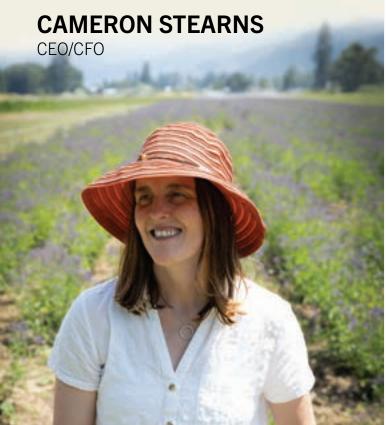


HOLDING TO OUR ROOTS

I am absolutely delighted and humbled to introduce myself as the CEO/CFO for Mountain Rose Herbs. I began here in 2014 as Controller and have since served as both CFO and EVP working side by side with Shawn Donnille who remains actively involved as owner and President. My business philosophy is grounded in the belief that the nature of business is to serve. I am passionate about expanding the mission-driven practices that ensure that people, plants, and planet will always come before profit at Mountain Rose. Under my leadership, we will continue the long-standing tradition of strong female leadership, from our beginnings with Rosemary Gladstar through our many years under the management of Julie Bailey.

Sustainability is our heart and soul here. A crucial aspect of sustainability is giving back to the earth. As part of our daily work, we always put our minds to the question of how to do this better. This past spring, we spoke with United Plant Savers about collaborating on a project to give back to the planet. As a result of those discussions, I am proud to announce our new Seed Stewardship Program. We created this project to raise awareness about at-risk plants. Our goal is to supply free seeds to customers to help rebuild populations of these special plants.

I hope you savor these pages and come away feeling connected and informed. Thank you for being a seed steward in your community and helping us create a ripple of change. And thanks as always for coming along with us on this journey to a more connected planet.



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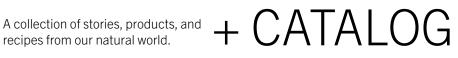
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JOURNAL











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GARDENING & HERBALISM AT TAVON LEARNING CENTER

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PLAYING WITH PLANTS
Connect with your kiddos and reconnect

Connect with your kiddos and reconnect with your inner child with these fun botanical activities, games, and more.

36 ACCESSING HERBS MINDFULLY & SUSTAINABLY

Learning how to access herbs sustainably is more important than ever for the future of fragile ecosystems, at-risk plant species, and all of us who call Earth home.

72 BUILDING RESILIENT COMMUNITIES THROUGH AGRICULTURE

What does it take to build a community garden in the desert? Resiliency, commitment, and space to share knowledge.



SEED TO DOORST

SEED STEWARDSHIP PROJECT We are offering free seeds in hopes you will join us in becoming plant stewards for the world's precious at-risk botanicals.

CEREMONIAL MATCHA In June of 2023, the Mountain Rose Herbs team traveled to Japan to tour the 350-year-old tea plantation where we source our ceremonial grade, organic matcha tea. Welcome to Wazuka!

VALERIAN ROOT HARVEST A shout-out to our farm partners who combine experience, hard work, dedication, and technology to bring us top-shelf botanicals like organic Valeriana officinalis.

ORDERING INFORMATION This year, we decided to reduce the number of product pages and keep pricing out of the Mountain Rose Herbs Journal. Not only did this significantly reduce the amount of paper used—it also felt more in line with the nature of this publication. The Journal aims to amplify the voices of our community, provide educational resources, and share useful recipes. To shop our vast selection of organic goodness and to find our current pricing, please visit mountainroseherbs.com

HERBAL SALVES We cordially invite you to the sensational world of salve-making!

MATCHA CHEESECAKE This eye-catching green tea cheesecake is bold, energizing, and perfect for your next celebration. Plus there's no baking involved!

MUSHROOM BOUILLON Homemade bouillon loaded with shiitake mushrooms is a great option when you crave instant noodles but don't want the unhealthy additives typical in grocery store ramen.

PERSONALIZE YOUR HAIR CARE

These three essential oil blends for hair care can be added to many DIY recipes.

CIRCULAR THINKING When we find ourselves down the rabbit hole of circular thinking, herbal allies can help us to rebalance our minds and bodies.

> **FUNCTIONAL FIZZIES** Having a few herbal extracts and syrups on hand means you can make easy, delicious, wellness-supporting drinks in no time!

CATALOG

ORGANIC TEAS We are pleased to offer exquisite organic black, green, white, and herbal teas, as well as rooibos, chai tea, maté, and more.

SKIN OILS & DIY INGREDIENTS Explore our hand-selected carrier oils, butters. waxes, and natural skin care ingredients for all of your health and DIY needs.

HERBAL OFFERINGS FOR CHILDREN

Make herbalism fun for the whole family with gentle, kid-friendly herbs and teas, Kidzerbs seeds, and herb-centric books and coloring books.

CULINARY SEASONINGS Mountain Rose Herbs' spices and deliciously handcrafted seasoning blends are made with the freshest and most flavorful botanicals for your finest dishes.

HERBS We offer hundreds of pure organic botanicals to help meet your goals, whether you want to customize your skincare, improve your immune response, support healthy digestion, or get better sleep and nutrition.

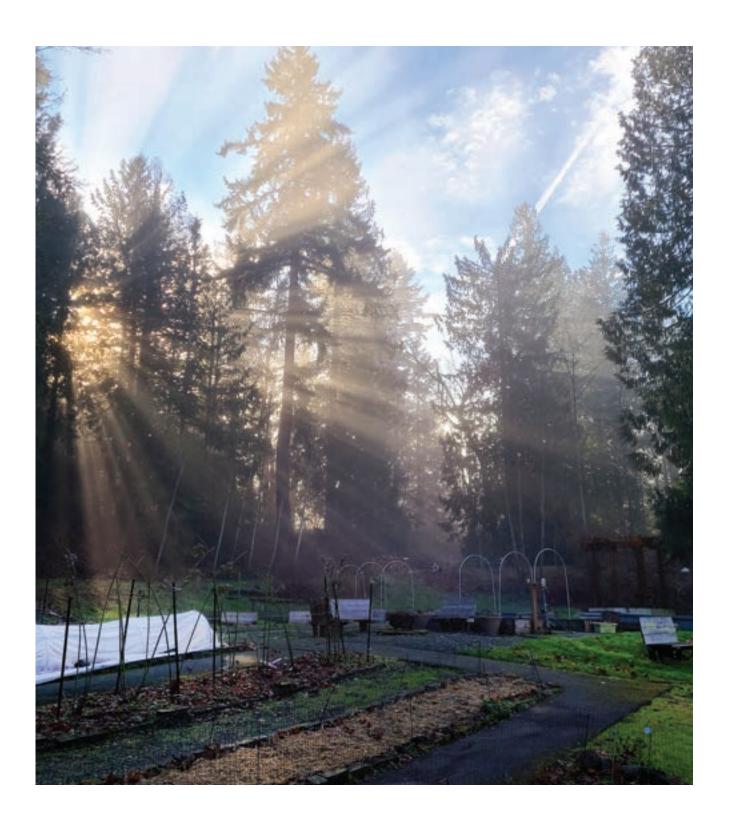
AROMATHERAPY You can find all of your favorite aromatherapy

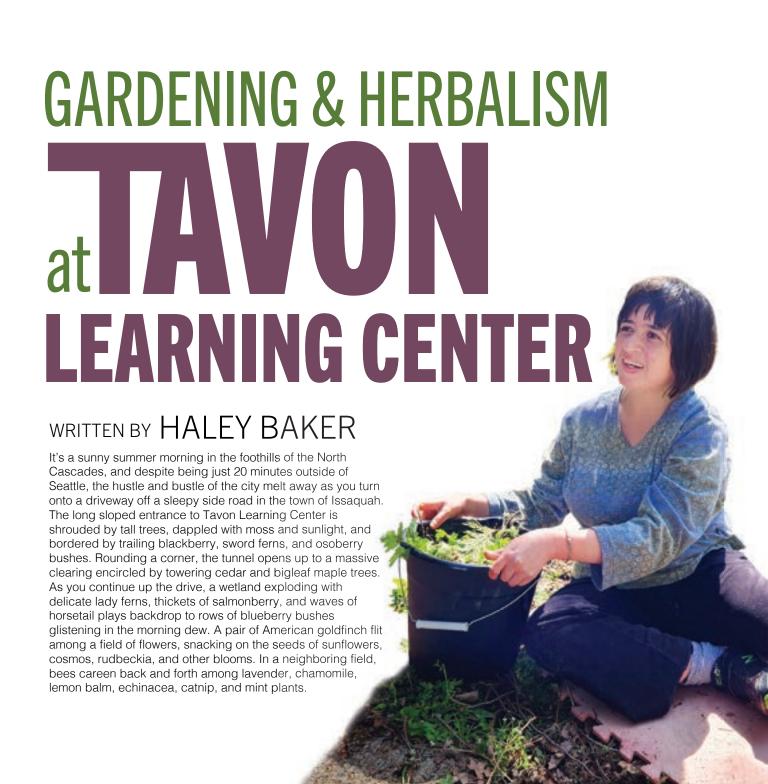
products in one place at Mountain Rose Herbswe offer the largest selection of pure essential oils, hydrosols, perfumes, roll-ons, kits, and diffusers.

HAIR & SKIN CARE Your hair deserves pampering, so we carry natural herbal hair color and gentle, unscented shampoo and cream rinse bases that let you create custom blends.

AYURVEDIC OFFERINGS Mountain Rose Herbs' Ayurvedic products bring together ancient herbal traditions and formulations to honor and celebrate the three doshas in all of us.

HERBAL HEALTH All of our herbal extracts, tonics, elixirs, and syrups are blended in small batches for best quality to enhance your health, vitality, and wellbeing.







The quiet of the morning is pierced by a rooster crowing from a coop atop a hill interspersed with alder, fig, apple, and cherry trees. The pathways leading down from the coop wind through rows of raised garden beds bursting with vegetables, flowers, and herbs and eventually merge and end at the patio that functions as the heart of these gardens. Garden beds, elevated to waist height and filled with fragrant herbs, sit among porch swings, comfy rocking chairs, and inviting picnic tables. Half of the area is shaded by a massive arbor draped with grapevines that burst with an abundance of sweet green and red fruit. The garden at the patio's center is a sensory paradise filled with fragrant lavender, rustling clumps of lime green grass, soft lambs ear, purple heuchera, and savory rosemary.

The morning dew evaporates and the sunbeam-painted mist joins the warbling of an American robin and the long whistles of a varied thrush to create a bubble of serenity around the clearing. Soon though, the rumble of the first Metro Access bus can be heard coming up the driveway and while the quiet ends, the magic is just beginning.

You see, Tavon Learning Center is more than just a beautiful garden—we're a nonprofit that provides active learning opportunities for adults with Intellectual and Developmental Disabilities (IDD). Every day, a parade of vehicles makes this journey up and down Tavon's driveway, dropping off the people who are the heart and soul of our organization. The gardens take on a new energy as greetings are exchanged between members, families, peer coaches, and friends.

Tavon Learning Center would not exist without a woman named Sabah—the daughter of our founders, Therese and Ali Vafaeezadeh. Sabah was born with a significant disability, and as she grew and made friends in the school system, Therese and Ali were concerned about what would happen to those connections once she left high school. Sabah was not heading off to college or into a vocation yet, and Therese knew Sabah and other adults with IDD needed a place where they can have friends, find happiness, and continue to develop life and community skills.







Tavon Learning Center is more than just a beautiful garden—we're a nonprofit that provides active learning opportunities for adults with Intellectual and Developmental Disabilities. Every day, a parade of vehicles makes this journey up and down Tavon's driveway, dropping off the people who are the heart and soul of our organization.



Tavon Learning Center was founded in 2003. Twenty years later you can find Sabah at Tavon sipping on her Double Chocolatey Chip Creme Frappuccino surrounded by some of her best friends. Tavon currently serves over 90 diverse members using our unique combination of outdoor gardens, real-life settings, and peer coaching to help members acquire home and community skills for better living.

On any given day, you might spot Tavon members out and about at the pool, zoo, splash park, soccer fields, botanical gardens, museum, thrift store, farmers market, or on some other big adventure. However, a few days a week our members hang back to enjoy and care for our therapeutic gardens. From its inception, gardening has been an integral part of Tavon's programming through the core principle that everyone deserves and benefits from access to nature. Set on a secluded 6-acre property, our gardens are designed so anybody with any ability can participate in therapeutic horticulture activities.

I've been the Gardens Manager at Tavon for over two years now, and I'm still amazed daily by the clear positive impact spending time in the garden has on our members. Many of the people we work with have sensory sensitivities, and the gardens offer a welcoming respite from overwhelming environments or unfamiliar feelings. Our gardens are planned and planted to offer a quiet space to sit that provides enough sensory engagement to ground the senses without overwhelming them with strong smells, colors, or textures.

In addition to the relaxing effects of spending time in nature and caring for plants, the gardens at Tavon provide opportunities for autonomy and responsibility. A day in the life at Tavon starts with members and peer coaches completing a variety of tasks—from watering hanging baskets and planters to feeding the chickens and collecting eggs. On days when members are out enjoying the garden, they're welcome to help with pulling weeds, harvesting herbs, planting seeds, hunting for pests, or soaking up the sunshine.

While participation in these chores is optional, our members see the connection between the task's completion and the quality of life for our plants and animals and are empowered by the visible positive effect that their care has on the world. Gardening has the ability to enhance one's sense of purpose and is challenging enough to teach flexibility, patience, and problem-solving.





Aside from their therapeutic value, the gardens at Tavon have several other important purposes. Members plan and choose what flowers, produce, and herbs they'd like to grow each year, and come harvest time not a single plant goes unused. Members and staff are free to snack on produce from the garden at any time—our grapes and thornless blackberries are a particularly popular attraction when autumn comes around. When the bounty becomes too much to eat on our own we will harvest and deliver to the local food bank. Last fall we dropped off 30 pounds of grapes in a single trip!

Flowers grown in the garden are cut, arranged, and delivered by members to local businesses to build connections within the community or thank those who have helped our organization in the past. Some of the blossoms are also hung to dry and later used to create bouquets, ornaments, and cards to be sold at our annual craft fair.

My personal favorite feature is our herb and tea garden. Medicinal herbs such as lemon balm, mint, calendula, yarrow, and rosemary are either picked fresh for teas or saved to be used in our line of herbal skincare products. Members are involved in every step of our product creation—from harvesting the herbs, running the dehydrator, straining the herb-infused olive oil, and

weighing out ingredients, to packaging and labeling the items. This activity has always been a favorite of our members, but we were lacking the capacity to expand the process so that all of our members could participate in this experience regularly. That's where Mountain Rose Herbs stepped in.

In the summer of 2021, we applied to the Mountain Rose Grants 4 Plants program and were one of the few incredibly fortunate organizations to be selected for a grant. With this funding, we were able to add features to our garden that increased accessibility, promoted sustainability, and created new opportunities for learning herbal and Indigenous wisdom.

With new adaptive garden tools, members with limited mobility now have the freedom to rake, dig, and plant with their peers. New vertical garden structures such as our trellis tunnel allow members who struggle to bend or reach to experience the satisfaction of harvesting the plants we have been caring for. Drip irrigation and row cover have allowed us to be more water efficient and opened up a conversation around gardening sustainably. The enhancements made possible with Grant 4 Plants funding have already allowed us to nearly double the number of products that we offer, with some of the new favorites being lemon balm salve and rosemary mint lip balm.

