i>	China	\$ 4.80	\$ 12.00	\$ 10.80
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	\$ 3.00	\$ 7.50	\$ 6.75
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	\$ 3.60	\$ 9.00	\$ 8.10
1814	 Bladderwrack	powder	<i>Fucus vesiculosus</i>	N. America	\$ 4.20	\$ 10.50	\$ 9.45
1464	 Blessed thistle	cut & sifted	<i>Centaurea benedicta</i>	Bulgaria	\$ 2.60	\$ 6.50	\$ 5.85
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	\$ 3.20	\$ 8.00	\$ 7.20
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
350	 Buckwheat hulls	whole	<i>Fagopyrum esculentum</i>	Bulgaria	\$ 1.20	\$ 3.00	\$ 2.70
304	 Burdock leaf	cut & sifted	<i>Arctium lappa</i>	United States	\$ 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
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	\$ 5.60	\$ 14.00	\$ 12.60
312	 Calamus root (wild crafted)	powder	<i>Acorus calamus</i>	United States	\$ 6.00	\$ 15.00	\$ 13.50
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	\$ 7.60	\$ 19.00	\$ 17.10
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	\$ 7.60	\$ 19.00	\$ 17.10
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	\$ 2.60	\$ 6.50	\$ 5.85
1186	 Cascara sagrada bark	cut & sifted	<i>Rhamnus purshiana</i>	United States	\$ 3.60	\$ 9.00	\$ 8.10
708	 Cascara sagrada bark	powder	<i>Rhamnus purshiana</i>	United States	\$ 3.80	\$ 9.50	\$ 8.55
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	\$ 8.00	\$ 20.00	\$ 18.00
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
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

































order now 1-800-500-6148 or HERBCO.com

































ITEM#		BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	[PRICE PER POUND FOR]	
							1-4 LBS	5-24 LBS
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	\$ 6.40	\$ 16.00	\$ 14.40
781		Chia seed	whole	<i>Salvia hispanica</i>	Mexico	\$ 3.60	\$ 9.00	\$ 8.10
602		Chickweed	cut & sifted	<i>Stellaria media</i>	Bulgaria	\$ 3.60	\$ 9.00	\$ 8.10
586		Chickweed	powder	<i>Stellaria media</i>	Bulgaria	\$ 3.72	\$ 9.30	\$ 8.37
1373		Chicory root roasted	granules	<i>Cichorium intybus</i>	India	\$ 1.32	\$ 3.30	\$ 2.97
1366		Chile pepper	powder	<i>Capsicum annuum</i>	New Mexico	\$ 2.20	\$ 5.50	\$ 4.95
1404		Chile pepper	powder	<i>Capsicum annuum</i>	California	\$ 2.20	\$ 5.50	\$ 4.95
1439		Chile pepper	crushed	<i>Capsicum annuum</i>	United States	\$ 1.96	\$ 4.90	\$ 4.41
2017		Chipotle pepper	powder	<i>Capsicum annuum</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	\$ 2.16	\$ 5.40	\$ 4.86
1801		Cinnamon, chips	cut & sifted	<i>Cinnamomum cassia</i>	Indonesia	\$ 3.00	\$ 7.50	\$ 6.75
281		Cinnamon, 1" sticks, 420 sticks/lb.	whole	<i>Cinnamomum cassia</i>	Indonesia	\$ 2.88	\$ 7.20	\$ 6.48
641		Cinnamon, 2 3/4" sticks, 100 sticks/lb.	whole	<i>Cinnamomum cassia</i>	Indonesia	\$ 2.70	\$ 7.30	\$ 6.57
1488		Cinnamon, 6" sticks, 50 sticks/lb.	whole	<i>Cinnamomum cassia</i>	Indonesia	\$ 3.00	\$ 7.50	\$ 6.75
1044		Cinnamon, 10" sticks, 30 sticks/lb.	whole	<i>Cinnamomum cassia</i>	Indonesia	\$ 3.00	\$ 7.50	\$ 6.75
1078		Cinnamon, 18" sticks, 24 sticks/lb.	whole	<i>Cinnamomum cassia</i>	Indonesia	\$ 3.60	\$ 9.00	\$ 8.10
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	\$ 2.16	\$ 5.40	\$ 4.86
3533		Cinnamon	powder	<i>Cinnamomum verum</i>	Vietnam	\$ 2.80	\$ 7.00	\$ 6.30
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


ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	[PRICE PER POUND FOR]	
						1-4 LBS	5-24 LBS
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	\$ 4.56	\$ 11.50	\$ 10.35
948	 Cloves	powder	<i>Syzygium aromaticum</i>	Sri Lanka	\$ 8.80	\$ 22.00	\$ 19.80
161	 Cloves	whole	<i>Syzygium aromaticum</i>	Madagascar	\$ 4.56	\$ 11.50	\$ 10.35
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>	United States	\$ 5.60	\$ 14.00	\$ 12.60
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	\$ 28.00	\$ 70.00	\$ 63.00
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	\$ 13.60	\$ 34.00	\$ 30.60
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
592	 Cubeb berry	whole	<i>Piper cubeba</i>	Malaysia	\$ 14.00	\$ 35.00	\$ 31.50
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

































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ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
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	\$ 5.80	\$ 14.50	\$ 13.05
618	 Devil's claw root (wild crafted)	cut & sifted	<i>Harpagophytum procumbens</i>	S. Africa	\$ 5.80	\$ 14.50	\$ 13.05
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	\$ 18.00	\$ 45.00	\$ 40.50
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	\$ 9.60	\$ 24.00	\$ 21.60
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	\$ 7.20	\$ 18.00	\$ 16.20
316	 Elderberry (wild crafted)	whole	<i>Sambucus nigra</i>	Bulgaria	\$ 5.60	\$ 14.00	\$ 12.60
3540	 Elderberry	powder	<i>Sambucus nigra</i>	Bulgaria	\$ 5.20	\$ 13.00	\$ 11.17
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

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	[PRICE PER POUND FOR]	
						1-4 LBS	5-24 LBS
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	\$ 6.00	\$ 15.00	\$ 13.50
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
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	\$ 4.40	\$ 11.00	\$ 9.90
311	 Frankincense tears	ground	<i>Boswellia carteri</i>	Africa	\$ 5.60	\$ 14.00	\$ 12.60
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>	China	\$ 2.80	\$ 7.00	\$ 6.30
449	 Garlic	granules	<i>Allium sativum</i>	China	\$ 4.80	\$ 12.00	\$ 10.80
1891	 Garlic	minced	<i>Allium sativum</i>	China	\$ 3.00	\$ 7.50	\$ 6.75
180	 Garlic	powder	<i>Allium sativum</i>	China	\$ 2.80	\$ 7.00	\$ 6.30
1495	 Garlic	powder	<i>Allium sativum</i>	China	\$ 4.80	\$ 12.00	\$ 10.80
411	 Gentian root (wild crafted)	cut & sifted	<i>Gentiana lutea</i>	Bulgaria	\$ 6.40	\$ 16.00	\$ 14.40
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>	India	\$ 2.00	\$ 5.00	\$ 4.50

































ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
669	 Ginger root	cut & sifted	<i>Zingiber officinale</i>	India	\$ 3.28	\$ 8.20	\$ 7.38
623	 Ginger root	powder	<i>Zingiber officinale</i>	India	\$ 2.08	\$ 5.20	\$ 4.68
1867	 Ginger root	powder	<i>Zingiber officinale</i>	India	\$ 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	\$ 56.00	\$140.00	\$126.00
336	 Ginseng, white	powder	<i>Panax ginseng</i>	China	\$ 56.00	\$140.00	\$126.00
1212	 Goji berry, lyii	whole	<i>Lycium chinense</i>	China	\$ 6.00	\$ 15.00	\$ 13.50
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	\$ 48.00	\$120.00	\$108.00
1061	 Goldenseal root	cut & sifted	<i>Hydrastis canadensis</i>	United States	\$ 48.00	\$120.00	\$108.00
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>Camellia sinensis</i>	China	\$ 2.60	\$ 6.50	\$ 5.85
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	\$ 6.40	\$ 16.00	\$ 14.40
1953	 Gymnema	powder	<i>Gymnema sylvestre</i>	India	\$ 3.60	\$ 9.00	\$ 8.10
3436	 Hawthorn berry	whole	<i>Crataegus monogyna L.</i>	Bulgaria	\$ 2.40	\$ 6.00	\$ 5.40
1010	 Hawthorn berry	whole	<i>Crataegus monogyna L.</i>	Bulgaria	\$ 2.20	\$ 5.50	\$ 4.95
379	 Hawthorn berry	powder	<i>Crataegus monogyna L.</i>	Bulgaria	\$ 2.60	\$ 6.50	\$ 5.85
82	 Hawthorn leaf & flower (wild crafted)	cut & sifted	<i>Crataegus monogyna L.</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

































ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	[PRICE PER POUND FOR]	
						1-4 LBS	5-24 LBS
320	 Henna leaf, red	powder	{Blend}	India	\$ 2.60	\$ 6.50	\$ 5.85
1877	 Hibiscus flower	powder	<i>Hibiscus sabdariffa</i>	Egypt	\$ 2.04	\$ 5.10	\$ 4.59
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>	Bulgaria	\$ 2.40	\$ 6.00	\$ 5.40
609	 Hydrangea root (wild crafted)	cut & sifted	<i>Hydrangea arborescens</i>	United States	\$ 6.40	\$ 16.00	\$ 14.40
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	\$ 6.40	\$ 16.00	\$ 14.40
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
3408	 Kava kava root	cut & sifted	<i>Piper methysticum</i>	Fiji	\$ 16.80	\$ 42.00	\$ 37.80
768	 Kava kava root	powder	<i>Piper methysticum</i>	Fiji	\$ 16.80	\$ 42.00	\$ 37.80
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