Additionally, Tavon sits on the ancestral land of the Snoqualmie Tribe, and we wanted to find a way to acknowledge their herbal knowledge and stewardship of the land since time immemorial. We've added plant ID tags throughout our garden with language used by the Coast Salish Peoples of our region, including the Lushootseed words for native plants, as well as icons and descriptions connecting the plants to their current and historical medicinal uses. These plant tags provide a talking point for members and guests alike to learn about the history of our land and make connections between herbalism and the modern medicine that they're familiar with.

We have learned from our members that it is important to reach for the stars. Moving forward, I dream of continuing to find new and creative ways to engage the participants at Tavon Learning Center, as well as our greater community in herbalism and sustainable agriculture.



SCAN HERE TO GET INVOLVED WITH TAVON LEARNING CENTER OR VISIT tavoncenter.org











UNDERSTANDING DIFFERENT TYPES OF TEA

When choosing a tea, the endless variety can be a little daunting. Formosa oolong? Perhaps genmaicha? How about pu'erh or Darjeeling? What gives each of these teas its unique flavor? Many people don't realize that these varieties' wide range of distinctive styles and tastes all begin with the same humble leaf: Camellia sinensis.

OUR FAVORITES:

WHITE PEONY TEA

Organic | Contains Caffeine Picked early in the season when the buds are new, producing a mildly sweet, less astringent flavor that is smooth and delicate.

KUMAON WHITE TEA

Organic | Contains Caffeine This white tea is sweet and grassy with a subtle fruity finish. It has a unique green taste that resembles honeydew melon.

The young leaves undergo minimal processing and no oxidation to retain their delicate color and flavors. For white teas, such as our white silver needle tea, often just the very top, unopened leaf bud is picked. Other varieties, such as Kumaon white tea and white peony tea, are made from slightly larger and more opened leaves from the top of the plant.

These teas have the gentlest flavor. Bushes utilized for the harvest of white tea typically must be protected from the sun while growing. Shading the teas decreases the astringency and boosts chlorophyll, resulting in a sweeter flavor. The resulting brew from white tea leaves is usually very pale and clear.

OUR FAVORITES:

GUNPOWDER GREEN TEA

Organic | Contains Caffeine This hearty green tea is tightly rolled, and its dark leaves impart a striking flavor with a hint of char that is astringent and mildly bitter.

JASMINE GREEN TEA

Organic | Contains Caffeine This fragrant tea brews a floral cup that is full of flavor. Green tea leaves are infused with jasmine flowers to create a bold taste. The process for creating green tea begins very quickly after the harvest. This is done by either steaming or cooking the leaves in the first few hours after plucking to keep them from oxidizing. There are different styles for producing green tea that can involve pan-flipping the leaves or rolling them (as is done with gunpowder green tea).

Brewed green tea leaves produce a light green to golden drink. The taste of green tea can vary immensely, from roasted, sweet, vegetal, or grassy to almost oceanic in flavor.

OUR FAVORITES:

ASSAM TEA

Organic | Contains Caffeine Considered a morning favorite, this tea brews a rich cup with crisp flavors that have a slightly malty finish.

EARL GREY TEA

Organic | Contains Caffeine This black tea is married with bergamot to create a complex flavor that is floral, sweet, malty, and citrusy.

Black teas are fully oxidized after the leaves are picked. After harvest, the leaves are withered by having air blown over and around them. The leaves are then rolled or cut. This process used to be done completely by hand, but modern machinery has taken over much of the work due to high global demands. The next step is oxidation, sometimes erroneously referred to as "fermenting," though no fermentation takes place. As the leaves oxidize, enzymes are released that change the color and flavor of the leaves.

Black teas take on a reddish to brownish hue when brewed. They are characterized by a range of flavors, including roasted, tannic, smooth, or biting.



We have been crafting our beloved loose-leaf herbal teas to perfection for over 20 years using the freshest organic ingredients. From floral infusions and fruity blends to rooty decoctions, these caffeine-free herbal teas are blended with health and balance in mind.

TEAS FOR JOY

21ST CENTURY | Nettle leaf°, red clover blossoms°, elder berries°, alfalfa leaf°, red clover herb°, St. John's wort°, sage°, and ginger root°.

EASY DAY | Blackberry leaf°, linden°, peppermint°, lemon balm°, and marshmallow leaf°.

FAIRYTALE | Calendula flowers°, red clover herb°, spearmint leafo, lavender flowerso, lemon balmo, catnipo, oatstraw°, lemon peel°, skullcap°, chamomile flowers°, and

GRATEFUL HEART | Hawthorn leaf & flower°, lemon balm°, rosehips°, dandelion leaf°, ginkgo leaf°, oatstraw°, bilberries°, hawthorn berries°, ginger root°, lemon peel°, and motherwort°.

HIBISCUS HIGH | Hibiscus flowers°, honeybush tea°, rosehips°, lemongrass°, spearmint leaf°, orange peel°, and rose petals°.

LOVE | May Contain Caffeine | Damiana leafo, roasted cacao nibs°+, roasted carob°, orange peel°, rose petals°, cassia cinnamon chips°, and vanilla flavoring°.

PEACE | Chamomile flowers°, spearmint leaf°, lavender flowers°, cassia cinnamon bark°, passionflower°, and rose petals°.

SEASONAL SUPPORT

SPRING CARE | Nettle leafo, fennel seedo, lemongrasso, spearmint leaf°, calendula flowers°, peppermint leaf°, red clover herb°, lavender flowers°, and blue vervain°.

THE BLUES | Nettle leaf°, St. John's wort°, spearmint leaf°, damiana leaf°, and valerian root°.

WINTER SPICE | Eleuthero root°, cassia cinnamon bark°, roasted dandelion root°, astragalus root°, orange peel°, ginger root°, roasted chicory root°, licorice root°, cardamom hulled°, and cloves°.





FLAVORED TEAS

BERRY BASIL LEMONADE | Blueberries°, lemons°, raspberry leaf°, blackberry leaf°, basil°, bilberries°, spearmint°, lemon peel°, and lemon flavoring°.

BERRY BRAMBLE | Honeybush tea°, bilberries°, blueberries°, elder berries°, lycii berries°, raspberry leaf°, blackberry leaf°, rosehips°, acai berry powder°, and blackberry flavoring°.

GINGER PEACH | Honeybush tea°, peaches°, ginger root°, and peach flavoring°.

ISLAND MORINGA | Moringa leaf°, orange peel°, lycii berries°, grapefruit peel°, mangos°, spearmint leaf°, mango flavoring°, and coconut flavoring°.

LEMON | Lemon verbena°, green rooibos tea°, lemon balm°, lemon peel°, lemongrass°, and lemon flavoring°.

ROOT BEER | Birch leaf°, sweet cinnamon chips°, ginger root°, chaga mushroom°, licorice root°, dandelion root°, and root beer flavoring°.



CAFFEINE FREE PICK-ME-UPS

DAWN CHORUS | Nettle leafo, green rooiboso, and rose petals°.

HERBAL COFFEE | Roasted dandelion root, roasted chicory root°, roasted carob°, and maca powder°.

SLEEP SUPPORT

DREAM | Peppermint leaf°, chamomile flowers°, skullcap°, mugwort°, damiana leaf°, rosemary leaf°, and rose petals°.

EVENING REPOSE | Chamomile flowers°, peppermint leaf°, spearmint leaf°, lavender flowers°, lemon verbena°, and rose petals°.

FIDNEMED NIGHTTIME | Lemon balmo, hibiscus flowerso, skullcap°, passionflower°, hops flowers°, valerian root°, and lavender flowers°.

DIGESTIVE SUPPORT

HAPPY TUMMY | Catnip°, spearmint leaf°, lemongrass°, calendula flowers°, skullcap°, rosemary leaf°, sage leaf°, and fennel seed°.

MINT | Peppermint leaf°, spearmint leaf°, and peppermint flavoring°.

TURMERIC GINGER | Ginger root°, turmeric root°, lemons°, lemon verbena°, lemon balm°, lemon peel°, rosehips°, and ginger root powder°.

MEN & WOMEN'S SUPPORT

FLASHES | Motherwort herb°, sage°, dandelion leaf°, chickweed°, elder flowers°, lemon balm°, oatstraw°, and raspberry leaf°.

HAPPY MAN | Dandelion root°, eleuthero root°, burdock root°, marshmallow root°, hawthorn berries°, fennel seed°, nettle root°, oatstraw°, saw palmetto berry°, and licorice root°.

MOON EASE | Spearmint leaf°, raspberry leaf°, vitex berries°, skullcap°, marshmallow root°, ginger°, and valerian

NURSE-ME-RHYME | Red rooibos tea°, raspberry leaf°, lemon balm°, fenugreek seed°, fennel seed°, alfalfa leaf°, marshmallow root°, rosehips°, and anise seed°.

WOMEN'S BALANCING | Peppermint leaf°, raspberry leaf°, nettle leaf°, ginger root°, dandelion leaf°, oatstraw°, horsetail°, chamomile flowers°, and rose petals°.

IMMUNE SUPPORT

5TH CHAKRA | Licorice root°, marshmallow root°, Echinacea purpurea root°, orange peel°, cassia cinnamon bark°, ginger root°, fennel seeds°, and cloves°.

BLOSSOMS OF HEALTH | Red clover herb°, nettle leaf°, ginkgo leaf°, red clover blossoms°, calendula flowers°, skullcap°, lavender flowers°, and chamomile flowers°.

ECHINACEA & ELDER | Raspberry leaf°, nettle leaf°, lemon balm°, elder berries°, Echinacea purpurea herb°, Echinacea purpurea root°, elder flowers°, rosehips°, lemons°, lemon verbena°, Oregon grape root°, and ginger root°.

VITA BLEND | Hibiscus flowers°, peppermint leaf°, lemongrass°, red clover herb°, nettle leaf°, alfalfa leaf°, oatstraw°, and horsetail°.

SCAN THIS CODE FOR MORE TEAS AND MORE FUN!





CHAI

Explore our collection of houseblended collection. There are many stories on the origins of chai, some tracing it back nearly 9,000 years, and there are endless variations to the blend depending on region and taste. **CLASSIC CHAI** | Organic | Contains Caffeine | Ginger root°, cassia cinnamon bark°, Darjeeling tea°, cardamom hulled° and whole pods°, cloves°, and nutmeg°.

FIREFLY CHAI | Organic | Caffeine-free | Cassia cinnamon chips°, ginger root°, red rooibos tea°, cardamom hulled° and whole pods°, cloves°, and nutmeg°.

TURMERIC CHAI | Organic | Caffeine-free | Cassia cinnamon bark°, ginger root°, turmeric root°, cardamom hulled° and whole pods°, fennel seed°, cloves°, black pepper°, and cayenne°.

MATE & MOR

Yerba maté, guayusa, and yaupon are all members of the llex, or holly genus, which encompasses close to 500 different species across the globe. Each one of these holly teas has a rich history of ceremonial use as a communal experience between tribal members in North and South America. YERBA MATÉ | Organic | Fair Trade | Contains Caffeine | This stimulating infusion is brewed from the dried leaf and stem of the rainforest holly Ilex paraguariensis.

MINT CHOCOLATE MATÉ | Organic | Contains Caffeine | Yerba maté°+, peppermint leafo, roasted cacao nibso+, roasted carobo, roasted cacao powdero+, and vanilla flavoring°.

GUAYUSA | Organic | Contains Caffeine | This grassy-tasting tea has a full-bodied green flavor that can brew slightly cloudy. Comparable to yerba maté, some find a cup of guayusa more appealing and not as strongly flavored.

DARK ROAST YAUPON | Organic | Contains Caffeine | Native to the southern U.S., the yaupon holly is in the same family as guayusa and yerba maté. Roasted to perfection, this tasty tea has a natural sweetness.

ROOIBOS

Nourishing and nutritious, these delicious teas are suitable for any time of day with a natural, refreshing sweetness. This group of richly flavorful teas will become a household favorite thanks to their satisfying complexity and healthful qualities. RED ROOIBOS | Organic | Caffeine-free | Naturally sweet and smooth with an aromatic aftertaste, each cup has a hearty red color and warm scent.

VANILLA ROOIBOS | Organic | Caffeine-free | Red rooibos tea°, elder flowers°, and vanilla flavoring°.

ORANGE CREAM ROOIBOS | Organic | Caffeine-free | Red rooibos tea°, orange peel°, oranges°, hibiscus flowers°, lemon peel°, calendula flowers°, and vanilla flavoring°.



- 1. Cast Iron Teapot, Slate 2. Infusion Teapot 3. Mesh Tea Infuser with Handle 4. Mesh Teaspoon 5. Dew Brew-In Mugs, Minty Aqua



6. Cast Iron Teapot, Burnt Umber 7. Minima Tea Mug 8. Matcha Whisk 9. Tea Bag Squeezer 10. Disposable Tea Filters 11. Mesh Tea Ball Infuser, Small 12. Cast Iron Teapot Set, Dotted



"Owning our story and loving ourselves through that process is the bravest thing that we'll ever do."

Brené Brown



CONNECTION is the Best Possible Medicine

WRITTEN BY DR. TIERAONA LOW DOG

I've been caring for people for more than 40 years. As a physician, it is my privilege to partner with patients on their health journey—a blessing to hear their stories, thoughts, and feelings. They teach me that we are both stronger than we know and more fragile than we could ever imagine. Over the last few years, politics, the pandemic, inflation, social injustices, and natural disasters have exacerbated our already highly stressed population. In 2022, more than one in four adults reported being under so much stress that they felt numb and had difficulty functioning. 76% percent of adults described experiencing negative health impacts due to stress, including headache (38%), fatigue (35%), feeling nervous or anxious (34%), and depression or sadness (33%). These days, patients frequently come to me with physical symptoms due to stress. Underneath their stress is a decline in resilience and a loss of connection to their inner selves. We suffer when we are not in touch with our inner voice, spirit, or dreams. We feel separate from our world, our friends, and our family.

It's easy to fall into the habit of suppressing the challenging parts of our lives. We stay busy to avoid dealing with unpleasant emotions—moving from one task to the next without pause. We turn all our energy outwards, maybe towards shopping, alcohol, or food for comfort. But these are all distractions that only help briefly. Eventually, we may become tired or stuck; we mindlessly eat and gain weight; struggle to sleep and concentrate; or experience somatic symptoms like digestive issues, headaches, and muscle tension. But keeping our emotions stuffed inside comes at a hefty price. How many have taken prescription anti-depressants, anxiety medications, sleeping pills, muscle relaxants, nonsteroid anti-inflammatories, or other drugs to alleviate their symptoms and, in the end, did not find relief? Too many to count. Even though we manifest symptoms in our bodies, it isn't always the root of our problems.

¹American Psychological Association Stress in America 2022. https://www.apa.org/news/press/releases/stress/2022/concerned-future-inflation



However, our bodies are faithful and constant friends. always trying to get our attention to help us heal and feel whole. I've learned to listen to the body when someone comes into my office, like the woman who underwent pelvic surgery and then became very depressed. She was placed on antidepressants and still didn't find relief. When she came to see me. I asked her to put her hands on her lower abdomen and tell me about any feelings that came up. Through tears, she shared the details of a violent sexual assault she experienced as a teenager. She had never talked about it. Or the man who had two episodes of severe chest pain. He was seen in an emergency room and by cardiology. All his tests came back negative. When he came to see me, I asked what his heart wanted to say. He said, "It would tell you it broke when my wife died." And the 8-year-old boy who started having recurrent stomach pains but never on the weekends. He finally disclosed that he was bullied at school.