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
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	\$ 3.60	\$ 9.00	\$ 8.10
953	 Lemon peel	cut & sifted	<i>Citrus limon</i>	United States	\$ 6.00	\$ 15.00	\$ 13.50
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>	Egypt	\$ 4.40	\$ 11.00	\$ 9.90
1199	 Lemon verbena	whole	<i>Aloysia triphylla</i>	Morocco	\$ 6.40	\$ 16.00	\$ 14.40
314	 Licorice root	cut & sifted	<i>Glycyrrhiza glabra</i>	China	\$ 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
864	 Linden leaf and flower	cut & sifted	<i>Tilia argenteum</i>	Bulgaria	\$ 6.40	\$ 16.00	\$ 14.40
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
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>	Egypt	\$ 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	\$ 3.40	\$ 8.50	\$ 7.65

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	[PRICE PER POUND FOR]	
						1-4 LBS	5-24 LBS
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>	Bulgaria	\$ 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>	Bulgaria	\$ 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>	Bulgaria	\$ 4.40	\$ 11.00	\$ 9.90
1517	 Nettle leaf	powder	<i>Urtica dioica</i>	Bulgaria	\$ 2.80	\$ 7.00	\$ 6.30
628	 Nutmeg	ground	<i>Myristica fragrans</i>	Sri Lanka	\$ 4.80	\$ 12.00	\$ 10.80
352	 Nutmeg	ground	<i>Myristica fragrans</i>	Sri Lanka	\$ 12.00	\$ 30.00	\$ 27.00
355	 Nutmeg	whole	<i>Myristica fragrans</i>	Sri Lanka	\$ 5.04	\$ 12.60	\$ 11.34
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	\$ 2.80	\$ 7.00	\$ 6.30
1015	 Olive leaf	powder	<i>Olea europaea</i>	Greece	\$ 1.80	\$ 4.50	\$ 4.05

































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ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
967	 Olive leaf	whole	<i>Olea europaea</i>	Greece	\$ 1.52	\$ 3.80	\$ 3.42
18	 Onion	chopped	<i>Allium cepa</i>	China	\$ 1.80	\$ 4.50	\$ 4.05
7	 Onion	chopped	<i>Allium cepa</i>	China	\$ 3.20	\$ 8.00	\$ 7.20
984	 Onion	granules	<i>Allium cepa</i>	China	\$ 1.68	\$ 4.20	\$ 3.78
1428	 Onion	powder	<i>Allium cepa</i>	China	\$ 2.60	\$ 6.50	\$ 5.85
1519	 Onion	powder	<i>Allium cepa</i>	China	\$ 1.60	\$ 4.00	\$ 3.60
1875	 Orange peel	powder	<i>Citrus sinensis</i>	United States	\$ 2.24	\$ 5.60	\$ 5.04
1113	 Orange peel	cut & sifted	<i>Citrus sinensis</i>	United States	\$ 5.60	\$ 14.00	\$ 12.60
124	 Orange peel, 1/2" - 3/4"	large cut	<i>Citrus sinensis</i>	United States	\$ 2.20	\$ 5.50	\$ 4.95
1158	 Orange peel, 1/4"	small cut	<i>Citrus sinensis</i>	United States	\$ 2.20	\$ 5.50	\$ 4.95
1236	 Oregano	cut & sifted	<i>Origanum vulgare</i>	Greece	\$ 2.68	\$ 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>	Morocco	\$ 6.00	\$ 15.00	\$ 13.50
433	 Orris root, peeled	powder	<i>Iris x germanica</i>	Morocco	\$ 6.00	\$ 15.00	\$ 13.50
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	\$ 1.40	\$ 3.50	\$ 3.15
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
956	 Pau d'arco, ipe roxo	cut & sifted	<i>Tabebuia impetiginosa</i>	Brazil	\$ 2.60	\$ 6.50	\$ 5.85
1521	 Pau d'arco, ipe roxo	powder	<i>Tabebuia impetiginosa</i>	Brazil	\$ 2.80	\$ 7.00	\$ 6.30
691	 Pennyroyal	cut & sifted	<i>Mentha pulegium</i>	Morocco	\$ 2.36	\$ 5.90	\$ 5.31

































ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	[PRICE PER POUND FOR]	
						1-4 LBS	5-24 LBS
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	\$ 3.60	\$ 9.00	\$ 8.10
252	 Peppercorn, black, med	12 mesh	<i>Piper nigrum</i>	India	\$ 3.60	\$ 9.00	\$ 8.10
78	 Peppercorn, black, med	16 mesh	<i>Piper nigrum</i>	India	\$ 3.60	\$ 9.00	\$ 8.10
1198	 Peppercorn, black, med	20 mesh	<i>Piper nigrum</i>	India	\$ 3.60	\$ 9.00	\$ 8.10
1066	 Peppercorn, black, med	24 mesh	<i>Piper nigrum</i>	India	\$ 3.60	\$ 9.00	\$ 8.10
656	 Peppercorn, black, fine	30 mesh	<i>Piper nigrum</i>	India	\$ 3.60	\$ 9.00	\$ 8.10
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	\$ 3.60	\$ 9.00	\$ 8.10
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	\$ 4.36	\$ 10.90	\$ 9.81
192	 Peppercorn, white	whole	<i>Piper nigrum</i>	Indonesia	\$ 5.40	\$ 13.50	\$ 12.15
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	 Pipsissewa herb	cut & sifted	<i>Chimaphila umbellata</i>	United States	\$ 8.80	\$ 22.00	\$ 19.80
597	 Plantain leaf	cut & sifted	<i>Plantago major</i>	Bulgaria	\$ 3.20	\$ 8.00	\$ 7.20
1804	 Plantain leaf	cut & sifted	<i>Plantago major</i>	Bulgaria	\$ 4.60	\$ 11.50	\$ 10.35
1522	 Plantain herb	powder	<i>Plantago major</i>	Bulgaria	\$ 3.40	\$ 8.50	\$ 7.65
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	\$ 3.44	\$ 8.60	\$ 7.74
806	 Psyllium husk	whole	<i>Plantago ovata</i>	India	\$ 3.36	\$ 8.40	\$ 7.56
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

































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ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
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
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
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
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	\$ 4.00	\$ 10.00	\$ 9.00
1967	Rooibos	cut & sifted	<i>Aspalathus linearis</i>	South Africa	\$ 4.80	\$ 12.00	\$ 10.80
555	Rose buds & petals, pink		<i>Rosa canina</i>	Pakistan	\$ 6.40	\$ 16.00	\$ 14.40
131	Rose buds & petals, red		<i>Rosa canina</i>	Pakistan	\$ 2.80	\$ 7.00	\$ 6.30
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
123	Rosemary	cut & sifted	<i>Rosmarinus officinalis</i>	Morocco	\$ 1.28	\$ 3.20	\$ 2.88
121	Rosemary	powder	<i>Rosmarinus officinalis</i>	Morocco	\$ 1.28	\$ 3.20	\$ 2.88
437	Rosemary	whole	<i>Rosmarinus officinalis</i>	Morocco	\$ 1.68	\$ 4.20	\$ 3.78
136	Rosemary	whole	<i>Rosmarinus officinalis</i>	Morocco	\$ 1.20	\$ 3.00	\$ 2.70
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

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	[PRICE PER POUND FOR]	
						1-4 LBS	5-24 LBS
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	\$ 7.20	\$ 18.00	\$ 16.20
734	 Sarsaparilla root	powder	<i>Hemidesmus indicus</i>	India	\$ 7.40	\$ 18.50	\$ 16.65
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	\$ 22.00	\$ 55.00	\$ 49.50
1524	 Sassafras root bark	powder	<i>Sassafras albidum</i>	United States	\$ 22.00	\$ 55.00	\$ 49.50
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	\$ 6.00	\$ 15.00	\$ 13.50
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	\$ 6.00	\$ 15.00	\$ 13.50
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	\$ 6.80	\$ 17.00	\$ 15.30
1936	 Schizandra berry	powder	<i>Schisandra chinensis</i>	China	\$ 11.20	\$ 28.00	\$ 25.20
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
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	\$ 14.00	\$ 35.00	\$ 31.50
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	\$ 9.20	\$ 23.00	\$ 20.70

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ITEM#		BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	[PRICE PER POUND FOR]	
							1-4 LBS	5-24 LBS
1947		Slippery elm bark	cut & sifted	<i>Ulmus rubra</i>	United States	\$ 9.20	\$ 23.00	\$ 20.70
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	\$ 3.60	\$ 9.00	\$ 8.10
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 lb		
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>Pfaffia paniculata</i>	Brazil	\$ 6.00	\$ 15.00	\$ 13.50
572		Szechuan pepper	whole	<i>Zanthoxylum simulans</i>	China	\$ 13.60	\$ 34.00	\$ 30.60
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
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	\$ 9.20	\$ 23.00	\$ 20.70
520		Turkey rhubarb root	powder	<i>Rheum palmatum</i>	United States	\$ 9.20	\$ 23.00	\$ 20.70
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

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	[PRICE PER POUND FOR]	
						1-4 LBS	5-24 LBS
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	\$ 135.00 / 1/4 lb		
434	 Vanilla beans, approx. 24	whole	<i>Vanilla planifolia</i>	Madagascar	\$ 200.00 / 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
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
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	\$ 7.20	\$ 18.00	\$ 16.20
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

ITEM#	BOTANICALS & SEASONINGS	FORM	LATIN NAME	ORIGIN	1/4 LB	PRICE PER POUND FOR	
						1-4 LBS	5-24 LBS
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	\$ 7.20	\$ 18.00	\$ 16.20
1340	Yucca root	cut & sifted	<i>Yucca schidigera</i>	United States	\$ 4.00	\$ 10.00	\$ 9.00
1033	Yucca root	powder	<i>Yucca schidigera</i>	United States	\$ 4.20	\$ 10.50	\$ 9.45

* BOTANICALS & SEASONINGS SHOWCASED ITEMS

Elder flower *Sambucus nigra*

The European elder produces numerous clusters of delicate, cream-colored, sweetly aromatic flowers that are popular with herbal enthusiasts all over the world. Since ancient times, these little jewels have been used to make infusions, tonics, tinctures and syrups to counter congestion and other respiratory issues, often in combination with *linden flowers*.