Unlike our conscious thoughts, our emotions are experienced and stored in our physical bodies. When we ignore our deepest emotions, they often pop up in our bodies, saying, "Hey, deal with me. Don't ignore me. I'm hurting." What would it look like to lovingly care for our body, with intention, and give it what it needs: nourishing food, healthy movement, and adequate rest? To love ourselves enough to care for our bodies as if we were caring for a child or beloved?

It is said that before entering the sea, the river trembles with fear. After coursing down through the mountain and valleys, the river looks out to see an ocean so vast that it fears it will disappear forever. But there is no other way—it cannot go back. How often do we fear we will be too overwhelmed to go on? We clench whatever we can to feel safe and avoid fear. That's when we need ourselves most. It usually takes stepping out of the busyness of our lives to face our fear and move through it. In still and quiet moments, our fears and emotions come bubbling to the surface with no place to hide, nothing to distract us.

I live in the mountains of northern New Mexico, surrounded by nature. Walking among trees or sitting in willows, I feel a tremendous sense of peace. As the ravens fly above me, I hear my inner voice. I remember things I have forgotten. Taking the time to be alone on retreat can be incredibly powerful. Especially in nature, where there is no Internet to search, email to read, or shows to binge. It becomes impossible to avoid shadowy places in ourselves. We cannot go back any more than the river can. Yet stepping outside the ordinary and into the extraordinary, the unknown, can often bring healing and awakening.



Our bodies are faithful and constant friends, always trying to get our attention to help us heal and feel whole.

We can also step outside ourselves at home when nature isn't available. Research shows that meditation can strengthen the areas of our brain associated with self-awareness, attention, compassion, and empathy—allowing us to deepen our connection with ourselves, others, and the world around us. With regular practice, meditation can open the door to loving relationships with all parts of ourselves. We focus on breathing and observing our thoughts and emotions without attaching to them. We can watch them come and go, like clouds floating across the sky, always returning to our breath. And the more we practice, the more present and calm our minds become. Meditation can create the calm and spaciousness we need to face, process, and release our emotions.

"To fall in love with yourself is the first secret to happiness."

Robert Morley

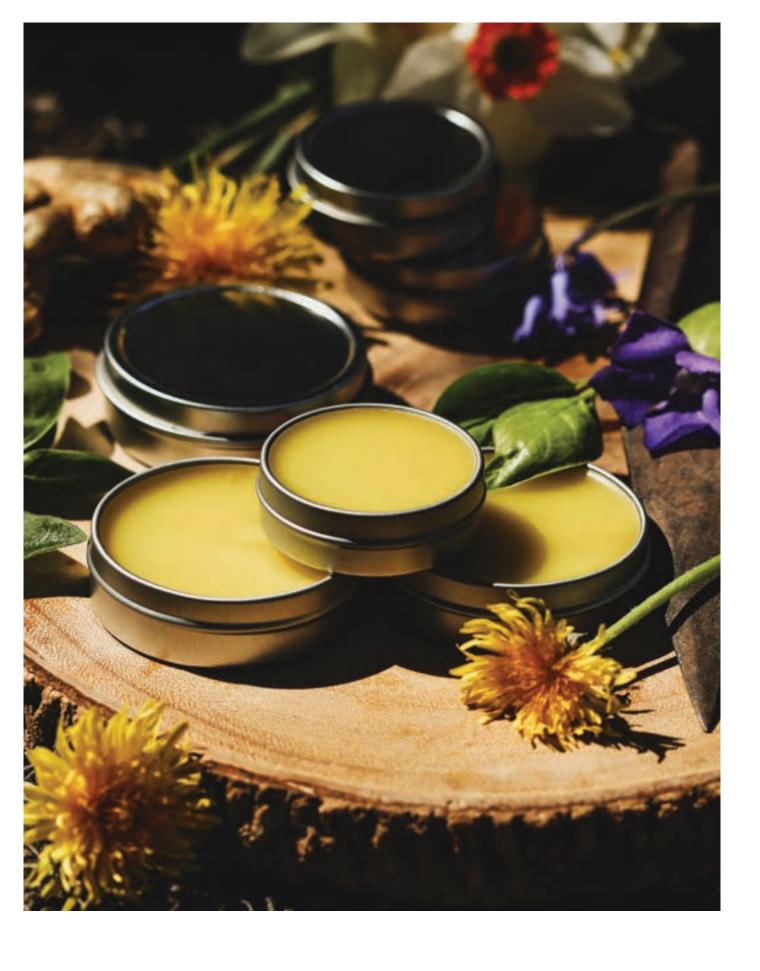
We all struggle with feelings of inadequacy, embarrassment, and loss. Understanding this allows us to feel compassion for the suffering of others. However, to truly feel compassion, we must bear witness to or acknowledge the experience. For instance, if I walk past a homeless woman sleeping outside in the cold without noticing, it is difficult to feel compassion, which means to suffer with. If I don't see her, I don't suffer with her. Similarly, we can bear witness to our own experience. We can look honestly at times we were less than we wanted to be with the tenderness, kindness, and forgiveness we would extend to a dear friend. Choosing to carry the weight of guilt robs us of our joy.

The same goes for carrying the weight of resentment and blame toward others. When I was young, my mother was quite abusive, and we were estranged at different times over the years. Through various circumstances, I became her caretaker for the last few years of her life. During her final days, I sat with her and asked her to forgive me for all the wrongs—real or imagined—I had done that hurt her and for the times I was not the daughter she needed me to be. I told her that I forgave her for all the wrongs—real or imagined—she had done that hurt me and for the times she was not the mother I needed her to be. That I was grateful for my life and that I loved her. She had not spoken or opened her eyes for hours. Then quietly and clearly, she said, "thank you," and passed. She seemed to need to hear it to leave. I needed to say it to be free.

It has taken many years to truly love myself, allowing me to experience deep, trusting, loving, and lasting relationships with others. So if you're living a life you want to run away from, ask yourself how you can show up wholeheartedly. Move through difficult lessons, and gain wisdom. Keep your sense of humor even during rough times. Choose love over fear. That is how we can connect to the magic inside and around us.







SLOW WELLNESS FOR FAST TIMES: Tried-and-True Herbal Salves

WRITTEN BY KAMI McBRIDE

As a clinical herbalist since 1991, one thing I've seen time and time again is illness that started during an overly stressful time. Currently, we are all in overly stressful times. How are you managing your stress right now? How are you increasing resilience? What de-stressing culture can you nurture in your home at the end of the day? We can easily get trapped in looking for the "cure," the quick fix, the one perfect supplement. But I like the idea of slow wellness. Taking time to relax and nurture ourselves is as important to health as diet and exercise. Rubbing our feet. Giving a loved one a neck rub. Doing self-massage after a bath. In this hyperdrive, plugged-in, wired-up culture we live in, taking personal retreat time is a radical act.

Making and using therapeutic herbal salves is one way for us to tap deeper into this radical act of self-love. Salves invite us to settle into a rhythm of self-care and health resilience. And when we apply our herbal salves to someone else, we bring the benefits of healing touch: a medium for transmitting love and care to our loved ones, even if only for a few minutes a day.

Slow down and salve it up!



The (Not-So-Secret) Salve Society

You are cordially invited to the sensational world of salve-making. Your membership in the Salve Society begins with your first batch of salve—a source of self-empowerment that frees you from dozens of products and gimmicks and allows you to feel connected to a remedy that you fashioned with your own heart and hands.

Salves can provide support and relief for issues with joints, muscles, skin, and lips, as well as insect bites and stings, mild scrapes, sunburn, and more! We can use salves to moisturize, cool, soften, and generally provide a soothing touch. I often wonder how people live without salve.

These are some of my top favorite salve recipes that I've formulated and used over the past 30 years. I hope they inspire you to infuse your days with healing and loving routines that nourish your skin and encourage you to take a moment to relax, even when you're busy.

HOW TO MAKE YOUR SALVE

Salves are made by melting beeswax into an herbal-infused oil. Herbal-infused oils, unlike many essential oils, can be used on the skin directly.

Recipes by Kami McBride

SIMPLE MASTER RECIPE

Makes about 3 tablespoons.

INGREDIENTS

- 1 Tbsp. grated beeswax or beeswax pastilles
- 2 Tbsp. organic herb-infused olive oil

DIRECTIONS

1. Melt beeswax in the upper pot of a double boiler (with hot water in the bottom pot). 2. Slowly add infused herbal oils a little at a time until the oil and beeswax are melted together. Gently heat the oil and beeswax together only as long as necessary to warm them into a uniform liquid. 3. Don't overcook, as heat breaks down oil. 4. Pour into salve containers. 5. Take a moment to think about what you will use this salve for. Think about whom you might give it to and how it could help them. This is called adding love and best wishes to your salve, the extra added ingredient that you can't buy in the store. 6. When salve has solidified, put lids on containers and label with name of salve, ingredients, and date made.





SALVES TO MAKE AT HOME

Use the instructions from the master recipe to make these salves. Each recipe below makes about 9 oz. of salve.

1. Green Miracle Salve

This salve is just what the name says. It is the greenest salve in the world. You know when you see that color on your skin it has got to be doing good work. I use Green Miracle Salve for common insect stings and bites, and minor scratches. This salve also helps to soften the skin around thorns and slivers, making them easier to remove. The herbs in this salve are all vulnerary plants. *Salve with comfrey oil is contraindicated on deep cuts. This salve can be used on superficial scrapes and abrasions, but not anything deep.

Ingredients:

- 4 Tbsp. organic comfrey-infused oil
- 4 Tbsp. organic plantain-infused oil
- 2 Tbsp. organic self heal-infused oil
- 2 Tbsp. organic chickweed-infused oil
- 6 Tbsp. beeswax

2. Moon Time Salve

Apply this salve to the abdomen and low back to help relax muscles and reduce the discomfort so often associated with the menstrual cycle. It is an excellent addition to our self-care routine during menstruation, especially when we need to take time to rest and let our body do the job of shedding unneeded endometrium.

Ingredients:

- 6 Tbsp. organic hops-infused oil
- 2 Tbsp. organic St. John's wort-infused oil
- 2 Tbsp. organic ginger-infused oil
- 2 Tbsp. organic rose-infused oil
- 6 Tbsp. beeswax

3. Relaxation Salve

Give yourself a neck rub at the end of the day or oil your body with Relaxation Salve after a bath. This is a soothing and calming home remedy that can help with sleeplessness, tension, and irritability. Do you ever focus on a work project and then just go and go? It's time to come back to your body. It is the daily self-healing rituals that add up to living a healthy lifestyle.

Ingredients:

- 4 Tbsp. organic lavender-infused oil
- 4 Tbsp. organic holy basil-infused oil
- 2 Tbsp. organic St. John's wort-infused oil
- 2 Tbsp. organic chamomile-infused oil
- 6 Tbsp. beeswax

4. Muscles and Joints Salve

This oil is contraindicated on open cuts, but is a wonderful massage oil for hard-working muscles and joints. A couple of years ago I walked straight into a gopher hole. Within seconds, I was flat on my back, screaming, Ouch, This oil helped see me through! *Salve containing arnica is contraindicated on open wounds.

Ingredients:

- 4 Tbsp. organic arnica-infused oil
- 4 Tbsp. organic St. John's wort-infused oil
- 2 Tbsp. organic calendula-infused oil
- 2 Tbsp. organic rosemary-infused oil
- 6 Tbsp. beeswax

5. Gardener's Hands Salve

This is the perfect oil for your gardening hands. It works wonders on those itchy, scratchy skin situations. It's also a great topical ally that helps to cool and soothe.

Ingredients:

- 4 Tbsp. organic plantain-infused oil
- 2 Tbsp. organic yarrow-infused oil
- 2 Tbsp. organic marshmallow root-infused oil
- 2 Tbsp. organic elderflower-infused oil
- 2 Tbsp. organic echinacea leaf-infused oil
- 6 Tbsp. beeswax

Keep Calm and Salve it On!

Keeping salve on hand reminds us to engage in practical, self-care and reconnect with our bodies throughout the day—even as the never-ending rush moves around us. As we root into wellness with help from the plants, we inspire resilience at the collective level: reclaiming our healing lineage, showing future generations how to access true health, and revealing our innate self-healing capacity. Never underestimate the power of a small jar of salve.

For more information on the nuances of making herbal-infused oils, you can find a free workshop here: healingherbaloils.com/lavender-evergreen-workshop



TAKE KAMI'S ONLINE COURSES BY SCANNING HERE OR BY VISITING kamimcbride.com



HERBAL OILS

Infused herbal oils have long been valued to support healthy skin. These herbal oils are a delightful skin care treat.

ARNICA HERBAL OIL | Organic

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

ARNICA ST. JOHN'S HERBAL OIL | Organic Olive oil° infused with arnica flowers°, St. John's wort°, and calendula flowers°, lavender essential oil°, and vitamin E oil.

CALENDULA HERBAL OIL | Organic

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

COMFREY HERBAL OIL | Organic

Olive oil° infused with comfrey leaf° and comfrey root°, and vitamin E oil.

Olive oil° infused with mullein flowers° and fresh garlic°, and vitamin E oil.

MULLEIN HERBAL OIL | Organic

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

PLANTAIN HERBAL OIL | Organic

Olive oil° infused with plantain leaf° and vitamin E oil.

ROSEMARY HERBAL OIL | Organic

Olive oil° infused with rosemary leaf° and vitamin E oil.

ST. JOHN'S WORT HERBAL OIL | Organic

Olive oil° infused with fresh St. John's wort flowers° and vitamin E oil.

SALVES

In their pocket-sized containers, these timesaving topicals have a range of applications which are soothing and nourishing to the skin.

ARNICA ST. JOHN'S COMPOUND

Olive oil° infused with calendula flowers°, St. John's wort°, and arnica flowers° in a beeswax base with vitamin E oil and lavender essential oil°.

BABY'S BALM

Olive oil° infused with calendula flowers°, St. John's wort°, chickweed°, plantain leaf°, goldenseal root°, and myrrh gum resin° in a beeswax base with vitamin E oil.

COMFREY ST. JOHN'S WORT COMPOUND

Olive oil° infused with comfrey leaf°, St. John's wort°, and calendula flowers° in a beeswax base with vitamin E oil.

DREAM BALM

Almond oil° and olive oil° infused with lavender flowers°, mugwort°, chamomile flowers°, hops flowers°, rosemary leaf°, rose petals°, and borage° in a beeswax base with lavender essential oil° and clary sage essential oil°.

GOLDENSEAL MYRRH COMPOUND

Olive oil° infused with myrrh gum resin°, goldenseal root°, calendula flowers°, and St. John's wort° in a beeswax base with vitamin E oil.

POWERFUL SKIN COMPOUND

Olive oil° infused with black walnut leaf°, chaparral leaf°, sage leaf°, and mugwort° in a beeswax base and tea tree essential oil°.

OILY SKIN

It seems counterintuitive to use oil on oily skin, but using the correct oils will actually help to balance oil production.