Elder flowers are also used to make salves, creams and lotions for a variety of inflammatory skin problems, from eczema to diaper rash and sunburn. The cooled tea is used as an eye wash and also as a final rinse for the hair.

The flowers, which must be cooked before eating, are added to jams, jellies, sauces, puddings, cakes, tarts, and other sweets, sometimes in combination with *elder berries* or gooseberries. The flowers are also key to making traditional elder flower cordial, a syrupy concoction used to flavor a variety of beverages and cocktails, or simply served with sparkling water or wine.



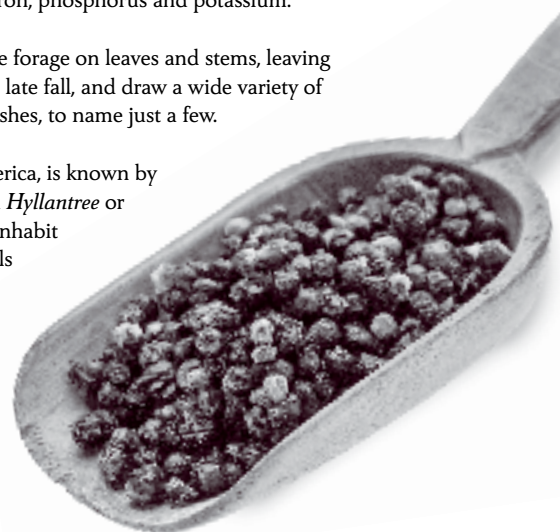
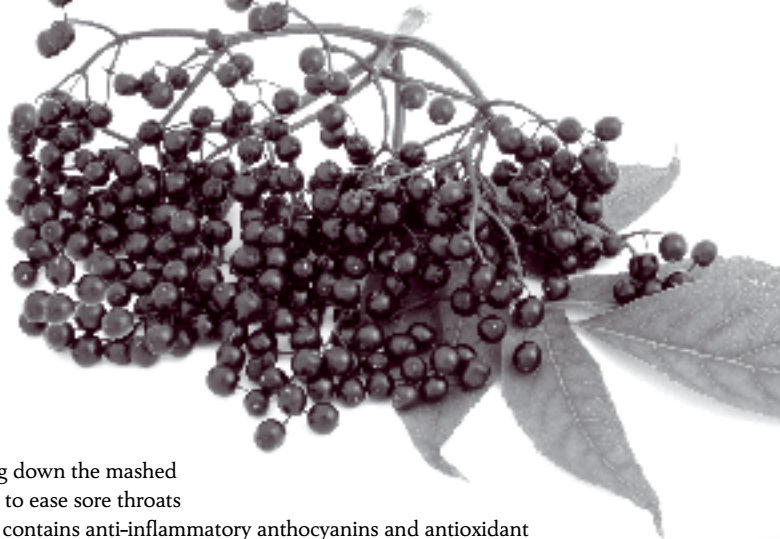
Elderberry *Sambucus nigra*

Elder is a relatively small, shrubby tree that rarely reaches more than 20 feet in height. It is recognized by dark green, oval-shaped, serrated leaves that appear in opposite pairs in groups of five to seven per stem. Wide umbels of five-petaled, creamy white flowers with pale yellow “faces” emerge in late spring, like tiny dancers that bend in unison with the most gentle of breezes, luring passersby with muscat fragrance. These features make elder a popular addition to the woodland garden.

In the kitchen, the berries are used to make juice, pies, jams, sauces, chutneys, wine and other beverages. A simple syrup made by boiling down the mashed fruit with water and sugar helps to ward off the woes of winter, and to ease sore throats and coughs should a virus strike. Like other dark berries, elderberry contains anti-inflammatory anthocyanins and antioxidant flavonoids, such as quercetin and kaempferol. Elderberries are also high in vitamin C, with a cup providing up to 87% DV (Daily Value). The berries are also a good source of vitamin A and vitamin B6, as well as calcium, iron, phosphorus and potassium.

The tree also provides food for a number of different species of wildlife. Deer, elk and moose forage on leaves and stems, leaving the juicy berries for bears and squirrels. The berries, or drupes, appear in hanging clusters in late fall, and draw a wide variety of birds, including robins, blackbirds, woodpeckers, jays, starlings, sparrows, warblers and thrushes, to name just a few.

This European native, now naturalized throughout portions of Asia and North America, is known by many other names, depending on the region. In Germany, elder is often called *Hyllantree* or *Hylde*, in honor of Hylde Moer, the elder mother whose spirit is said to inhabit the tree. Hans Christian Andersen's *Hyldeemoer*, published in 1851, tells the story of a young boy's encounter with the tree spirit after his mother gave him elderberry tea, whom she captures in the teapot. Other common names include boor tree, ellhorn, pipe tree, judas tree, sureau, bountry, ellanwood, European elderberry, German elder and black elder.



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mulling spices, #873

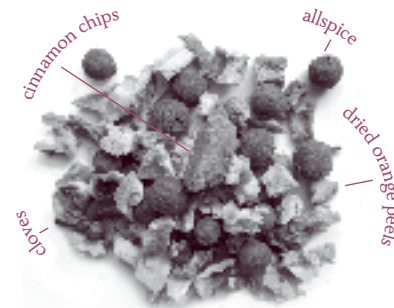


ITEM#	SPICE BLENDS	INGREDIENTS	1/4 LB	[PRICE PER POUND FOR]		
				1-4 LBS	5-24 LBS	
1878	Cajun Spice Blend	<i>Cumin, garlic granules, salt, paprika, onion granules, black pepper, oregano, rosemary, and cayenne pepper</i>	\$ 2.32	\$ 5.80	\$ 5.22	
1121	Celery Salt	<i>Celery seed and salt</i>	\$ 1.00	\$ 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, and 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, and cinnamon</i>	\$ 2.60	\$ 6.50	\$ 5.85	
709	Lemon Pepper Blend	<i>Lemon peel, spices, onion, salt, sugar, citric acid, and garlic</i>	\$ 3.60	\$ 9.00	\$ 8.10	
* 873	Mulling Spices	<i>Orange peel, cinnamon, cloves, and allspice</i>	\$ 2.60	\$ 6.50	\$ 5.85	
1242	Onion Salt	<i>Dehydrated onion, salt, and 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

Mulling Spices

Mulling is an old practice, one that involves infusing warmed juices, ciders, or wines with a collection of luscious ingredients, and results in a smooth and soothing evening beverage. Our Mulling Spices follow the traditional ingredients of cinnamon, cloves, allspice, and dried orange peels, which create a well-rounded brew that is sweet, light, and addicting! Prepare a fragrant cup using our Mulling Spices and enjoy a cornucopia of exciting flavors!



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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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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.