BORAGE SEED OIL | Organic | Borago officinalis

CASTOR OIL | Organic | Ricinus communis

EVENING PRIMROSE OIL | Organic | *Oenothera biennis*

ROSEHIP SEED OIL | Organic | Rosa sp.

DRY SKIN

These oils for dry skin help to lock in moisture and create a barrier of protection from the elements. They tend to have a slower absorption rate and help to promote a dewy glow.

ALMOND OIL | Organic | Prunus dulcis

AVOCADO OIL | Organic | Persea americana

BAOBAB OIL | Organic | Adansonia digitata

CRANBERRY SEED OIL | Organic | V. macrocarpon

HEMP SEED OIL | Organic | Cannabis sativa

MACADAMIA NUT OIL | Organic | Macadamia integrifolia

MARULA OIL | Organic | Sclerocarya birrea

POMEGRANATE SEED OIL | Organic | Punica granatum

SHEA NUT OIL | Organic | Vitellaria paradoxa

SENSITIVE & MATURE SKIN

When a delicate touch is in order, these oils bring hydrating and nourishing support.

BAOBAB OIL | Organic | Adansonia digitata

CAMELLIA SEED OIL | Organic | Camellia oleifera

CRANBERRY SEED OIL | Organic | V. macrocarpon

POMEGRANATE SEED OIL | Organic | Punica granatum

ROSEHIP SEED OIL | Organic | Rosa sp.

SAFFLOWER OIL | Organic | Carthamus tinctorius

SEA BUCKTHORN OIL | Organic | *Hippophae rhamnoides*

EXPLORE OUR FULL LINE OF INGREDIENTS:



CARRIER OILS FOR NATURAL SKIN CARE

Explore some of our favorite oils used in natural skin care. These can be used alone or in recipes with other skin-loving ingredients. Nourish and hydrate according to your skin type with this helpful guide.

NON- OR LOW-COMEDOGENIC

Skin prone to clogged pores and occasional acne can benefit from low-comedogenic oils.

APRICOT KERNEL OIL | Organic | Prunus armeniaca

ARGAN OIL | Organic | Argania spinosa

CAMELLIA SEED OIL | Organic | Camellia oleifera

CASTOR OIL | Organic | *Ricinus communis*

GRAPESEED OIL | Organic | Vitis vinifera

HAZELNUT OIL | Organic | Corylus avellana

HEMP SEED OIL | Organic | Cannabis sativa

JOJOBA OIL | Organic | Simmondsia chinensis

OLIVE OIL, EXTRA VIRGIN | Organic | Olea europaea

POMEGRANATE SEED OIL | Organic | Punica granatum

ROSEHIP SEED OIL | Organic | Rosa sp.

SAFFLOWER OIL | Organic | Carthamus tinctorius

ALL SKIN TYPES

These oils can be used on almost all skin types and are excellent neutral bases for aromatherapy applications.

ARGAN OIL | Organic | Argania spinosa

JOJOBA OIL | Organic | Simmondsia chinensis

SESAME OIL | Organic | Sesamum indicum

SUNFLOWER OIL | Organic | Helianthus annus



BUTTERS

Pure botanical butters are skin conditioning ingredients for lotions, lip balms, soaps, and other DIY body care recipes.

COCOA BUTTER WAFERS

Theobroma cacao | Organic | Fair Trade Expeller-pressed and unrefined

COCOA BUTTER WAFERS, ROASTED

Theobroma cacao | Organic | Fair Trade Expeller-pressed and unrefined

COCOA BUTTER, ROASTED

Theobroma cacao | Organic | Fair Trade Expeller-pressed and unrefined

KOKUM BUTTER

Garcinia indica | Expeller-pressed and refined

MANGO BUTTER

Mangifera indica | Organic | Expeller-pressed and refined

SHEA BUTTER, REFINED

Vitellaria paradoxa | Organic | Expeller-pressed and refined

SHEA BUTTER, UNREFINED

Vitellaria paradoxa | Organic | Expeller-pressed and unrefined

WAXES

Enjoy our line of pure waxes for all your cosmetic, DIY, and household projects.

BEESWAX BLOCKS

Our line of pure filtered beeswax comes from the USA.

BEESWAX PASTILLES

Easy to measure and melt 3 mm pastilles.

CARNAUBA WAX | Organic | Copernica cerifera The hardest natural wax available.

EMULSIFYING WAX

Odorless stabilizer and thickening agent.

BULK INGREDIENTS

Enjoy our curated collection of natural DIY ingredients for all your body care creations.

ALOE VERA GEL

ARROWROOT POWDER | Organic | Maranta arundinacea

BAKING SODA

BORAX

CASTILLE SOAP LIQUID

CITRIC ACID

COCONUT FLAKES | Organic

EPSOM SALT

GUAR GUM POWDER | Organic | Cyamopsis tetragonolobus

MENTHOL CRYSTALS | Organic

RICE STARCH POWDER | Organic

ROSEMARY ANTIOXIDANT | Organic

STEARIC ACID | Organic

TAPIOCA STARCH POWDER | Organic

VEGETABLE GLYCERINE | Organic

VITAMIN E OIL

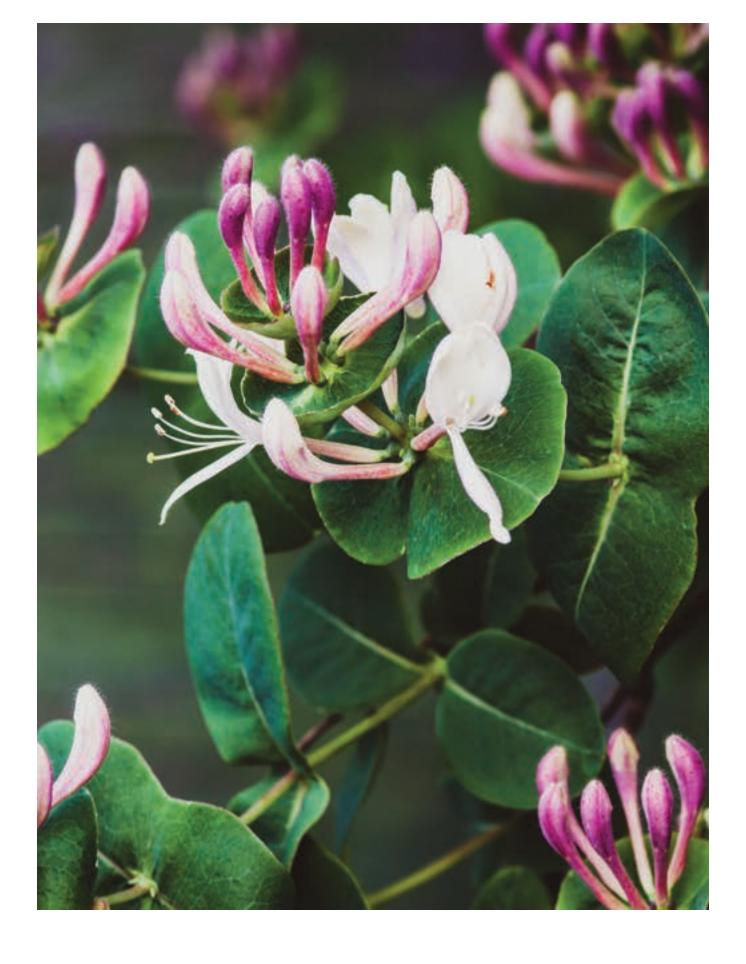
WITCH HAZEL EXTRACT | Organic

CREATE A CLASSIC CALENDULA SALVE AND LIP BALM:





1. Pantry Jars, various sizes 2. Plastic Bottle with Disc Flip Cap 3. Stacking Spice Jars 4. Amber Glass Jars, various sizes 5. Amber Glass Bottles, various sizes and tops 6. Fingertip Misters 7. Spice Bottle with Cork Top 8. Spice Bottle with Shaker Top 9. Push Top Tins, various sizes 10. Clear Glass Jars, various sizes 11. Lotion Pumps 12. Lip Balm Tubes 13. Roll Top Glass Bottles



ACCESSING HER SUSTAIN

WRITTEN BY ALEX QUEATHEM PAYNE and CRYSTAL MOORE-STEVENS

Throughout history, our interconnectedness to plants for food, fiber, and medicine has been profound. As the population increases, it is up to us stewards of the earth to ensure the population of plants does not dwindle. Practicing ethical herbalism is necessary for the future of fragile ecosystems, at-risk plant species, and all of us who call the planet home. We can each play a small part now that will have an impact for years to come.

As Rosemary Gladstar so eloquently stated.

"If we choose to use plants as our medicine, we then become accountable for the wild gardens, their health, and their upkeep."

As herbalism continues to grow and traditional knowledge becomes more accessible, awareness expands and one begins to notice that plant allies are all around us. Green leaves and vines flourish in local parks, wild weeds pop up in our backyards, wildflowers grow along the roadsides, shade plants under the forest canopy, and seeds open and grow out of the cracks of the sidewalks. As we incorporate these plants into our lives whether it's on a smaller scale for personal use or on a larger scale for an herb shop or production company, we have to think back to Rosemary's loving advice. Once we become consumers of the plants, we must think of the future of their health and ensure their populations thrive for generations to come. We become advocates for the plants.



Stewardship is a relationship with the natural world that takes dedication, commitment, adaptability, and respect. There are many lessons that plants and ecosystems have to offer. Getting to know your local ecosystems and spending time in nature helps to form a deeper connection and offers opportunities for stewardship.

Herbs can be sustainably accessed in a number of ways:

- Focus on abundant, local, and seasonal plant medicine
- Support individual herbalists and apothecary shops
- Directly source from herb farms and trustworthy wildcrafters
- Grow your own herbs
- Practice only ethical wildcrafting or foraging

Focus on Abundant, Local, and Seasonal Plant Medicine Living with the rhythm of the seasons is one of the primary places to start to make a positive impact on the populations of herbs by turning to seasonal, regionally abundant foods and medicines.

As the demand for medicinal herbs grows, focusing on bountiful plants is necessary for the future of green spaces and wild areas. These botanicals essentially include edible and medicinal weeds, invasive species, and tree medicine. For example, dandelion (*Taraxacum officinale*) is incredibly prolific. It spreads easily through seed dispersal and can be found growing wild in open spaces, lawns, and even in the cracks of sidewalks. The weeds growing in our own lawns often have many of the plant constituents and herbal actions found in rare and at-risk herbs. Also, harvesting these invasive botanicals actually helps some habitats by removing the opportunistic species that may be crowding out native species in delicate ecosystems. For instance, honeysuckle, kudzu, wild grape, Japanese hops, and multiflora rose are highly invasive in the midwest. These species have very powerful medicinal properties. Honeysuckle supports the immune system; kudzu is highly nutritious; wild grapes are rich in antioxidants and the leaves are high in vitamins and minerals; Japanese hops have an affinity for irritated joints and soft tissue; multiflora roses have astringent properties as well as carminative ones. When creating your own herbal remedies, it is best to formulate your recipes to be ethical and to choose abundant plant medicine like these instead of at-risk plants.



Support Individual Herbalists and Apothecaries Conscious consumerism is a lifestyle choice and a commitment to supporting ethical practices. We suggest taking time to look into the stores, companies, and even individuals that are selling herbs and herbal products to make sure their values align with your own. Asking a few questions about where and how they source products can provide valuable information. Purchase from companies that have high ethical standards and direct relationships with the farmers and foragers.

Shopping locally is always a wonderful way to support the community. Look for organically cultivated or Forest Grown Verified herbs first.

Directly Source From Herb Farmers

Many organic vegetable farmers also have an herb garden and may even grow a variety of common medicinal herbs including chamomile, lavender, and mint. Check your local farmers market to start conversations with farmers to see if they have fresh herbs for sale or through special orders. Farmers are often willing to grow new crops if there is a demand. Look for regenerative farmers that have sustainable practices. When we support organic and regenerative farmers, we are supporting the Earth in a positive way.

Grow Your Own Medicinal Herbs

Gardening provides an opportunity to learn about the symbiotic relationships within ecosystems. The sweetness of berries, the spiciness of oregano, and the bitterness of

dandelion greens and motherwort bring awareness to our palette. While in the garden, we become in tune with the rhythms, the seasons, and the cycles of the natural world.

Some of our favorite medicinal herbs to grow include St. John's wort, tulsi, calendula, passionflower, Echinacea, yarrow, mullein, beebalm, chamomile, anise hyssop, motherwort, comfrey, ashwagandha, and a variety of mints. Find out which herbs grow well by finding out which USDA plant hardiness zone you reside in. Seed companies often have complete growing instructions and requirements. Strictly Medicinal Seeds in Williams, Oregon has just about every medicinal seed variety one could dream of.

We suggest spending a little time volunteering on a local herb farm to better understand the process of digging up roots, harvesting leaves and flowers, processing the plants, perhaps drying, packaging, and then shipping them to a distributor like Mountain Rose Herbs where they will be bagged and delivered to your doorstep.

Get Involved at a Local Community Garden

Land accessibility can be a challenge for apartment dwellers or people that live in big cities. Fortunately, community gardens are widespread. A guick Internet search could potentially connect you with a local community garden. Check your local garden clubs, plant nurseries, extension agencies, urban growers collectives, or botanical gardens to help locate area community gardens.

Ethical Wild Foraging

Depending on what region you reside and recreate in, there may be opportunities to forage or wildcraft food and medicine. As a forager, you take on a great responsibility to make decisions that are in the best interest of the ecosystem and all the plants and organisms that live there, down to the moss on the logs, the ants that pollinate native wildflowers, and larger wildlife like the deer.

It is crucial that you correctly identify a plant before harvesting. One of the most important ways to gain this knowledge and sustainably access herbs is to get to know your local flora. There are a plethora of field guides for each region. Also, experienced foragers and herbalists often host plant walks and plant identification walks, which offer opportunities to cultivate relationships with each plant.

Before you pick any plants, there are many questions to ask yourself to ensure your safety. For example, one of our most abundant wild weeds, dandelion grows in all sorts of places. Many people consider this phenomenal plant to be a nuisance and spray ounces of chemicals to eradicate it. Before reaching to pick a bundle of those gorgeous yellow flower heads, you must ensure that no chemicals have been sprayed there.

Also, ask if a plant is an important food for wildlife and beneficial pollinators. Could this plant population handle large harvests without impacting the animals that feed from it and could it continue to grow and thrive year after year? Similarly, is this plant regionally abundant and in season?

This is also a great opportunity to support local wildcrafters and foragers who have personal experience and have been thoroughly trained. By supporting our local wildcrafters and herb farmers we are supporting the local economy while looking out for the best interest of the health of the ecosystems.

One of our favorite resources and herb schools, The Columbines School of Botanical Studies located in Eugene, Oregon, has an in-depth two-year field program that spends hundreds of hours learning the language of botany, field identification, and the art of wildcrafting in their apprenticeship program. There are other wonderful resources as well, such as local botanical sanctuaries, United Plant Savers, or the Sage Mountain Botanical Sanctuary.

There are herbalists all over the country that offer classes, workshops, and full apprenticeships to learn more about these topics. See Mountain Rose Herba Herbal Education section on their website for more information.



Field Guides, Identification Books, Local Conservation Departments, and Plant Clubs

Resources on the topics of foraging and proper plant identification throughout each season and region are readily available. Local floras will have dichotomous keys that can help you to properly identify local plants. When first learning the art and science of botany, it may take some time to learn all of the different terms, but this knowledge will help you avoid potentially dangerous mistakes.

Getting involved in local native plant society meetings is another good way to find community and they generally offer important educational resources. Similarly, we like to check in with local colleges that have extensive botany, mycology, or forest ecology programs. College instructors often have excellent insight that may help you identify a species or answer specific questions.

Resources for Sustainably Accessing Herbs

- United Plant Savers (UpS) unitedplantsavers.org
- United Plant Savers Forest Grown Verified Program unitedplantsavers.org/fgv
- American Botanical Council, Sustainable Herbs Program sustainableherbsprogram.org
- Mountain Rose Herbs Local Herb Growers Directory mountainroseherbs.com/resources/local-herb-growers
- Columbines School of Botanical Studies botanicalstudies.net

Abundant Wild Medicine & Invasive Plant Medicine

The following list contains many edible and medicinal weeds that will most likely be popping up in your yard or neighborhood this year. These herbs and wild plants are not only incredibly delicious and nutritious but also have a pretty long list of constituents and herbal actions. If these plants do not grow in your region, research the local abundant plant medicine in your area and keep a list in your field guide or journal.

Spring

- Dandelion (Taraxacum officinale)
- Henbit (Lamium amplexicaule)
- Dead Nettle (Lamium purpureum)
- Chickweed (Stellaria media)
- Plantain (*Plantago* sp.)
- Violet (Viola sp.)
- Honeysuckle (Lonicera sp.)

Summer

- Lambsquarters (Chenopodium album)
- Purslane (Portulaca oleracea)
- Yellow Dock / Curly Dock (Rumex sp.)
- Wild Blackberry (Rubus spp.)
- Mulberry leaf and Mulberries (Moria alba)
- Multiflora Rose (Rosa multiflora)
- Wood Nettles (Laportea canadensis)
- Kudzu (Pueraria montana)

Fall

- Wild Grape (Vitis riparia)
- Persimmon leaf and fruit (Diospyros virginiana)
- Goldenrod (Solidago sp.)
- Autumn Olive (Elaeagnus umbellata)
- Eastern Red Cedar (Juniperus virginiana)
- Burdock (Arctium lappa)

SCAN TO LEARN ABOUT MORE CRYSTAL'S FARMSTAND OR VISIT flourishfarmstead.com



SCAN TO EXPLORE ALEX'S BOTANICAL SANCTUARY OR VISIT tendingthewildflowers.com







SEED STEWARDSHIP PROJECT







At Mountain Rose Herbs, we invest time and energy into striking a balance between offering as many sustainably grown and harvested organic herbal allies as possible and simultaneously supporting the conservation of at-risk and endangered plants. We are excited that more and more people are recognizing the abundance Mother Nature has to offer and the many benefits that the botanical world provides. Unfortunately, the increasing impact of overharvesting on wild plants has left many of our most important botanicals at serious risk.

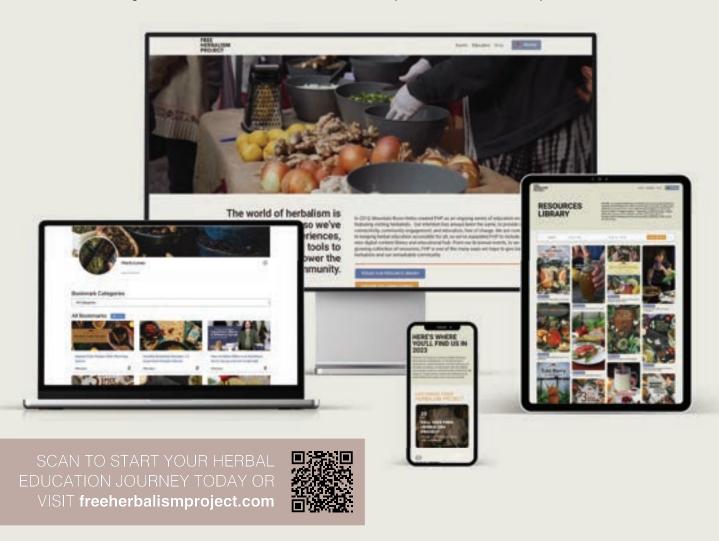
With this in mind, we are working with United Plant Savers (UpS) to launch a new Seed Stewardship Project! With the help of UpS Executive Director Susan Leopold, we have chosen a variety of at-risk plant seeds that we are giving away to people who are able to plant them and help rebuild our at-risk plant communities. Now, when you place an order with us, you will have the option to select a seed packet for FREE. Plant them in a window box, in your back yard, or in a natural area where these plants once thrived—together we can ensure their survival one seed at a time.

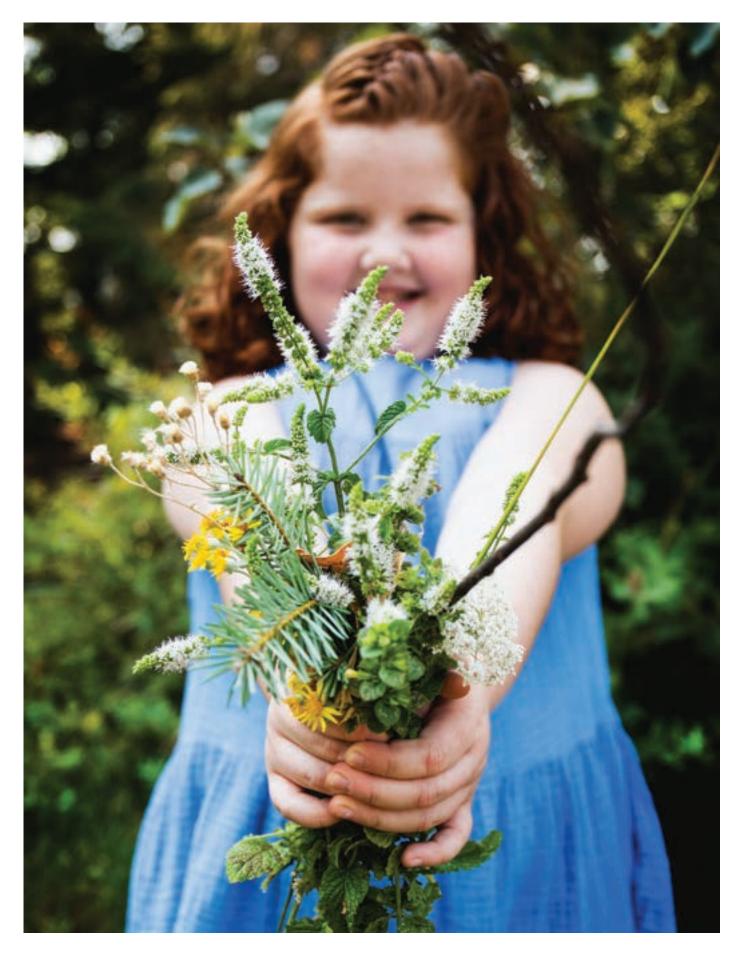


SCAN TO LEARN ABOUT THE SEED STEWARDSHIP PROJECT OR VISIT https://mrh.life/SeedStewardship

Welcome to our NEW

As many of you know, the Free Herbalism Project is a free herbal gathering that Mountain Rose Herbs hosts. The events feature classes from the best herbal educators of our time who share their decades of experience and practical ways to bring herbal wellness into our lives. Now, we've decided that a few events a year just issn't enough. This new interactive addition to the Free Herbalism Project features a website with educational articles, recipes, podcasts, guizzes, and of course, event information. And the best part... you can save everything to personalized boards so you can easily find them time and again! Your curated boards are also shareable so you can send them to family, friends, clients, and more.





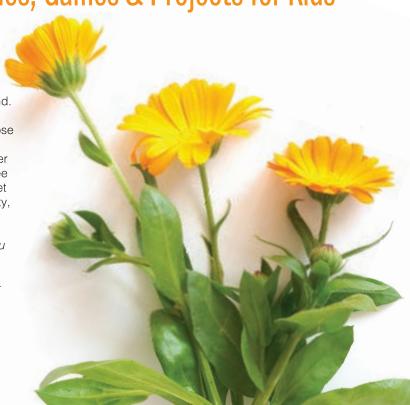
PLAYING WITH PLANTS

Botanical Practices, Activities, Games & Projects for Kids

WRITTEN BY JILING LIN

Before formally becoming an herbalist, I was an outdoor educator, primarily for homeschooled kids in New England. We roamed woods and fields through every season, drinking fresh black birch syrup in the spring, savoring rose petal chocolates in the summer, jumping in rainbow leaf piles in the autumn, and tracking critters in the fresh winter snow. I found my own love of plants by guiding kids to see beyond the "green wall" of the natural world into a new yet ancient world of botanical names, lore, practicality, beauty, and magic.

"Thank you plants, for giving us your medicine. Thank you for helping us live! Thank you plants, for giving us our medicine. Thank you for helping us live!" We sing, share about plants we're grateful for, put our paws in the center of the circle, then howl our way out into the woods.





As kids playing in woods grow into adults leading in communities, we nurture botanical resilience in our future generations, for all our relations. We seed the botanical revolution.



"I want to tell you about one of my favorite plants," I say. My pack of children falls silent, their eyes shining around the forest, trying to guess which plant. I wink, "Don't reveal my secret if you know this plant already." We stand at the edge of the forest. Before we enter, I tell them, "Check out this leaf. Tell me what you see." Little voices pipe out, "It's red!" "Well, that one's green." "It's on the ground." "Yeah, that one's going up the tree." "There are three leaflets per leaf." "The side leaflets look like ears!" We gather our observations, then give the plant a name, "Shiny Face." Only after we have named our new plant friend do I give more details about this plant. Poison ivy (*Toxicodendron radicans*, Anacardiaceae), the protector of the forest, is one of the first plants I share about, along with other potential hazards, before we begin any new class.

We start each class with a song, a gratitude circle, then another song before different age clusters dance off into the trees. Younger kids gravitate towards imaginative play. Older kids learn specific skills and share them with the younger ones. We sing songs, gather observations, make up stories, and play games galore. As kids playing in woods grow into adults leading in communities, we nurture botanical resilience in our future generations, for all our relations. We seed the botanical revolution.

These botanical practices, activities, games, and projects spark connection for both kids and adults. Reconnect with your inner child and play with your kids, or simply the plants themselves!



PRACTICES

Giving Plants Names

Ask the plant their name or create our own names for plants, and then learn more: botanical names (usually Latin), common names, and traditional names in Indigenous or other languages. Start flipping through field guides, materia medicas, and other botanical books. Learn where the name(s) came from, and all its dimensions of meaning. Let older kids read for themselves. Read for younger kids and help them understand the botanical lingo. Share stories, songs, how the plant changes through the seasons, and traditional and modern preparations. We open intentionally to intuition first, before gathering more information.

Sacred Harvest

Ask for permission before gathering any plant, even if just picking a flower to bring home. Kids are already low to the ground. Let them step closer, and tune into the plant. Share and follow your favorite guidelines for ethical harvesting, such as what Howie Brounstein outlines in his Wildcrafting Checklist. Give thanks before and after gathering, and consider how to give back to the plant, and how to cultivate dynamic friendship.

ACTIVITIES

Drawing Plants

When first meeting a plant, pen and paper can help strengthen connections through direct observation and creation. Sit next to plants with a little notebook and your favorite drawing utensil, such as a pen, pencil, or crayon. Draw what you see. Then draw what you imagine. Starting with just one color helps strengthen observation. More colors can be added later. Exploration supersedes representation! Have fun with the process.

Plant Prints

Pick a leaf off the ground, or from the plant (with the plant's permission). Place the leaf under a piece of paper and rub a crayon on top to imprint the leaf onto the paper. Or paint the leaf with simple black ink, or different colors, then imprint the leaf onto the page. This can be a lovely addition to plant-exploration journals and can also be turned into cards, gifts, and other projects.

Earth Altar

Take a walk, gathering plant materials into a basket as you go. Clear a space on the ground in a quiet place. Create an intention or story for your altar, then arrange your plant materials in a harmonious fashion. Share with friends! Thank your altar and the plants before either clearing the space again or stepping away.

Sit Spot

Find a cozy, quiet outdoor spot around your home. This may be a corner of your yard, in the garden, or even in a local park. Visit this spot every day to simply sit. Sit and observe. Sit with a question. Sit with an empty mind and watch as the landscape and her plants and critters get to know you and share their secrets. As you relax into your sit spot, feel yourself soften into a sense of even deeper belonging here. Give kids 5-15 minutes at their sit spot. Younger kids may need a project and a shorter time; older kids can sit and simply observe for longer. Ask them to share stories when they come back!





GAMES

Handkerchief Reveal

Walk behind your kids while hiking or walking in a natural setting where it's ok to pick plants. Surreptitiously gather 1-10 different edible/medicinal leaves and flowers into a small cloth or handkerchief. (Gather more plants for older kids, and fewer for younger kids). When the kids aren't looking, place the cloth on the ground, then arrange the plant materials onto the cloth. Cover with another handkerchief, then call your kids over. "You get 15 seconds to look at what's under the handkerchief. Remember what you see!" Pull back the top handkerchief, "Starting NOW!" Count down... then cover the leaves/ flowers back up. Give your kids 5-10 minutes to find and retrieve the plant materials that they saw on your cloth. Call them back to share. This is a fun way to engage observation and remember botanical characteristics while walking or hiking!

Tree Tag

Tree Tag initiates botanical name recall in a fast-moving game of tag. The "It" person calls out the names of trees. Whatever tree is called out is "safe." If kids get tagged, then they become the new "It" person. Have fun with different versions of this game! Call out common names, botanical names, indigenous names, or made-up names. Call out tree characteristics, traditional uses, or even phytoconstituents.

PROJECTS

Kids love gathering plants, making medicines, and playing healer. Finding plants, getting to know them, getting dirty, washing up, then eating what they just gathered nourishes a delightful kinesthetic relationship with nature. Kids remember these experiences and may share these stories for the rest of their lives. Have fun! Kid-friendly botanical projects abound and are great for adults who are just beginning their journey too!

Sun Tea

Place your botanicals into a glass jar with a cap. Dried botanicals are fine, but fresh is nicer for this project. Mints are especially easy to identify and delicious to play with. Add a handful into the jar, cover with room-temperature water, cap, then let sit outside in a sunny place until the tea takes on the color and aroma of the plant material. In hotter climates, like Southern California, sun tea infuses in as little as an hour, but in cooler ecosystems, sun tea may need to steep most of the day. Keep it simple with one plant at a time to really savor the flavors, or get fancy and add in a bit of fresh or dried fruit for a splash of color and sweetness. Blueberries, raspberries, apples... have fun!

Calendula Lip Balm

If you have garden space, flower beds, or plant pots, calendula is a fun and easy botanical to grow. Pick fresh calendula flowers. Let wilt to dry off moisture, then place into a glass jar of your desired oil, such as olive oil. Cap it. Infuse in the sun. Calendula often grows a little at a time, so add the flowers in as they open up. Once your jar is full of blossoms and your oil looks and smells like calendula (usually after 4-6 weeks), strain out the plant material. Heat 4 oz. of the calendula-infused oil in a double-boiler, then mix in 1/2 oz. of beeswax pastilles. Pour into small jars or lip balm tubes and let cool to solidify. Make a beautiful label, stick it on, and enjoy!