herbal chocolate chai, loose leaf rooibos, #3341



ITEM#	LOOSE LEAF BLACK TEA	INGREDIENTS	1/4 LB	[PRICE PER POUND FOR]		
				1-4 LBS	5-24 LBS	
1836	 Apricot Fruit Tea	black tea, apricot pieces, marigold petals, and fruit flavor	\$ 3.20	\$ 8.00	\$ 7.20	
1835	 Assam Tea (<i>Kondoli</i>)	<i>Tippy Golden Flowery Orange Pekoe</i> grade black tea	\$ 4.00	\$ 10.00	\$ 9.00	
1837	 Blackberry Fruit Tea	black tea, blackberry leaf, and fruit flavor	\$ 3.20	\$ 8.00	\$ 7.20	
922	 Black Tea	<i>Flowery Orange Pekoe</i> grade black tea	\$ 2.00	\$ 5.00	\$ 4.50	
981	 Black Tea	<i>Flowery Orange Pekoe</i> grade organic black tea	\$ 4.80	\$ 12.00	\$ 10.80	
290	 Black Tea, <i>decaf</i>	<i>Flowery Orange Pekoe</i> grade decaffeinated black tea	\$ 7.20	\$ 18.00	\$ 16.20	
828	 Black Currant Tea	black tea, blackcurrant leaf, and fruit flavor	\$ 4.00	\$ 10.00	\$ 9.00	
1299	 Ceylon Tea	<i>Flowery Broken Orange Pekoe</i> grade organic black tea	\$ 6.00	\$ 15.00	\$ 13.50	
672	 Ceylon Tea	<i>Broken Orange Pekoe</i> grade black tea	\$ 4.00	\$ 10.00	\$ 9.00	
225	 Darjeeling Tea	<i>Finest Tippy Golden Flowery Golden Pekoe</i> grade black tea	\$ 10.40	\$ 26.00	\$ 23.40	
1409	 Darjeeling Tea	<i>Finest Tippy Golden Flowery Golden Pekoe</i> grade organic black tea	\$ 8.80	\$ 22.00	\$ 19.80	
482	 Earl Grey Tea	black tea, cornflower petals, and bergamot flavor	\$ 4.40	\$ 11.00	\$ 9.90	
1255	 Earl Grey Tea	organic black tea, cornflower petals, and natural bergamot flavor	\$ 6.00	\$ 15.00	\$ 13.50	
568	 Earl Grey Tea, <i>decaf</i>	decaffeinated black tea and natural bergamot flavor	\$ 7.20	\$ 18.00	\$ 16.20	
633	 English Breakfast Tea	<i>Tippy Golden Flowery Orange Pekoe</i> grade organic black tea	\$ 5.20	\$ 13.00	\$ 11.70	
1387	 English Breakfast Tea	a blend of black teas	\$ 3.60	\$ 9.00	\$ 8.10	
2086	 Ginger Peach Tea	black tea, ginger, peach pieces, and fruit flavor	\$ 3.40	\$ 8.50	\$ 7.65	
2090	 Gold Rush Tea	passionfruit, mango, cornflower, black tea, blue mallow blossoms, marigold petals, safflower, and fruit flavor	\$ 5.20	\$ 13.00	\$ 11.70	
454	 Irish Breakfast Tea	a blend of organic black teas	\$ 5.60	\$ 14.00	\$ 12.60	
461	 Irish Breakfast Tea	a blend of black teas	\$ 4.80	\$ 12.00	\$ 10.80	
2061	 Mango Tea	black tea, mango pieces, marigold petals, and fruit flavor	\$ 3.20	\$ 8.00	\$ 7.20	
965	 Oolong Tea	large coarse leaf	\$ 3.40	\$ 8.50	\$ 7.65	
1838	 Orange Fruit Tea	black tea, orange peel, and fruit flavor	\$ 3.00	\$ 7.50	\$ 6.75	
288	 Orange Spice Cinnamon Tea	black tea, orange peel, cinnamon, and fruit flavor	\$ 3.20	\$ 8.00	\$ 7.20	
1490	 Orange Spice Cinnamon Tea, <i>decaf</i>	decaffeinated black tea, orange peel, cinnamon, and fruit flavor	\$ 4.80	\$ 12.00	\$ 10.80	
2088	 Passion Fruit Tea	black tea, marigold petals, and fruit flavor	\$ 3.20	\$ 8.00	\$ 7.20	
1839	 Raspberry Fruit Tea	black tea, raspberry leaf, and fruit flavor	\$ 3.00	\$ 7.50	\$ 6.75	
1840	 Summer Fruit Ambrosia Tea	black tea, safflower, and fruit flavor	\$ 3.00	\$ 7.50	\$ 6.75	
1841	 Tropical Fruit Tea	black tea, mango pieces, cornflower petals, and fruit flavor	\$ 3.00	\$ 7.50	\$ 6.75	
2056	 Winter Blend Tea	black tea, orange peel, cinnamon, apple pieces, rose petals, with fruit and spice flavoring	\$ 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</i> grade green tea	\$ 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>	\$ 2.80	\$ 7.00	\$ 6.30	
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>	\$ 4.80	\$ 12.00	\$ 10.80	
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	 Young Hyson Green Tea	<i>Formosa green tea, twisted leaf</i>	\$ 3.12	\$ 7.80	\$ 7.02	

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	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>	\$ 4.00	\$ 10.00	\$ 9.00
1967	 Rooibos	<i>organic rooibos: South African "red bush" tea</i>	\$ 4.80	\$ 12.00	\$ 10.80
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

Sencha Green Tea (from Japan)

The exciting zest of a popular Japanese green tea, Sencha is the delight of many tea drinkers. With its golden green cup and delicate aroma, Sencha offers a clean and astringent taste alongside notes of sweet fruitiness and wholesome earthiness.

Comprised of smaller green leaves, Sencha is a dynamic and exciting brew, encompassing all the health benefits associated with green teas.

Enjoy this classic cup of Japanese green tea, a peaceful taste experience!



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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	\$ 7.60	\$ 19.00	\$ 17.10	
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	Chamomint 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	\$ 7.20	\$ 18.00	\$ 16.20	
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	\$ 7.20	\$ 18.00	\$ 16.20	
† 1958	Get Smart tea	Peppermint, gotu kola, lemongrass, ginkgo, marigold petals, eleuthero, licorice, damiana, and ho shou wu	\$ 7.60	\$ 19.00	\$ 17.10	
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	\$ 7.60	\$ 19.00	\$ 17.10	
† 3372	Mama to Be tea	Raspberry leaf, nettle, spearmint, ginger, oatstraw, rose petals, lemon balm, and chamomile	\$ 7.20	\$ 18.00	\$ 16.20	
2057	Passion Berry Fruit Tisane	Hibiscus petals, cranberries, orange peel, apple pieces, and fruit flavor	\$ 5.80	\$ 14.50	\$ 13.05	

† Hand-crafted by local artisan tea blender
Flower Power Teas in Santa Cruz, CA

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>	\$ 7.20	\$ 18.00	\$ 16.20	
† 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, blackberry leaf, rose hips, hibiscus, juniper berry, and natural fruit flavor</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>	\$ 7.20	\$ 18.00	\$ 16.20	
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		
			1-4 LBS	5-24 LBS	
2211	Apricot Fruit Tea	\$ 3.00	\$ 7.50	\$ 6.75	
1976	Black Tea	\$ 3.86	\$ 9.65	\$ 8.68	
2210	Blackberry Fruit Tea	\$ 3.00	\$ 7.50	\$ 6.75	
1974	Chamomile	\$ 3.20	\$ 8.00	\$ 7.20	
2208	Chai	\$ 4.60	\$ 11.50	\$ 10.35	
1978	Earl Grey	\$ 3.20	\$ 8.00	\$ 7.20	
3431	English Breakfast	\$ 4.00	\$ 10.00	\$ 9.00	
2205	Ginger	\$ 3.20	\$ 8.00	\$ 7.20	
1977	Green Tea	\$ 3.84	\$ 9.60	\$ 8.64	
1973	Hibiscus	\$ 3.60	\$ 9.00	\$ 8.10	
2217	Hibiscus Mint	\$ 3.60	\$ 9.00	\$ 8.10	
2207	Lemongrass	\$ 2.80	\$ 7.00	\$ 6.30	

ITEM#	BULK TEA BAGS	1/4 LB	PRICE PER POUND FOR		
			1-4 LBS	5-24 LBS	
2046	Mango Tea	\$ 3.50	\$ 8.75	\$ 7.88	
2244	Oolong Tea	\$ 3.20	\$ 8.00	\$ 7.20	
2074	Pau d'Arco	\$ 3.40	\$ 8.50	\$ 7.65	
1971	Peppermint	\$ 3.40	\$ 8.50	\$ 7.65	
3537	Raspberry Leaf	\$ 5.20	\$ 13.00	\$ 11.70	
1975	Rooibos	\$ 3.92	\$ 9.80	\$ 8.82	
1972	Rose Hips	\$ 2.84	\$ 7.10	\$ 6.39	
2212	Senna Leaf	\$ 3.00	\$ 7.50	\$ 6.75	
3367	Spearmint	\$ 3.10	\$ 7.75	\$ 6.97	
2215	White Tea	\$ 4.00	\$ 10.00	\$ 9.00	
2209	Yerba Mate	\$ 3.00	\$ 7.50	\$ 6.75	

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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.



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	\$ 7.00	\$ 6.30	\$ 86.00
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
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	\$ 5.00	\$ 4.50	\$ 62.00
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	\$ 6.00	\$ 5.40	\$ 78.00
714	Grapefruit oil	<i>Citrus paradisi</i>	United States	\$ 11.00	\$ 9.90	\$ 128.00
* 941	Juniper berry oil	<i>Juniperus communis</i>	Italy	\$ 10.00	\$ 9.00	\$ 120.00
1267	Lavender oil	<i>Lavandula angustifolia</i>	France	\$ 9.00	\$ 8.10	\$ 110.00
405	Lemon oil	<i>Citrus limon</i>	United States	\$ 5.50	\$ 4.95	\$ 60.00
120	Lemongrass oil	<i>Cymbopogon citratus</i>	Mexico	\$ 6.00	\$ 5.40	\$ 75.00
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
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
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

ITEM#	ESSENTIAL OILS	LATIN NAME	ORIGIN	PRICE PER OUNCE FOR		
				1-4 fl oz	5-15 fl oz	16 fl oz
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	\$ 5.50	\$ 4.95	\$ 75.00
925	Ylang ylang oil, 3rd press	<i>Cananga odorata</i>	Comoros Islands	\$ 15.00	\$ 13.50	\$192.00



* ESSENTIAL OILS SHOWCASED ITEM

Juniper Berry (*an essential oil*) *Juniperus communis*

Juniper, also known as common juniper, is a woody, evergreen shrub with a wide natural range that includes Europe, Asia and North America. While the crushed leaves emit an apple-like aroma, oil extracted from the berry has a fresh, slightly balsamic fragrance. Juniper berry essential oil is used in aromatherapy and massage for its astringent and balancing effects.

aromatherapy

Diffuse in a burner or with a vaporizer.
The scent of the oil is said to relieve nervous tension.

cosmetics / personal care

Mix a few drops into lotion or cream.

massage / bath / spa

Blend with a carrier oil to use as a massage oil for tired and painful muscles and joints. May also be added to bath water.

household

Add to aroma sprays to help freshen and cleanse the air.
May also be used in homemade insect repellent sprays.

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

Grapeseed Oil (a carrier oil)

Vitis vinifera

As the name suggests, grapeseed oil is produced from grapes. In fact, the oil is substantially profitable by-product of the wine making industry. The oil is ideal for use in skin care products because of its antioxidant compounds and high concentration of vitamin E and linoleic acid.