Plantain Salve

Plantain is another plant that is pretty simple to grow in pots or the garden, and is easy to identify and find in the wild. Pick enough to fill a small glass jar, let wilt before infusing with oil, strain, then make your salve: heat 4 oz of the plantain-infused oil in a double-boiler, then mix in 1/2 oz. of beeswax pastilles. Pour your salve into a small container to keep in your first aid kit. Take it on adventures or family camping trips. Empower kids with resources to say, "Look what I made!" and "Hooray, although I got hurt, I can use the plantain salve that I made!"





SEEDING THE BOTANICAL REVOLUTION

When we teach our kids these medicine ways through fun connective practices, they pass it on. They teach their kids. Their kids teach their kids. On and on, we reweave the broken baskets of our ancestors, reconnecting our ancestral traditions with the natural world that's singing our names. We listen. We hear. We sing back. Our echoes ripple forth far into future generations, as laughter.



EXPLORE AND PLAY WITH JILING LIN BY SCANNING HERE OR BY VISITING jilinglin.com

HERBAL OFFERINGS FOR CHILDREN

HERBAL SEEDS

This garden kit is the perfect way to introduce your little ones to the joys of gardening.

KIDZERBS GIFT SET | Organic

This hands-on educational kit is great for children above the age of five, or anyone who is young at heart. The Kidzerbs seed kit is designed to inspire children to grow herbs either in a backyard plot or in pots on the windowsill. It makes a wonderful gift! Each kit includes 12 seed packets and a storybook written and illustrated by Sena Cech featuring botanical illustrations, stories, and recipes.

Included seed packets: anise, basil, borage, calendula, California poppy, chamomile, feverfew, flax, Johnny jump-up, lemon balm, and love-in-a-mist.

HERBAL TEA

Serene and refreshing, this tea is perfect for all ages right before bedtime or enjoy a cup whenever you may need some tranquility.

QUIET CHILD TEA | Organic | Caffeine-free Spearmint leaf°, catnip°, chamomile flowers°, skullcap°, raspberry leaf°, and calendula flowers°.

SKIN CARE

Our gentle collection of herbal skincare for babies and children pampers delicate and sensitive skin.

ALOE BABY WASH

Coconut oil°, alcohol°, sunflower seed oil°, castor oil°, potassium hydroxide (used to make saponified oil and is not found in the finished product), *Aloe barbadensis* leaf juice°, citric acid, and rosemary extract°.

BABY BORAGE CREAM

Water, coconut oil°, shea butter°, cocoa seed butter°, sodium behenoyl lactylate, stearyl alcohol, borage seed oil°, glycerin, rosemary leaf extract, vitamin E oil, green myrtle oil, potassium sorbate, and blue tansy oil°.

BABY'S BALM

Olive oil° infused with chickweed°, plantain leaf°, goldenseal root°, myrrh gum resin°, St. John's wort flowers°, calendula flowers°, and beeswax.

BABY CHEST RUB

Olive oil° infused with chickweed°, chamomile extract°, Oregon grape root extract°, *Echinacea purpurea* root & leaf extract°, castor oil°, beeswax°, vitamin E oil, and essential oils of eucalyptus°, lavender°, mandarin°, tea tree°, niaouli°, and rosemary°.

BOTANICAL BABY POWDER

Arrowroot powder, white kaolin clay, marshmallow root powder°, baking soda, Oregon-grown lavender essential oil, mandarin essential oil°, and roman chamomile essential oil.



HERBAL EDUCATION

Giving children a good herbal foundation will stay with them for their lifetime. Knowledge is power, and when we are young, we are especially open and eager to learn new things about the natural world. This selection of herbal education books is wonderful for learners of all ages to enjoy.

A KIDS HERB BOOK | Lesley Tierra

This delightful book is packed with 264 pages of illustrations, charming herb facts, coloring pages, herb check lists, funny stories, herbal bedtime stories, a "how to make" section, herbal mythology written for kids, and a plethora of engaging herbal information for the little ones.

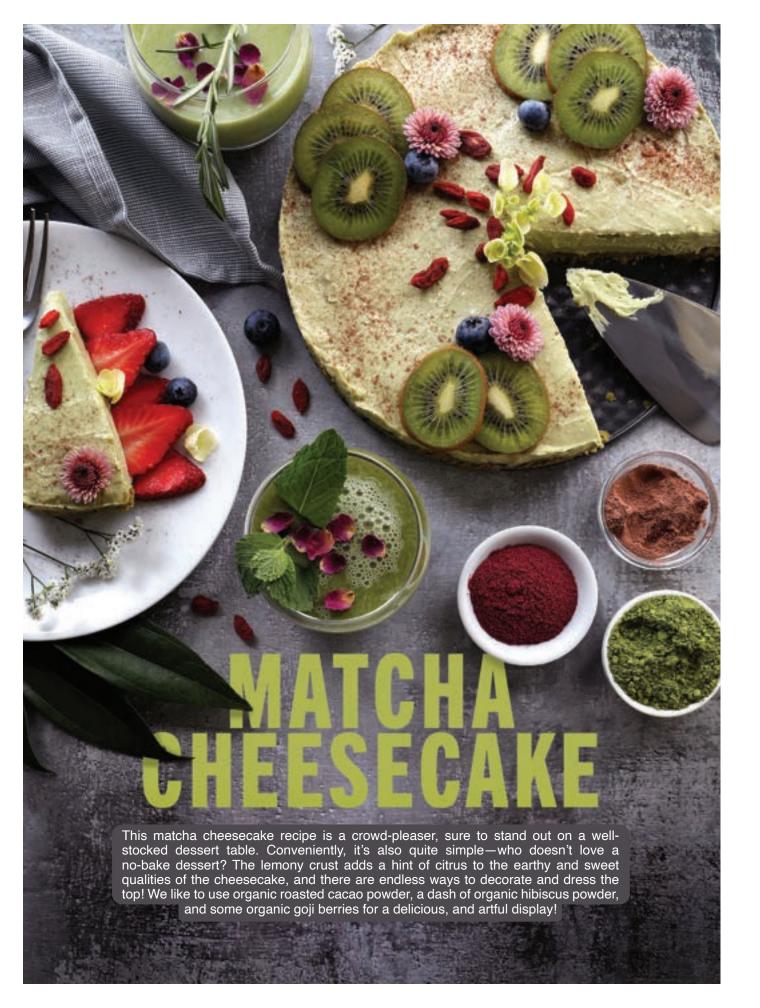
HERBS & MEDICINAL PLANTS KNOWLEDGE CARDS

These informative cards come packaged in a boxed deck and provide an extremely convenient method for practicing botanical identification skills on the go. These cards are an excellent educational resource, and make a great gift for those new to herbalism as well as seasoned botanists.

THE ILLUSTRATED HERBIARY | Maia Toll

This exquisitely illustrated book invites readers to take an introspective journey through symbolism and mythology to some of the most beloved of herbs. This book is both fun and interactive for readers of all ages.

SUPER COOL KIDS BOOK | Mountain Rose Herbs When you can't be exploring the outside world, make some tea, grab your colored pencils and settle down with our Super Cool Kids Book! 28 pages of herbal knowledge, puzzles, and coloring for the young-at-heart botanical enthusiast. Get to know some of the most powerful herbal allies with this all-ages interactive book.





NO-BAKE MATCHA CHEESECAKE

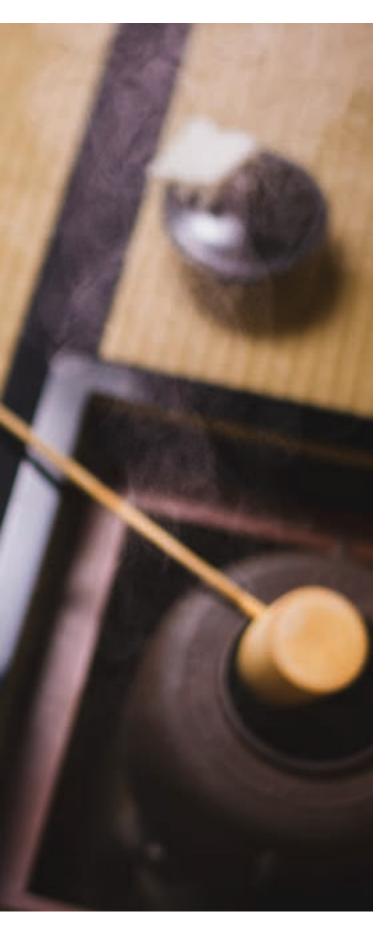
INGREDIENTS

- 8 oz. organic shortbread cookies (choose gluten-free cookies for a gluten-free version)
- 5 Tbsp. melted, unsalted organic butter
- 2 tsp. organic lemon peel powder
- 3 1/2 tsp. organic matcha tea
- 16 oz. organic cream cheese
- 1 cup organic granulated sugar
- 1/4 cup organic sour cream
- 1 1/2 cups organic whipping cream
- 1/2 tsp. organic vanilla extract
- 1 organic lemon, juiced
- Organic roasted cacao powder, organic hibiscus flower powder, or organic lycii (goji) berries for topping

DIRECTIONS

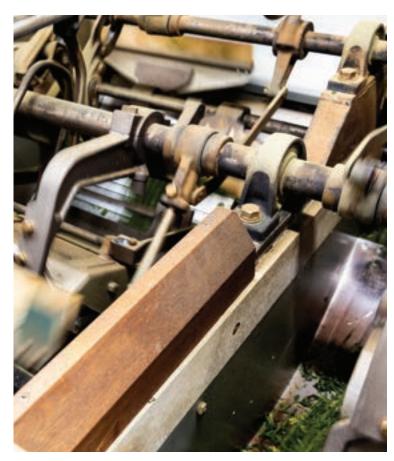
- 1. Prepare crust first by combining shortbread cookies, melted butter, lemon peel powder, and 1 teaspoon of matcha in a food processor, pulsing until ingredients are blended into a fine, crumbly texture. 2. Press crust mixture into the base of a 9-inch springform baking ring or baking dish of choice. Place in the fridge while preparing the filling. 3. For the filling, place cream cheese, sugar, sour cream, and remaining matcha tea into a bowl or mixer. Mix until ingredients are well blended and set aside. 4. Pour whipping cream into a chilled bowl and mix well until thick peaks form. 5. Begin to fold the whipped cream into the cream cheese mixture while adding the vanilla extract and lemon juice. 6. Once evenly mixed, top the crust with the cheesecake filling and spread evenly with a spatula.
- 7. Refrigerate your cheesecake for at least 3 hours. 8. Once set, carefully use a knife or spatula to separate the cake from the inner lining of the springform ring to allow easier removal.
- 9. Decorate your cake using colorful herbal powders, fresh fruit, whipped cream, or a delicious homemade herbal syrup!





CEREMONIAL MATCHA

Matcha—meaning "finely powdered tea"—is an alluring beverage with a long history and deep traditions in Japanese tea ceremonies. To source the finest boldly colored, mildly sweet matcha, Mountain Rose Herbs has built a longtime working relationship with our friend and farm partner, Masashi. In June of 2023, we were honored to receive an invitation to tour the 350-year-old tea plantation where Masashi grows and harvests the certified organic, ceremonial-grade green tea leaves that will become our beloved matcha.



Masashi picked us up in the bustling city of Osaka, and we drove through the enchanting, misty hills of the Sōraku District to reach the tea plantation in Wazuka. We were anxious to get out into the green fields of Camellia sinensis. We breathed in the tranquility of the ordered rows and the rustling of the breeze through the plants as Masashi explained the particulars of growing, shading, inspecting, and harvesting the most vibrant leaves to make the highest-grade matcha. We learned from our friend that ceremonial grade matcha has several key characteristics that are impacted by how it is grown, harvested, and processed—the powder must be brilliantly green and produce a cup of tea with delicious umami qualities, excellent frothing, and a smooth, creamy finish.

At the end of this remarkable day, Masashi and his team gifted us with a Chanoyu, a traditional matcha tea ceremony. Tea masters study for years to perfect the art of this age-old ritual. Their ceremonial tools are simple and elegant: a matcha powder scoop (chashaku), a beautiful tea bowl (chawan), and a bamboo whisk (chasen).





The ceremony was an opportunity for quiet reflection as the tea master used the chashaku to scoop ceremonial matcha powder into a lovely chawan and then whisked in hot water to create a light foam on top that is said to imbue the matcha with the smoothest finish and taste. We bowed in gratitude when the tea master presented us with our perfectly prepared tea bowls. It is part of the ritual to turn the chawan design to face the other guests as a sign of respect before you take your first sip. In that moment of mindfulness we were profoundly humbled and grateful to connect with our friends in Japan in this way that celebrated their culture and their heartfelt work and dedication. We are blessed to work with farm partners like Masashi, who devote their lives to growing the finest organic teas, herbs, and spices for people to enjoy.

SCAN TO WATCH OUR SHORT DOCUMENTARY ON OUR TRIP TO JAPAN https://mrh.life/matcha





ORGANIC CULINARY SPICES

From herbaceous seasonings like rosemary and thyme, to invigorating spices like ginger and cinnamon, the organic ingredients we offer are vibrant and packed with flavor and vitality. Our single spices are offered in attractive glass bottles with a shaker top to fit your spice rack and in sizes suitable for bulk storage to craft spice blends or refill upcycled spice bottles with fresh stock. We are what we eat, and herbs and spices are in almost all of the things we consume. It's important to choose fresh and organic seasonings.

AROMATIC

ALSPICE POWDER

ANISE SEEDS

BAY LEAF, WHOLE

CACAO POWDER, ROASTED

CARAWAY SEEDS

CARDAMOM POWDER

CASSIA CINNAMON POWDER

CELERY SEEDS & POWDER

CLOVES, WHOLE & POWDER

CORIANDER SEEDS & POWDER

CUMIN SEEDS & POWDER

DILL SEEDS

FENNEL SEEDS & POWDER

GARLIC GRANULES

GINGER POWDER

NUTMEG POWDER

ONION GRANULES

TURMERIC ROOT POWDER

HERBACEOUS

BASIL LEAF

CILANTRO LEAF

DILL WEED

MARJORAM

OREGANO LEAF

PARSLEY LEAF

ROSEMARY LEAF

SUMMER SAVORY

TARRAGON

THYME LEAF

SPICY

CAYENNE POWDER

CHILI FLAKES

CHIPOTLE POWDER

GOCHUGARU

MUSTARD SEEDS, BROWN

MUSTARD SEEDS, YELLOW

MUSTARD SEED GROUND, YELLOW

PAPRIKA POWDER

PAPRIKA POWDER, SMOKED

PEPPER GROUND, BLACK

PEPPER GROUND, WHITE



SEASONING BLENDS

Handcrafted with the freshest spices from around the world. our organic blends add unmatched flavor to any cuisine.

ALL PURPOSE SEASONING | Salt-free

Basil leaf°, celery seed powder°, garlic granules°, onion granules°, oregano leaf°, yellow mustard seed ground°, black pepper powder°, parsley leaf°, lemon peel granules°, paprika powder°, licorice root powder°, and ancho pepper powder°.

CACAO CHILI POWDER | Salt-free

Smoked paprika powder°, roasted cacao powder°+, ancho chili powder°, oregano powder°, cumin seed powder°, garlic°, onion°, coriander seed powder°, and cassia cinnamon powder°.