Grapeseed oil is pale green and has a slightly nutty aroma but will not interfere with other scents. Mix with essential oils and carry in a vial or aromatherapy pendant.

Grapeseed oil is a favorite of massage therapists because of its light texture and quick absorption rate. The oil is also rich in antioxidants and linoleic acid, which help to protect skin from free radical damage. It is also moisturizing and slightly astringent, making it beneficial for addressing acne, eczema, stretch marks and other skin conditions.



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ITEM#	CAPSULE MAKING SUPPLIES	DESCRIPTION	[PRICE PER PIECE FOR]	
			1-4 PCS	5+ PCS
432	Cap-M-Quick 'O'	<i>capsule filler machine (fills 50 capsules at a time), size 'O'</i>	\$ 17.00	\$ 15.30
879	Cap-M-Quick 'OO'	<i>capsule filler machine (fills 50 capsules at a time), size 'OO'</i>	\$ 17.00	\$ 15.30
1806	tamper, Cap-M-Quick 'O'	<i>tamper board for Cap-M-Quick (not shown), size 'O'</i>	\$ 8.00	\$ 7.20
1807	tamper, Cap-M-Quick 'OO'	<i>tamper board for Cap-M-Quick (not shown), size 'OO'</i>	\$ 8.00	\$ 7.20
1871	The Capsule Machine	<i>capsule filler machine (fills 24 capsules at a time), size 'O'</i>	\$ 18.00	\$ 16.20
1023	The Capsule Machine	<i>capsule filler machine (fills 24 capsules at a time), size 'OO'</i>	\$ 18.00	\$ 16.20

ITEM#	CAPSULES	QTY/PKG	CAPACITY (APPROXIMATE)	[PRICE PER PIECE FOR]	
				1 PCS	2+ PCS
1100	Gelatin Capsules, size 'O'	500/pkg	500 mg	\$ 5.50	\$ 4.95
1435	Gelatin Capsules, size 'OO'	500/pkg	1000 mg	\$ 8.70	\$ 7.83
1182	Gelatin Capsules, size '000'	500/pkg	1300 mg	\$ 19.50	\$ 17.55
1179	Vegetarian Capsules, size 'O'	500/pkg	500 mg	\$ 9.40	\$ 8.46
302	Vegetarian Capsules, size 'OO'	500/pkg	1000 mg	\$ 12.00	\$ 10.80

#1100
#1435
#1182
#1179
#302



*make your own herbal supplements —
we carry gelatin capsules
and vegetarian capsules
size 'O' or size 'OO'*



ITEM#	SPICE RACKS	DESCRIPTION	SIZE	[PRICE PER PIECE FOR]	
				1-4 PCS	5+ PCS
3215	Individual magnet spice container	<i>stainless steel</i>	<i>2 5/8" diameter x 1 11/16" high</i>	\$ 5.50	\$ 4.95
3216	5-magnet spice containers & rack	<i>stainless steel, w/ steel board</i>	<i>3" wide x 13" long</i>	\$ 37.00	\$ 33.30
3217	5-magnet spice containers & rack	<i>stainless steel, w/ steel L-shape stand</i>	<i>14" high x 3" wide x 7" deep</i>	\$ 40.00	\$ 36.00
3218	8-magnet spice containers & rack	<i>stainless steel, w/ steel L-shape stand</i>	<i>11" high x 6" wide x 6" deep</i>	\$ 65.00	\$ 58.50

ITEM#	HERBAL SUPPLIES	DESCRIPTION	SIZE	1-4 PCS	5+ PCS
1343	muslin herb bag	<i>muslin bag with drawstring</i>	<i>small, 3" x 5"</i>	\$ 0.20	\$ 0.18
1086	muslin herb bag	<i>muslin bag with drawstring</i>	<i>medium, 4" x 6"</i>	\$ 0.24	\$ 0.22
680	muslin herb bag	<i>muslin bag with drawstring</i>	<i>large, 6" x 8"</i>	\$ 0.38	\$ 0.34
3208	nutmeg grater	<i>stainless steel nutmeg grater</i>	<i>5 1/2" x 1 3/4"</i>	\$ 2.40	\$ 2.16
1539	pipette dropper	<i>polyethylene oil dropper, pipette</i>	<i>3 ml, 6" long</i>	\$ 0.20	\$ 0.18
3214	steel tin w/ lid	<i>cylindrical steel tin w/ lid</i>	<i>4 oz, 1 1/2" diameter x 1 3/4" high</i>	\$ 1.40	\$ 1.26
3213	steel tin w/ lid	<i>cylindrical steel tin w/ lid</i>	<i>8 oz, 3 1/4" diameter x 2" high</i>	\$ 1.90	\$ 1.71
3212	steel tin w/ lid	<i>cylindrical steel tin w/ lid</i>	<i>16 oz, 4" diameter x 2 1/2" high</i>	\$ 2.48	\$ 2.23
3209	teapot, cast iron	<i>cast iron teapot w/ matching trivet (lime green)</i>	<i>20 oz, 6 1/2" x 2 1/2"</i>	\$ 36.00	\$ 32.40
3210	teapot, cast iron	<i>cast iron teapot w/ matching trivet (red)</i>	<i>27 oz, 2 1/2" x 7"</i>	\$ 39.50	\$ 35.55
3211	teapot, cast iron	<i>cast iron teapot w/ matching trivet (black)</i>	<i>40 oz, 7" x 3 1/2"</i>	\$ 43.25	\$ 38.93



#3215
#3216
#3217
#3218

#1343
#1086
#680



#3214
#3213
#3212
—
#3208



#1539
—
#480



ITEM#	HERBAL SUPPLIES	DESCRIPTION	PRICE PER PIECE FOR	
			1-4 PCS	5+ PCS
632	bamboo tea strainer	<i>bamboo tea strainer (single serving), 2 1/2" diameter</i>	\$ 1.70	\$ 1.53
305	strainer, tea sock	<i>tea filter sock (large size - volume approx 8 oz), 3 1/4" diameter</i>	\$ 3.50	\$ 3.15
3203	strainer, tea ball heart	<i>heart-shaped stainless steel tea ball w/ drip plate, 2"</i>	\$ 3.20	\$ 2.88
1253	strainer, tea	<i>stainless steel mesh tea strainer w/ drip bowl</i>	\$ 5.00	\$ 4.50
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

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

#632
#305#3200
—
#3203
#3204#3207
#3205
#1194
—
#41
#1253#24
#1968
#2197
#2241#3209
#3210
#3211

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ITEM#	GLASSWARE	DESCRIPTION	SIZE	[PRICE PER PIECE FOR]	
				1-4 PCS	5+ PCS
1081	jar, clear	clear round glass jar w/ lid	1/2 gal, 6 1/4" H x 5 1/4" D	\$ 5.50	\$ 4.95
207	jar, clear	clear round glass jar w/ lid	1 gal, 10" H x 6 1/8" D	\$ 6.50	\$ 5.85
1258	bottle, clear	glass spice bottle, clear w/ white lid	4 oz, 4" H x 1 3/4" D	\$ 1.20	\$ 1.08
166	bottle, clear	glass spice bottle, clear w/ white lid	8 oz, 5" H x 2" D	\$ 1.65	\$ 1.49
1280	bottle, clear	clear glass bottle w/ lid	1/4 oz, 2 1/2" H x 5/8" D	\$ 0.90	\$ 0.81
576	vial, clear	glass vial stopper cap w/ stem	1/5 dram, 1 1/8" H x 1/4" D	\$ 0.20	\$ 0.18
1873	dropper	glass dropper	1/2 oz, 2 3/8" stem length, 3 1/4" overall	{ \$ 0.55 / ea }	
1333	dropper	glass dropper	1 oz, 2 3/8" stem length, 3 2/3" overall	{ \$ 0.60 / ea }	
1874	dropper	glass dropper (for use with 2 oz amber bottles)	2 oz, 3" stem length, 4 1/4" overall	{ \$ 0.70 / ea }	



#207
#1081



#166
#1258

also see our magnetic
steel spice containers, p 40



#1280
#576

also see our polyethylene
oil dropper pipettes, p 40



#1873
#1333
#1874

ITEM#	GLASSWARE	DESCRIPTION	SIZE	[PRICE PER PIECE FOR]	
				1-4 PCS	5+ PCS
1705	bottle, amber	<i>amber glass bottle w/ lid (wide mouth)</i>	60 cc, 3" H x 1 3/4" D	\$ 1.20	\$ 1.08
1701	bottle, amber	<i>amber glass bottle w/ lid (wide mouth)</i>	150 cc, 4" H x 2 1/8" D	\$ 1.50	\$ 1.35
1566	bottle, amber	<i>amber glass bottle w/ lid (wide mouth)</i>	250 cc, 4 3/4" H x 2 3/8" D	\$ 1.60	\$ 1.44
1702	bottle, amber	<i>amber glass bottle w/ lid (wide mouth)</i>	500 cc, 6" H x 3" D	\$ 2.80	\$ 2.52
666	bottle, amber	<i>amber glass bottle w/ dropper (narrow mouth)</i>	1 oz, 3 1/2" H x 1 1/4" D	\$ 1.40	\$ 1.26
715	bottle, amber	<i>amber glass bottle w/ lid (narrow mouth)</i>	1/2 oz, 3" H x 3/4" D	\$ 0.70	\$ 0.63
65	bottle, amber	<i>amber glass bottle w/ lid (narrow mouth)</i>	1 oz, 3 1/4" H x 1 1/4" D	\$ 0.90	\$ 0.81
818	bottle, amber	<i>amber glass bottle w/ lid (narrow mouth)</i>	2 oz, 3 7/8" H x 1 3/8" D	\$ 1.00	\$ 0.90
589	bottle, amber	<i>amber glass bottle w/ lid (narrow mouth)</i>	4 oz, 4 1/2" H x 1 3/4" D	\$ 1.05	\$ 0.95
825	bottle, amber	<i>amber glass bottle w/ lid (narrow mouth)</i>	8 oz, 5 5/8" H x 2 3/8" D	\$ 1.35	\$ 1.22
111	bottle, amber	<i>amber glass bottle w/ lid (narrow mouth)</i>	16 oz, 6 3/4" H x 2 3/4" D	\$ 1.45	\$ 1.31
862	bottle, cobalt blue	<i>cobalt blue glass bottle w/ lid</i>	1 oz, 3 1/4" H x 1 1/4" D	\$ 1.20	\$ 1.08
276	bottle, cobalt blue	<i>cobalt blue glass bottle w/ lid</i>	2 oz, 3 7/8" H x 1 3/8" D	\$ 1.30	\$ 1.17
38	mist sprayer	<i>mist sprayer for bottle</i>	2 oz	\$ 1.20	\$ 1.08



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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, we hope you'll also enjoy receiving our 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. 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



THE HEDGEROW HERB: EUROPEAN ELDER

from our November '18 newsletter

Most of us have either heard of or sampled elderberry wine at some point. Monty Python fans might recall the hilarious but nonsensical insult slung to King Arthur by the French soldier, who sorely lacked command of the English language: "Your mother was a hamster, and your father smelt of elderberries." What he actually intended to convey is anyone's guess, but the odd idiom is evidence that the juicy fruit was well known to the non-tea-toting set in Europe, at least in England and France.

Ah...but there is so much more to the European elder than fruit and farce. The berries also yield a rich dye for textiles and are cooked into pies, jams, cordials and syrups. The delicate flowers of the tree are added to pancake batter, dipped in milk and eggs and fried like fritters, and made into herbal teas and natural skin care products. The tree itself is said to possess supernatural powers and its wood provided the earliest toys and musical instruments.

The Elder of Old

European elder (*Sambucus nigra*), not to be confused with the toxic American elder, is a small, shrubby, deciduous tree that bears deep purple drupes and cream-colored flowers. Also known as black elder, bore tree, and often written simply as elder berry or elderberry, this member of the moschatel family favors moist woodland areas in its native habitats of Europe, North Africa and Western Asia, although it is also grown as an ornamental hardy to Zone 3 in the United States.

Elder has a long and varied significance in herbal history that dates to the 5th century BCE. The plant was well known to Pliny the Elder, Culpeper, Dioscorides and Hippocrates. The first written scientific description of the plant's pharmacological qualities, however, is credited to the 14th century German scholar, Conrad von Megenberg, who recommended drinking elderberry juice to ward off illness.

Respect Your Elders

There is a great deal of folklore associated with European elder. In Scotland, for example, the tree was thought to protect against evil spirits, and crosses made of its wood were hung in homes and in stables to shield their occupants from harm. In the Isle of Man, elder was believed to be the home of elves, while, in Ireland, any witch worth her salt could rise to meet the moon on a broom made of elder. In Denmark, the tree spirit of Hylde-Moer, or the Elder Mother, was said to live among the branches. Failing to ask permission of Hylde-Moer before cutting into the tree would result in the spirit haunting the person who raised the axe as well as whatever object the wood was used to make.

Pop Goes the Elder

European elder may provide fruit and flower, but its branches are also of use. When the inner white pith that lines the bark is removed, a hollow tube remains. At one time, these "tubes" were used as tinder and to fashion bellows with which to blow air onto fires to create higher flames. In fact, many etymologists suspect that the English term "elder" is derived from the Anglo Saxon words *aeld* and *eller*, which mean "fire" and "kindler of fire," respectively.

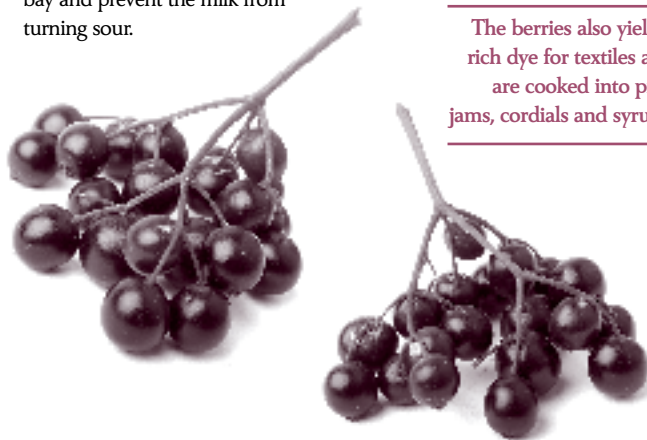
The hollowed-out branches also provided material for the earliest of children's toys and musical instruments that are still enjoyed today — pop guns, whistles and flutes. Culpeper expressed the familiarity of elder in writing with, "It is needless to write any description of this [Elder], since every boy that plays with a pop-gun will not mistake another tree for the Elder."

Flower to Leaf

Like other shrubs that produce white flowers, such as rowan and hawthorn, elder was strongly associated with Goddess-centric traditions in Ireland and its flowers, in particular, were believed to be favored by fairies. Leaving food out at night under a blooming elder tree was a habit born of desire to make friends with the mischievous wee folk. Women who washed their face with morning dew collected from elder flowers was certain to retain her youthful beauty. Elder flowers are still used to make aromatic waters, colognes and skin cleansers, such as the infamous *Eau de Sureau*.

The leaves of elder were also important. While the berries provided purple dyes and the bark grey and black, yellow and green dyes were produced from elder leaves, all of which were used to make Harris Tweed, the traditional wool cloth handwoven for centuries in the Outer Hebrides of Scotland. The strong fragrance of the leaves was said to repel flies and other insects, so they were hung in bunches in the home and were affixed to the harness of one's horse. It was common for elder trees to be planted around bake houses and dairies, too. Bake houses enjoyed protection from evil released from burning fires, while dairies hung cheese cloth to dry among the tree's branches, hopeful that the practice would keep flies at bay and prevent the milk from turning sour.

The berries also yield a rich dye for textiles and are cooked into pies, jams, cordials and syrups.



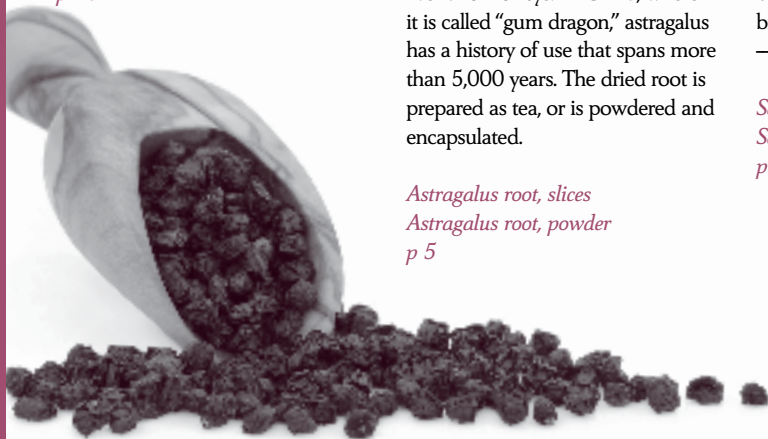
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pairing herbs with Elderberry

Sambucus nigra

Elderberries are harvested in fall and lend a sweet but tart flavor to many different kinds of foods and beverages, including baked goods, jams, jellies, sauces, liquors and cordials. Elderberry syrup is a treasure during the winter months, while tonics and teas lift the spirits year-round. Herbal companions that support elderberry formulas include Schizandra berry, pleurisy root and astragalus root.

Elderberry, whole, organic
Elderberry, whole, wild crafted
Elderberry, powder
p 10



ASTRAGALUS ROOT
+ ELDERBERRY
for tonic + tea + capsule



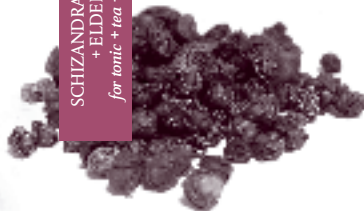
Astragalus Root

Astragalus membranaceus

Astragalus, also known as milk vetch, hwanggi and huang qi, refers to the root of a perennial plant in the pea family that is native to the mountainous regions of China, North Korea and Mongolia. There are more than 2,000 species of astragalus, with some of the North American varieties being toxic. *Astragalus membranaceus*, however, is revered throughout Asia as an herb that reputedly promotes longevity and helps to balance the flow of energy in the liver and kidneys. In China, where it is called “gum dragon,” astragalus has a history of use that spans more than 5,000 years. The dried root is prepared as tea, or is powdered and encapsulated.

Astragalus root, slices
Astragalus root, powder
p 5

SCHIZANDRA BERRY
+ ELDERBERRY
for tonic + tea + capsule



Schizandra Berry

Schisandra chinensis

Schizandra berry is the fruit of *Schizandra chinensis*, a flowering, woody vine native to China and the far eastern portion of Russia. Also known as Magnolia vine, Schizandra berry is noted for its antioxidant value when taken as tea or in capsule form. In its native China, where the herb is said to enhance stamina, strengthen *qi* (life force), and to calm the anxious heart, it is called *Wu Wei Zi*, which translates to “five-flavor-fruit.” As the moniker implies, the berry raises all five taste sensations — bitter, salty, sweet, sour and pungent — at the same time.