CAJUN SEASONING

Paprika powder°, garlic granules°, oregano leaf°, onion granules°, thyme°, cayenne powder°, sea salt, and black pepper powder°.

CELERY SALT

Celery seed powder° and sea salt.

CHILI LIME SALT

Himalayan pink salt, lime peel granules°, paprika powder°, lime peel powder°, ancho pepper powder°, and jalapeno powder°.

CHINESE 5 SPICE | Salt-free

Anise seed powder°, black pepper powder°, fennel seed powder°, cassia cinnamon powder°, and clove powder°.

CURRY POWDER BLEND | Salt-free

Coriander seed powder°, turmeric root powder°, fenugreek seed powder°, ginger root powder°, cumin seed powder°, vellow mustard seed ground°, black pepper powder°, cardamom powder°, anise seed powder°, ancho pepper powder°, clove powder°, and allspice powder°.

EVERYTHING BAGEL SEASONING

White sesame seeds°, black sesame seeds°, poppy seeds°, garlic°, onion°, and Himalayan pink salt.

GARAM MASALA BLEND | Salt-free

Cumin seed powder°, coriander seed powder°, cardamom powder°, black pepper powder°, cassia cinnamon powder°, clove powder°, and nutmeg powder°.

GARLIC & HERB SEASONING | Salt-free

Garlic°, parsley°, oregano°, and thyme°.

GARLIC PEPPER

Black pepper groundo, garlic granuleso, onion granuleso, sea salt, lemon peel granules°, and parsley leaf°.

GARLIC SALT

Garlic°, Himalayan pink salt, and parsley leaf°.

GRILLING HERBS | Salt-free

Garlic minced°, rosemary leaf°, black pepper ground°, onion minced°, thyme°, parsley leaf°, and marjoram°.

HERBS DE PROVENCE | Salt-free

Thyme°, rosemary leaf°, marjoram°, winter savory°, and lavender flowers°.

ITALIAN SEASONING | Salt-free

Basil leaf°, oregano leaf°, and rosemary leaf°.

KALE SEASONING

Kale flakes°, spinach flakes°, nettle leaf°, oregano leaf°, parsley leaf°, lemon peel granules°, sea salt, onion granules°, garlic granules°, celery seed powder°, yellow mustard seed ground°, black pepper ground°, and ancho pepper powder°.

LEMON PEPPER

Onion granules°, garlic granules°, black pepper ground°, lemon peel granules°, sea salt, and ancho pepper powder°.

MEDITERRANEAN SEASONING | Salt-free

Oregano leaf°, garlic granules°, rosemary leaf°, fennel seed°, and thyme°.

MESQUITE SEASONING

Paprika powder°, cumin seed powder°, garlic granules°, onion granules°, mesquite powder°, smoked sea salt, roasted red chili powder°, chipotle powder°, rosemary leaf°, marjoram°, sage leaf°, black pepper powder°, and yellow mustard seed ground°.

MEXICAN SEASONING | Salt-free

Cilantro leafo, onion granuleso, rosemary leafo, thymeo, cumin seed powder°, lemon peel granules°, and chili flakes°.

MULLING SPICE | Salt-free

Cassia cinnamon chips°, oranges°, allspice°, orange peel°, ginger°, cloves°, and anise star pods°.

PICKLING SPICE | Salt-free

Cassia cinnamon chips°, yellow mustard seed°, brown mustard seed°, coriander seed°, allspice°, black peppercorns°, dill seed°, fennel seed°, cloves°, celery seed°, juniper berries°, bay leaf°, ginger root°, and chili flakes°.

PUMPKIN PIE SPICE | Salt-free

Cassia cinnamon powder°, ginger root powder°, nutmeg powder°, allspice powder°, clove powder°, and cardamom powder°.

SALT & PEPPER BLEND

Coarse sea salt, black pepper ground°, and parsley leaf°.

SEASONING SALT

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

TACO SEASONING

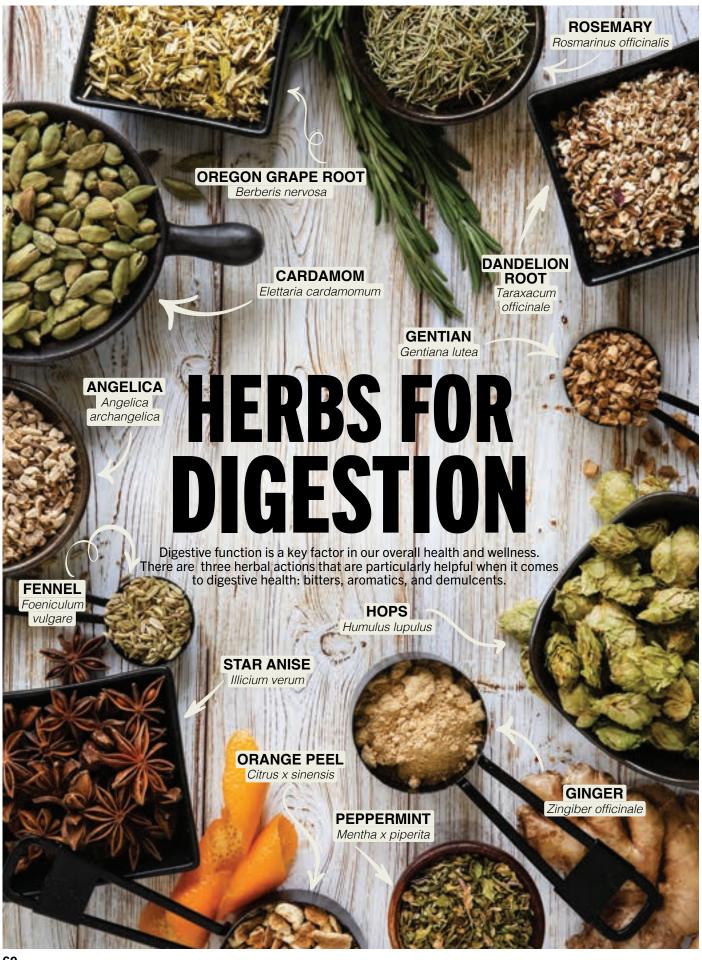
Paprika powder°, cumin seed powder°, garlic granules°, cayenne powder°, sea salt, and oregano leaf powder°.

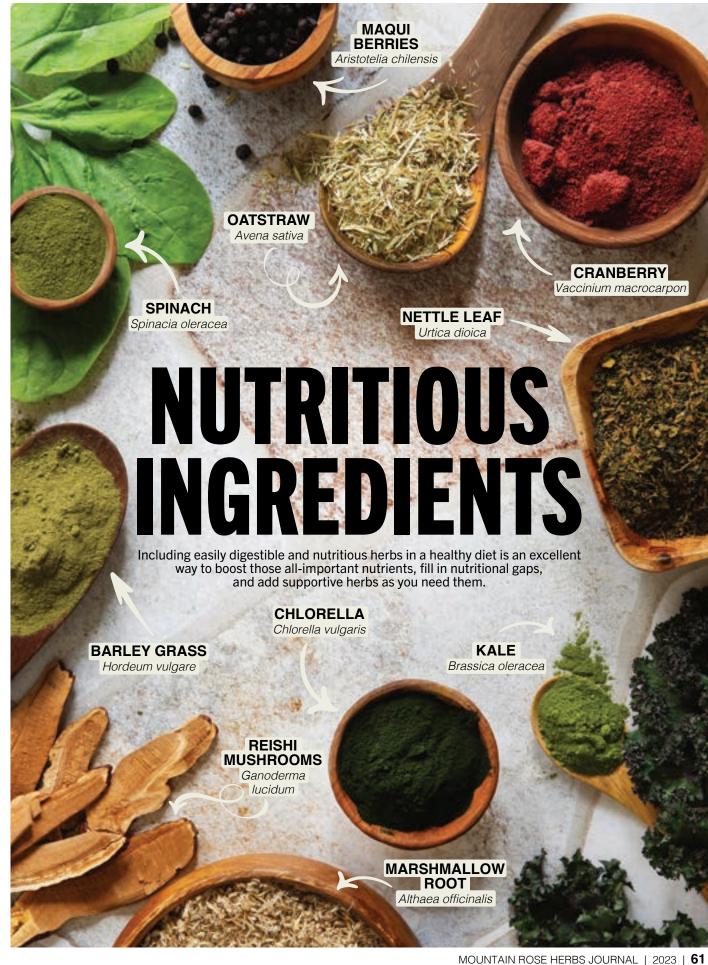
THAI CURRY BLEND

Cilantro leafo, garlic granuleso, onion granuleso, coriander seed powder°, ginger root powder°, lemon peel granules°, chili flakes°, sea salt, cumin seed powder°, and black pepper powder°.

WEST INDIES RUB

Garlic granules°, black pepper ground°, turmeric root powder°, sea salt, ginger root powder°, fenugreek seed powder°, coriander seed powder°, paprika powder°, ancho pepper powder°, yellow mustard seed ground°, cumin seed powder°, cardamom powder°, anise seed powder°, clove powder°, and allspice powder°.



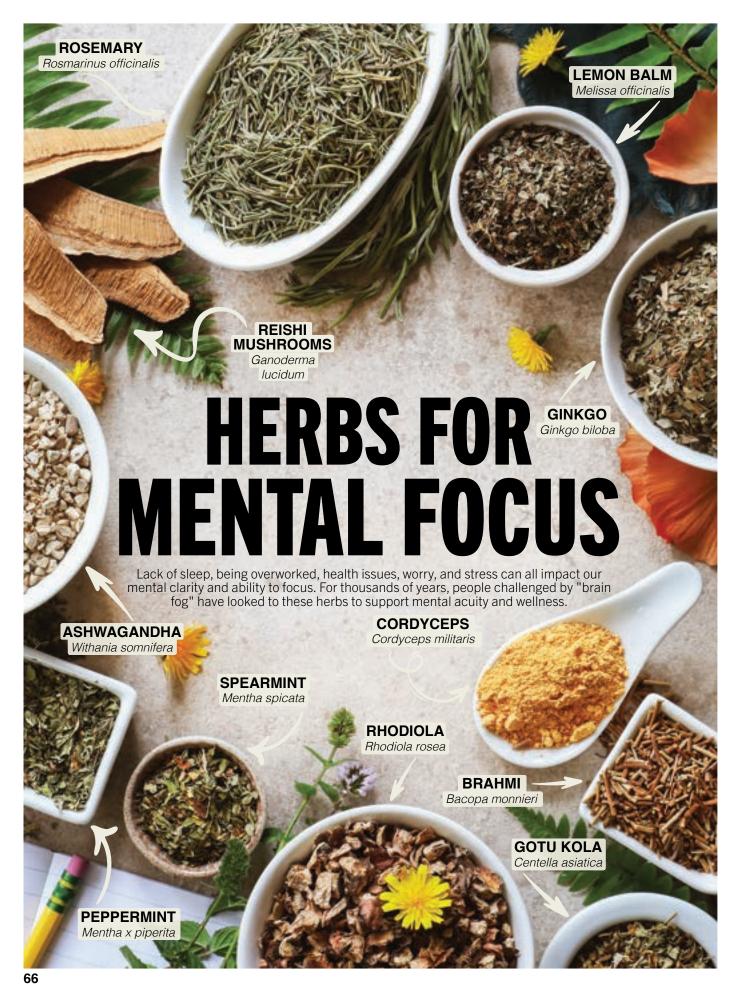














10 INTERESTING & UNCOMMON HERBS

- Ajwain Seed (Trachyspermum ammi)
- Anise Hyssop (Agastache foeniculum)
- Camu Camu (Myrciaria dubia)
- Figwort (Scrophularia nodosa)
- Malva (Malva sylvestris)
- Muira Puama Bark (Croton echioides)
- Speedwell (Veronica chamaedrys)
- Spilanthes (Acmella oleracea)
- Suma Root (Pfaffia paniculata)
- Umckaloabo Root (Pelargonium sidoides)

The Mountain Rose Herbs' team of experts is passionate about finding the highest quality and widest variety of herbal offerings. We have spent decades curating sustainably grown and harvested botanicals from around the world, everything from the most common to the most exotic and obscure. Looking for buchu leaf or rehmannia root? We have those! Looking for staples like marshmallow root or red raspberry leaf? We have those, too! We carry hundreds of herbal allies for skin and hair care, teas, tinctures, and clinical applications.

Mountain Rose Herbs has always been staunchly committed to supplying organic or ethically wildcrafted botanicals. This commitment to providing the best organic herbs is also why we have a state-of-the-art in-house quality control laboratory. Our herbs and spices undergo organoleptic, macroscopy, microscopy, HPTLC, and identity testing to ensure you receive the correct plant and plant parts and that your herbs are free of contaminants, impurities, and pollutants.

Unfortunately, we don't have enough pages to feature all our offerings here. We encourage you to explore our website, blog, and social channels, where you can peruse botanical abundance, discover new skills, and connect with like-minded people who share your passion for herbalism.



USHROO POWDER & PASTE

WRITTEN BY HEIDI SHAYI A

My youngest son loves ramen: both the hand-pulled noodle restaurant version and the instant kind. His passion for instant ramen is left over from his first foray, years ago, into the adult world of supporting himself on minimum wage. Thankfully, as he's matured, he's become more concerned about eating real food without the MSG, TBHQ, and astronomically high sodium content that is typical in grocery store ramen. But quick easy ramen is still the food he reaches for when he's in a hurry and needs a fast meal... which explains my quest to develop an easy, healthy, homemade bouillon powder/paste that he can add to his noodle bowls in place of those unhealthy flavor packets that come in store bought instant ramen noodles.

I set out to create a bouillon with tons of umami flavor that could be used as a powder or a paste and would be perfect for noodle bowls, but also delicious with roasted and sautéed vegetables, omelettes, and more. Because my son is a vegetarian, I turned to shiitake mushrooms. As well as being packed with umami deliciousness, they provide a host of health-supporting superpowers. The antioxidant

activity of the polysaccharides (beta-glucans) in shiitake helps maintain cell integrity and resistance to free radicals and supports both immune health and cardiovascular health. It is also one of the most popular organically grown mushrooms in North America, which means shiitake is readily available both fresh and dried.

Store-bought bouillon usually has a lot of salt and sugar. This is partly about flavor and partly to add stability to a product that is going to sit on a store shelf for months at a time. I wanted a bouillon that gave my family more options about salt content and I wanted to add more herbal goodness to the overall flavor blend. So, step one of this recipe is to make an easy, homemade herbal seasoning salt. On its own, this blend is also good on a wide variety of foods, so we keep some handy for everyday cooking. If you don't have time to make this one, you can substitute a premade organic, sugar-free, and herb-heavy seasoning salt. If you go that road, add it slowly to the mushroom bouillon because you won't know how much salt it includes.



Recipes by Heidi Shayla

HOMEMADE SEASONING SALT

Makes about 1/3 cup.

To get the right consistency, grind leafy herbs like parsley, thyme, and basil into a powder before measuring. Use either a mortar and pestle or a coffee grinder, put the ground herbs through a mesh strainer, then measure.