Schizandra berry, whole
Schizandra berry, powder
p 19

PLEURISY ROOT
+ ELDERBERRY
for tonic + tea + tincture



Pleurisy Root

Asclepias tuberosa

Pleurisy root is obtained from *Asclepias tuberosa*, a species of milkweed native to eastern North America and more commonly known as butterfly weed. Although all parts of the plant are toxic to grazing animals (and is not recommended for children or pregnant or breastfeeding women), the flowers, leaves and roots were used by Native Americans for various ailments, and the fibrous pod threads to make rope and other materials. European settlers, who learned how to prepare the root to address congestion and cough, are credited with giving this herb its common name of pleurisy root.

Pleurisy Root, cut & sifted
p 17

CHAMOMILE FLOWER
+ ELDER FLOWER
for tea + culinary + cosmetic



Chamomile Flower *Matricaria recutita*

Chamomile (*Matricaria recutita*) is a European native and a perennial member of the daisy family. In some regions, the herb is known as mayweed, “the water of youth” and “ground apple,” the latter being a reference to the apple-like scent released when the plant is brushed against or bruised. The herb has long held a reputation for easing tension and digestive complaints. These properties are highlighted in Beatrix Potter’s *The Tale of Peter Rabbit*, in which Peter’s mother sends him to bed with chamomile tea after being chased by the farmer McGregor. Use the dried flowers in teas, soups, tonics and in cosmetic formulas.

Chamomile, powder, (Egypt)

Chamomile, whole, (Egypt)

Chamomile, whole, organic, (Egypt)
p 8

HIBISCUS FLOWER
+ ELDER FLOWER
for tea + culinary + cosmetic



Hibiscus Flower *Hibiscus sabdariffa*

Hibiscus is a tropical plant in the mallow family that is known by many other names, among them ambashthaki, Flor de Jamaica, roselle, Jamaica sorrel and Florida cranberry. It is a favorite with gardeners because it produces large, brightly-colored flowers and can withstand freezing temperatures. While the stems are used to make burlap, the infused flowers are used as food coloring, and to make dyes for textiles. Hibiscus also yields a natural hair dye. In culinary terms, the flowers, which contain a number of anthocyanins and flavonoids, are used to make tonics, syrups, cordials, wines, jams and, of course, teas.

Hibiscus flower, cut & sifted

Hibiscus flower, cut & sifted, organic

Hibiscus flower, whole

Hibiscus flower, whole, organic

Hibiscus flower, powder

p 13

YARROW FLOWER
+ ELDER FLOWER
for tea + tincture + topical



Yarrow Flower *Achillea millefolium*

Yarrow is a member of the sunflower family that is distributed throughout the Northern Hemisphere and known by several other names, including milfoil, thousand-seal, devil’s nettle, nosebleed, stanchweed and soldier’s woundwort. The latter stems from the story of Achilles, who, according to legend, applied yarrow to the wounds of his injured soldiers during the Trojan War. Several Native American nations used the herb to address fever, pain and inflammation, and either chewed the plant stalk or made tea from the flowers. Today, the leaf and flower are often used together to make salves, tinctures, tonics and herbal tea blends.

Yarrow flower, cut & sifted, organic

Yarrow flower, cut & sifted

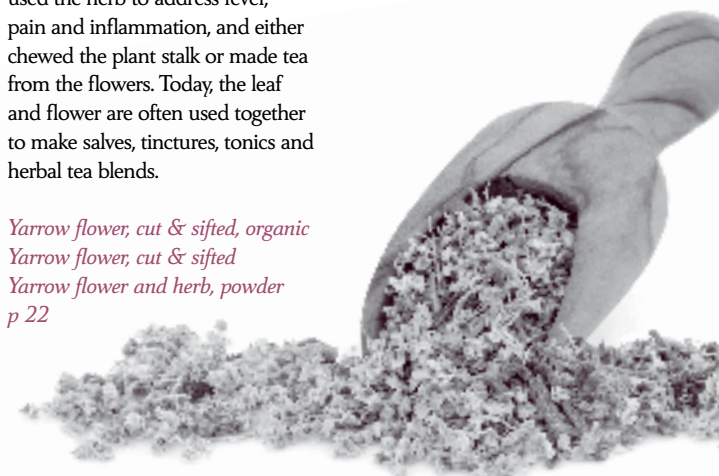
Yarrow flower and herb, powder

p 22

pairing herbs with Elder Flower *Sambucus nigra*

Elder flowers, which are harvested in late spring, have a floral, mildly musky fragrance that can be used to make floral waters. The dried flowers also work well in potpourri blends, especially with lavender, jasmine flowers and vanilla bean. In teas, tonics and topical formulas, elder flowers pair well with several other botanicals, especially chamomile, yarrow and hibiscus flowers.

Elder flower, whole
p 10



RECIPE: elder flower liquor

Also known as St. Germain, this sweet liquor is popular in Europe to use for mixing cocktails. You can purchase it in many liquor stores, but it's easy (and more fun!) to make it yourself with just a few ingredients. Note, however, that this is a two-step process that takes time to complete.

1 quart vodka

2 cups whole elder flowers, *p 10*

Zest of one lemon

½ cup sugar

½ cup water

Place the elder flowers in a clean quart-sized mason jar with lid. Add lemon zest. Fill the jar with the vodka, making sure the flowers and zest are covered completely. Put the lid on the jar and give a gentle shake. Set the jar in a cool, dark place for 3-4 weeks, turning the jar once each day. At the end of the infusing time, strain; reserving the liquid into a clean container.

Combine the sugar and water in a saucepan. Gently heat, while stirring, until sugar is completely dissolved and the mixture thickens to make a simple syrup. Remove from heat and let cool.

Add the simple syrup to the elderflower infusion and stir until incorporated. Pour into a clean bottle, cap and label. The liquor can be used right away, but it tastes best if allowed to rest in a cool,

dark place for another 8 weeks, if properly sealed using either a hot water bath and canner or self-sealing caps made for bottling. Once opened, use within 6 months.

Make elder flower liquor a few weeks ahead for the best results in adding to your cocktails. It takes only a few ingredients and keeps for six months.



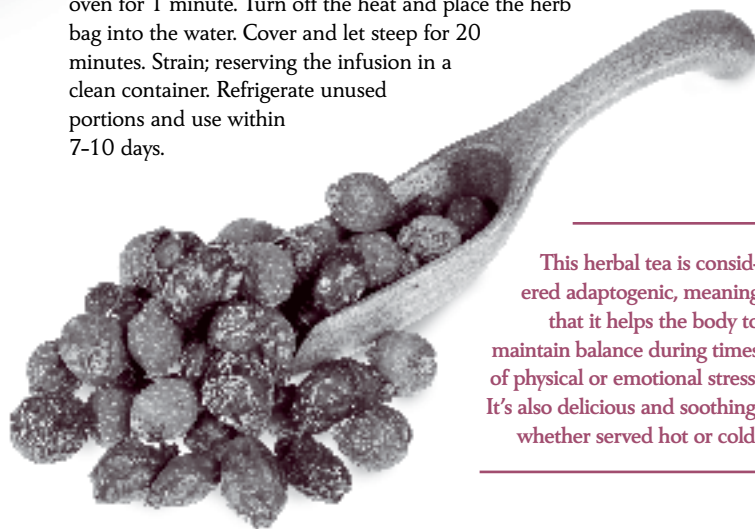


RECIPE: winter tea blend

This herbal tea is considered adaptogenic, meaning that it helps the body to maintain balance during times of physical or emotional stress. Delicious and soothing, whether served hot or cold. Makes one quart.

- 1 **tablespoon** dried elderberries, *p 10*
- 1 **tablespoon** dried rosehips, *p 18*
- 1 **tablespoon** dried stevia leaf, *p 20*
- 1 **tablespoon** dried orange peel, *p 16*
- 1 **teaspoon** dried astragalus root, *p 4*
- 1 **teaspoon** dried nettles, *p 15*
- 1 **teaspoon** raspberry leaf, *p 18*
- 1 **quart** water

Place all of the botanical ingredients in a medium-sized muslin bag. Bring the water to a boil in a large saucepan or Dutch oven for 1 minute. Turn off the heat and place the herb bag into the water. Cover and let steep for 20 minutes. Strain; reserving the infusion in a clean container. Refrigerate unused portions and use within 7-10 days.



This herbal tea is considered adaptogenic, meaning that it helps the body to maintain balance during times of physical or emotional stress. It's also delicious and soothing, whether served hot or cold.

RECIPE: elderberry & rosehips winter tonic

Give your immune system a boost with this rich-tasting, nutrient-packed tonic. Both elderberries and rosehips pack a load of vitamin C and antioxidant flavonoids, as well as minerals and dietary fiber. This simple infusion can be made in minutes and enjoyed as-is from the refrigerator or mixed into juice or tea, either in the morning or before retiring to bed at night.

- 1 **quart** water
- 3 **tablespoons** dried elderberries, *p 10*
- 3 **tablespoons** dried rosehips, *p 18*

Bring the water to a boil in a saucepan. Add elderberries and rosehips; reduce heat and cover. Simmer for 30 minutes. Remove from heat and let cool. Strain; reserving the liquid in a clean container. Refrigerate and use within 7-10 days.

PRESERVING THE HARVEST: SAVING THE SUMMER FOR LATER

from our September '17 & September '12 newsletters

Once summer's heat begins to wane and each passing day grows shorter, it's time to reap the last of your fruits of labor from the garden. Fortunately, neither flavor nor freshness need be compromised just because the season is changing. Using simple preservation methods, you can capture all the goodness of many summer fruits, vegetables and herbs to enjoy long after the growing season is over.

joy of canning

To the uninitiated, the idea of "putting up" foods at home may seem a little intimidating. While it's true that there are certain protocols to follow to ensure that foods will be safe to eat when the lid is popped weeks or months later, home canning is actually a very simple process.

Basically, there are three things that need to happen to prohibit bacterial growth:

sterilization - All tools that will come into contact with jars and lids must be sterilized, including jars and lids.

temperature - the food must be very hot before being packed into jars.

time in bath - filled jars must be given sufficient time in a hot water bath to create a vacuum seal under the lids.

To clarify, a hot water bath does not mean a soak in the tub or kitchen sink.

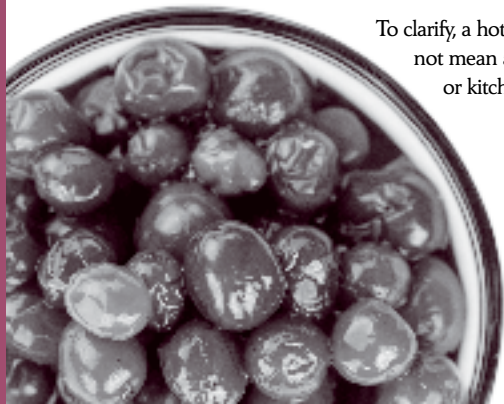
The "bath" consists of 4 to 8 mason jars (depending on size) partially immersed in boiling water while positioned on a metal rack with lift-up handles that rests inside a large kettle known as a canning pot. If you don't have one, you can use a large Dutch oven with a metal basket or colander that fits inside and heavy-duty tongs designed to withstand the weight of a loaded canning jar.

Otherwise, consider investing in a proper canning pot, along with the related equipment and a reference book to introduce you to the world of home canning. Alternatively, make small batches and consume the goods within a few days.

tickled when pickled

Most people know that jarred pickles purchased in a grocery store start out as cucumbers. It's a snap to make your own pickles from your garden "cukes." In fact, you can pickle just about anything edible — as long as you follow a few basic guidelines to ensure satisfactory results as well as food safety.

Unless otherwise stated in a recipe, always use white vinegar or pickling vinegar, which respectively possess between five and seven percent acidity. Other vinegars, while desirable in some recipes, may darken or soften some foods. The same goes for pickling salt and white granulated sugar since ordinary table salt and brown sugar may also cause unappealing color changes in pickled fruits and vegetables.



However, as you will soon discover from the recipes that follow, other vinegars and sugars enhance the flavor of certain pickled foods. The key thing to remember is to follow the recipe as written and avoid the temptation to substitute an acidic or sweetening ingredient for another.

Be just as fickle when you pickle (or can) when it comes to cookware. Always use non-reactive materials, such as glass, enamel or stainless steel. In particular, avoid using aluminum cookware when using highly acidic ingredients (i.e., vinegar) because of the potential for aluminum to leach from pot to product. Some experts claim that anodized aluminum cookware is safe. It may be, but why take the risk at all?

garden to gift basket

Perhaps the only thing more gratifying than preserving the culinary gifts that summer has to offer is sharing them with others.

If you plan to give homemade goodies as gifts during the coming holiday season, now is the time to plan. While you stir a little love and holiday magic into each recipe batch, don't forget the embellishments that really make such gifts memorable—decorative preserving jars, rustic handwritten labels and personalized gift tags tied on with a bit of homespun ribbon.

RECIPE: one-day herb & garlic pickles

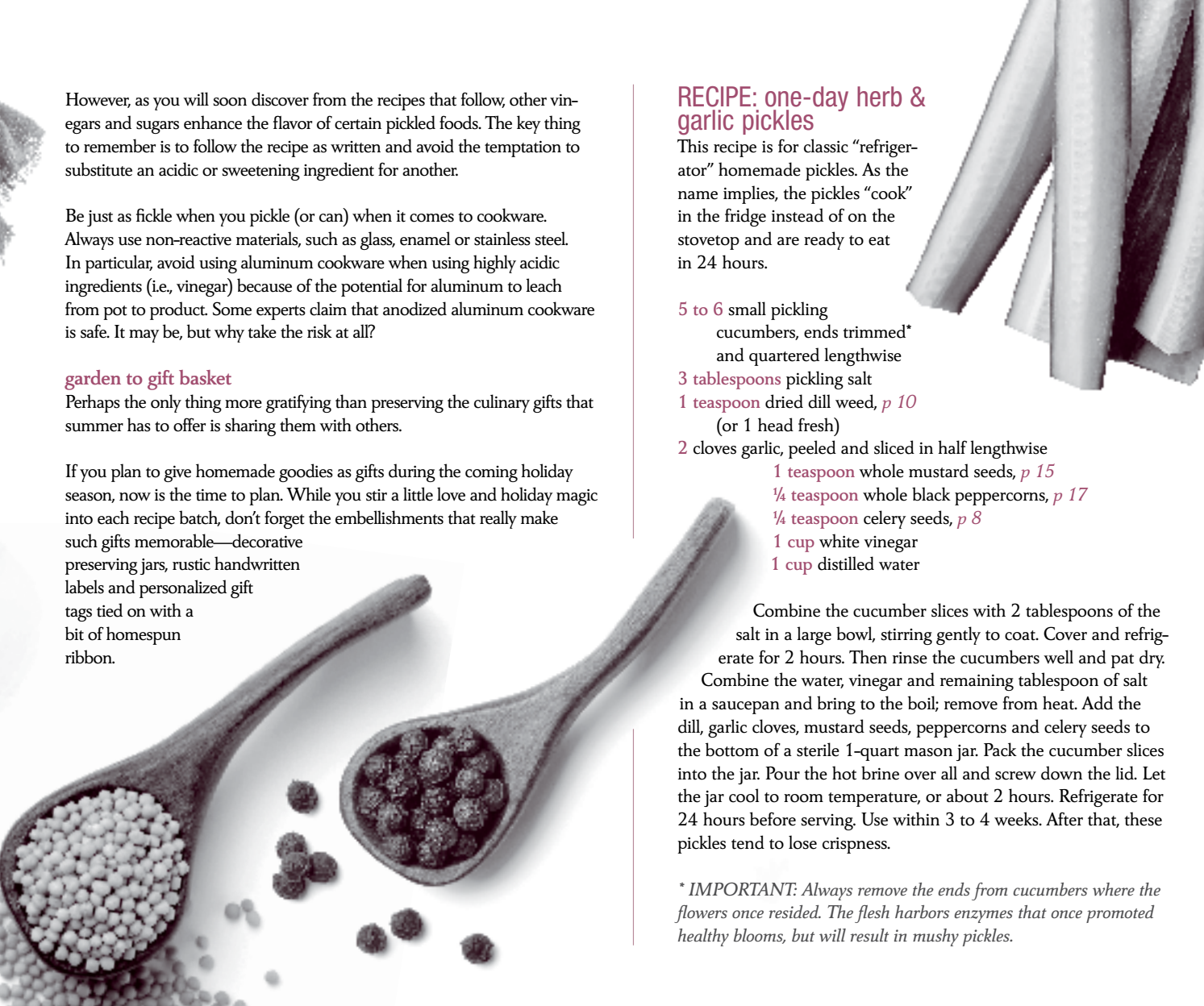
This recipe is for classic “refrigerator” homemade pickles. As the name implies, the pickles “cook” in the fridge instead of on the stovetop and are ready to eat in 24 hours.

- 5 to 6 small pickling cucumbers, ends trimmed* and quartered lengthwise
- 3 tablespoons pickling salt
- 1 teaspoon dried dill weed, *p 10* (or 1 head fresh)
- 2 cloves garlic, peeled and sliced in half lengthwise
- 1 teaspoon whole mustard seeds, *p 15*
- ¼ teaspoon whole black peppercorns, *p 17*
- ¼ teaspoon celery seeds, *p 8*
- 1 cup white vinegar
- 1 cup distilled water

Combine the cucumber slices with 2 tablespoons of the salt in a large bowl, stirring gently to coat. Cover and refrigerate for 2 hours. Then rinse the cucumbers well and pat dry.

Combine the water, vinegar and remaining tablespoon of salt in a saucepan and bring to the boil; remove from heat. Add the dill, garlic cloves, mustard seeds, peppercorns and celery seeds to the bottom of a sterile 1-quart mason jar. Pack the cucumber slices into the jar. Pour the hot brine over all and screw down the lid. Let the jar cool to room temperature, or about 2 hours. Refrigerate for 24 hours before serving. Use within 3 to 4 weeks. After that, these pickles tend to lose crispness.

** IMPORTANT: Always remove the ends from cucumbers where the flowers once resided. The flesh harbors enzymes that once promoted healthy blooms, but will result in mushy pickles.*



a moment for gratitude our continued thanks

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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, 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.**



RECIPE: elderberry syrup

Enjoy this nutrient-packed, old-fashioned treat over pancakes, hot cereal, fresh fruit, ice cream or yogurt. You can double or triple the recipe and process in a hot water bath for 15 minutes to preserve, if you wish. *Otherwise, store in the refrigerator and use within 3 months.*

$\frac{1}{2}$ cup dried, whole elderberries
3 cups water
1 cups honey
1 whole cinnamon stick
3 whole cloves

Combine elderberries, water, cinnamon and cloves in a saucepan and bring to a boil. Reduce heat; and simmer mixture for 30 minutes.

Mash the berries with the back of a spoon or a potato masher. Strain off pulp, reserving the syrupy liquid.

Let the syrup cool slightly and then stir in honey. Pour into a clean jar with lid and store in the refrigerator.

May be warmed again on the stovetop or in the microwave.

visit us for more recipes and info

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