INGREDIENTS

- 3 Tbsp. fine sea salt, or to taste (if using kosher salt, you will need a little more)
- 1 Tbsp. organic onion granules or onion powder
- 2 tsp. organic garlic granules or garlic powder
- 1 tsp. organic celery seed powder
- 1 tsp. organic parsley leaf
- 1/2 tsp. organic thyme leaf
- 1/2 tsp. organic basil leaf
- 1/2 tsp. organic coriander seed powder
- 1/2 tsp. organic yellow ground mustard seed
- 1/2 tsp. organic paprika powder
- 1/2 tsp. organic turmeric root powder
- 1/2 tsp. organic ground black pepper

DIRECTIONS

- 1. Whisk all ingredients together to thoroughly combine.
- 2. Store in an airtight jar in a cool dark place. When properly stored, powdered herbs have a shelf life of about 6-12 months. You can keep this in the refrigerator or freezer for longer shelf life.

MUSHROOM BOUILLON POWDER

Makes about 1 1/4 cups.

I add nutritional yeast to this recipe for an additional umami boost, and because it provides high-quality protein, fiber, minerals, and vitamins. People with autoimmune diseases or other issues that make nutritional yeast a problem can leave it out or substitute another mushroom powder to help replicate the umami flavor.

INGREDIENTS

- 1 cup organic shiitake mushroom powder, or culinary mushroom powder(s) of choice
- 3 Tbsp. Homemade Seasoning Salt blend, or to taste
- 3 Tbsp. nutritional yeast flakes, or to taste

DIRECTIONS

- 1. Whisk all ingredients together to thoroughly combine.
- 2. Store in an airtight jar in a cool dark place. When properly stored, powdered herbs have a shelf life of about 6-12 months. You can keep this in the refrigerator or freezer for longer shelf life.

PRO TIPS

• This mushroom bouillon powder can be added by the spoonful to noodle soups or other dishes. Unlike the paste version on page 71, you will need to let it cook a bit to dissolve fully and incorporate all the flavors.

MUSHROOM BOUILLON PASTE

Making the mushroom bouillon into a paste is ideal for adding to ramen-style soups, as well as sautés, because it melts smoothly. All you're doing here is mashing together the powder with a fat. I prefer using butter because it adds more depth of flavor and melds nicely with the shiitake and herbs. However, you can replace the butter with other fats, including culinary oils or melted coconut oil. I am not a fan of the coconut oil option because I find it to have a greasy mouth-feel and it of course adds coconut flavor, which isn't always what I'm looking for, but I'll leave that up to you.

INGREDIENTS

I find a ratio of 2 parts bouillon powder to 1 part butter or vegan butter alternative to be ideal (e.g. for every 2 tablespoons of bouillon powder, add 1 tablespoon of butter).

- Mushroom Bouillon Powder
- Organic salted or unsalted butter or vegan butter alternative, at room temperature

DIRECTIONS

1. Whisk or shake the jar of mushroom bouillon powder to thoroughly reincorporate the ingredients. 2. Put mushroom bouillon powder into a bowl. Add room temperature butter.
3. Use a rubber spatula, the back of a spoon, or your fingers to thoroughly mix the powder and butter into a homogenous paste. 4. To freeze, line a sheet pan with parchment or a silicone mat. 5. Measure out 1 or 2 tablespoon size balls of mushroom bouillon paste, depending on how you intend to use the cubes. Place on lined sheet pan and put in freezer until frozen. 6. Put frozen balls into a freezer container and label with name and date made.

HERBAL RAMEN BROTH

DIRECTIONS

1. Cook "instant" ramen or gluten-free noodles (millet, mung, sweet potato, etc.) according to package directions. 2. For every 1 1/2 - 2 cups water, stir in 1 - 2 Tbsp. bouillon paste until fully dissolved. 3. Add tamari, soy sauce, toasted sesame oil, white miso, etc. to taste.

SCAN TO EXPLORE OUR ORGANIC MUSHROOM OFFERINGS OR VISIT

https://mrh.life/mushrooms







HROUGH AGRICUITURF

WRITTEN BY TYRONE LEDFORD

Who Wants a Community Garden?

Who's interested in having a community garden here in town? That was a question I proposed to my community in 2020. There were mixed answers, but many replies stood on the foundation of "It's not possible to grow anything here, let alone have a sustainable community garden." With many people excited about the idea, but in doubt of it being possible, I knew I would have guite the challenge ahead of me.

I accepted the task at hand. Getting the community to dedicate their time and efforts to an idea they've lost hope in would be a difficult task. It was time to get to work. The process of building this community garden included everything I hadn't done before, from creating a proposal to getting it approved by the planning commission. But the most difficult part was navigating through a community that was on the fence about supporting a project that had had multiple previous failed attempts at sustaining. How many people would be willing to show up was the big guestion. I secured the land we would use to build this garden and submitted the necessary proposal. It was time to see if people would actually show up to help develop this garden. I collected contacts and emails to do a callout for volunteers to help prep the land for development. I set a date and waited to see what the outcome would be. To my surprise, as I waited on my bare land people showed up. More people showed up, and more people showed up. We reached around 50 volunteers who wanted to see change. They may not have seen the vision, but they wanted change, and change is what they got.

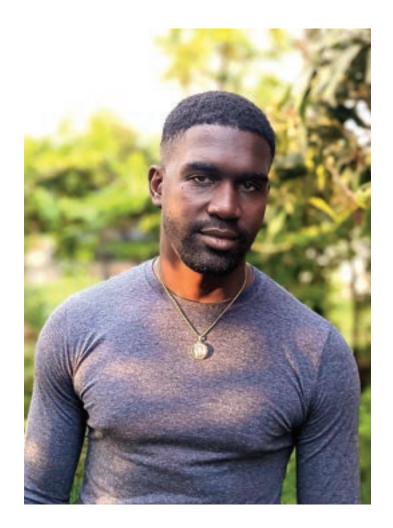


GROWING FOOD IN THE DESERT

What Can You Grow?

Living in a desert community can be difficult due to the harsh climates and lack of resources. We experience multiple freezes during the winter and an average of 115° Fahrenheit during the summer. Our freezes are never consistent with the previous year, so it can be difficult to decide when to start preparing for the next season. This reality discourages many gardeners from growing food and can make it seem impossible to grow food for those interested. Before 2020, our gardening community was almost nonexistent, and those who did garden had no platform to share their knowledge. I wanted to change that. My goal was to give everyone the tools and resources to grow food in our harsh climate. I was going to do that by using our community garden to teach practical skills and provide knowledge and resources on sustainable practices that would enable others to successfully grow their own food.

What can you grow in the desert? I get asked that guestion all the time. My answer always remains the same. It depends on what you want to grow. We have our fall and winter crops and our spring and summer crops. During late fall and early winter, you want to plant your leafy greens such as kale, spinach, broccoli, cauliflower, bok choy, arugula, lettuce, collards, cabbage, and Swiss chard. During mid-spring, when temperatures start to get warmer, you want to start rotating your crops because your winter crops will start to develop a bitter taste when the temperature rises. For spring, you want to start plants such as berries, peppers, melons, cantaloupe, zucchini, squash, okra, eggplant, tomatoes, basil, cucumbers, and most herbs. Of course, if you are starting plants from seed, you want to start seeds earlier to have your plants hardy enough to put in the ground when it's time.





The question that usually follows is, "What about our soil?" Our desert soil lacks nutrients, and the best solution is compost. Composting helps add necessary nutrients, such as calcium, potassium, and nitrogen. It is important to know the type of soil you are working with and understand a plant's soil preference. For example, our desert climate has sandy, alkaline soil. Plants such as squash, garlic, kale. spinach, and tomatoes love alkaline soil. Also, some trees that don't have a soil preference will grow as long as they are planted in well-drained soil. Other plants, such as most berries, cucumbers, sweet corn, and broccoli, thrive in acidic soil, which means you'll have to add lots of organic matter like compost, mulch, coffee grounds, sulfur, and peat moss.

Our community garden started as one parcel, where we grew fruits, vegetables, and herbs in over 50 raised beds. We grew food in 12-inch 4x6 raised beds and 12-inch 3x6 raised beds. We later expanded our garden by buying the adjacent parcel to double the size of our garden. We wanted to plant everything in the ground without building

raised beds, which meant we had to amend the entire parcel before we could start planting anything in the ground. We have very compact soil. How do you create well-drained soil? Well, we have completely transformed the parcel. The strategy we used to create nutrient-rich, well-drained soil is through soil conservation practices. We covered our property with woodchips for months before planting anything in-ground and made sure to wet them. Of course, the occasional rain helped. The woodchips would provide organic matter in the soil, help retain moisture, and eventually compost to make the ground more ideal to work with. As the soil quality began to increase, we planted trees and shrubs to help aerate the soil to increase the amount of oxygen flowing through it. As we were planting trees and shrubs, we planted ground covers such as wildflower pollinator mixes and helped stabilize the soil to hold its nutrients and prevent erosion. As the woodchips helped add nutrients, we added amendments such as compost. The soil quality now vs. when we first started developing the land is transformative.





My goal was to give everyone the tools and resources to grow food in our harsh climate. I was going to do that by using our community garden to teach practical skills and provide knowledge and resources on sustainable practices that would enable others to successfully grow their own food.

Building Resiliency Through Sustainable Practices

Resiliency is the capacity to withstand or recover quickly from difficulties. Resiliency is a necessary tool in life, and agriculture is a great tool for building resilient communities. Due to the obvious hardship of growing plants in the desert, resiliency almost serves as a prerequisite to having any success with gardening here. Our climate experiences extreme summers, multiple freezes, and 40 mph winds. Our community garden follows the collectivism approach, which focuses on the preference of group work and group harmony. Our community garden is a central part of our community, we create pathways for families to learn how to create a healthy, sustainable lifestyle through gardening.

When I say sustainable practices, we are not only speaking of our ability to grow food; we are talking about our ability to sustain and have an impact over a long period of time. We do this through environmental justice. I was able to hit environmental justice on the nail because my family owns the land we built our community garden on which gives us control over creating equity, food distribution, and access to natural resources. Through land ownership, we can engage in the ethical use of water and land through conservation plans while engaging the community in learning practical skills through stewardship. We work with local organizations such as Umoja, Boeing REACH, Cerro Coso Community College, youth groups, and other organizations by teaching sustainable practices and agricultural skills. Most importantly, we can create a space for health, wellness, and healing.



Health and Wellness Practices

Our community garden space serves as a gathering place for health and wellness practices. We believe that helping individuals increase their health will help increase their quality of life. In a sense, health is a resource that allows people to satisfy their needs and helps them cope with environmental factors that cause stress in order to live a long, productive, and peaceful life.

To help with wellness, we grow hundreds of herbs with medicinal and healing properties that build resilient humans. We help individuals stay grounded with the earth, which helps us remain self-aware and promotes consciousness.

We gear a lot of our practices toward mental health and healing. We are very hands-on with our community. We teach individuals how to craft their own teas, how to make tinctures and other home remedies, and how to make other herbal blends to aid in their healing process. We educate our community on herbs, such as which herbs help with sleep, which herbs aid in back pain, and which ones support women's health. We teach the community how to create medicine and herbal remedies.

We believe that if we change our perspective, and look at nature as a resource for healing and creating harmony, we will learn to be more diligent and to develop the self-awareness and consciousness that is fundamental to a sense of morality.







ESSENTIAL OILS 6

Create pure plant magic and rich aroma with our responsibly sourced and certified organic offerings.

SPICY

BLACK PEPPER | Piper nigrum | Organic | Sharp, dry, and spicy with a slightly woody undertone

CARDAMOM | Elettaria cardamomum | Organic | Warm, green, and spicy with characteristic cardamom notes

CINNAMON BARK | Cinnamomum zeylanicum | Organic Warm, dry, and spicy

CINNAMON LEAF | Cinnamomum zeylanicum | Organic Warm, dry, and spicy with a slightly sweet top note

CLOVE BUD | Syzygium aromaticum | Organic | Warm, spicy, and woody with a slightly fruity top note

GINGER | Zingiber officinale | Organic | Spicy, warm, and woody with a deep earthy undertone

FLORAL

BLUE TANSY | *Tanacetum annuum* | Sweet, dry-floral with camphoraceous and honey-like undertones

CHAMOMILE, BLUE | Matricaria recutita | Organic | Sweet herbaceous floral that is heavy and warm

CHAMOMILE, ROMAN | Anthemis nobilis | Organic Fresh, rich, sweet, and fruity with an apple-like aroma

GERANIUM | *Pelargonium graveolens* | Organic | Heavy with a strong sweet, floral aroma

LAVENDER | Lavandula angustifolia | Organic Herbaceous-floral with sweet top notes

PALMAROSA | Cymbopogon martinii | Organic | Sweet, floral, and rosy with a geranium-like aroma

ROSE ABSOLUTE | Rosa damascena | Sweet and floral rosy scent that resembles the distilled oil with a fuller body

YLANG YLANG, COMPLETE | Cananga odorata | Organic Rich, sweet-floral

CITRUS

BERGAMOT | Citrus bergamia | Organic | Dry citrus that is bitter and slightly sour with subtle floral top notes Bergaptene-free

CITRONELLA | Cymbopogon winterianus | Organic | Rich and sweet with a fresh herbaceous, almost lemony aroma

GRAPEFRUIT | Citrus paradisi | Organic | Fresh and tangy citrus that smells like cutting into a juicy grapefruit

LEMON | Citrus x limon | Organic | Slightly sugary citrus that has strong sour notes of a fresh lemon

LEMONGRASS | Cymbopogon flexuosus | Organic Heavy, green, herbaceous, lemon-like aroma

LIME PEEL | Citrus aurantifolia | Organic | Tart, sour citrus that has a fresh and bright top note

ORANGE, BLOOD | Citrus sinensis | Organic | Sweet, tart, full bodied citrus with berry-like notes

ORANGE, SWEET | Citrus sinensis | Organic | Sweet and bright sugary citrus

TANGERINE | Citrus reticulata | Organic | Sweet bright citrus that is orange-like but not as sugary

HERBACEOUS

BASIL | Ocimum basilicum | Organic | Herbaceous and spicy with a characteristic basil aroma

BAY LAUREL | Laurus nobilis | Organic | Strong, spicy aroma that is medicinal and herbaceous

CARROT SEED | Daucus carota | Organic | Earthy scent that is dry, rich, and slightly sweet

CLARY SAGE | Salvia sclarea | Organic | Dry, musky, bittersweet floral

CORIANDER SEED | Coriandrum sativum | Organic Sweet, soft spice notes that have a slightly fruity top aroma

EUCALYPTUS, LEMON | *Eucalyptus citriodora* | Organic Fresh and medicinal with a heavy lemon aroma

OREGANO | Origanum vulgare | Organic | Warm, spicy-herbaceous scent

PATCHOULI | Pogostemon cablin | Organic | Earthy, smoky, spicy, and musky

ROSEMARY | Rosmarinus officinalis | Organic | Strong, fresh, and camphoraceous with a woody-balsamic undertone

SAGE, COMMON | Salvia officinalis | Organic | Fresh and herbaceous with warm-spicy notes

THYME | Thymus vulgaris | Organic | Warm, spicyherbaceous, and powerful

FOREST & RESIN

BENZOIN RESIN | Styrax tonkinensis | Organic | Vanilla-like aroma that is soft, sweet, and warm

CEDARWOOD, ATLAS | Cedrus atlantica | Organic Woody, balsamic, and tenacious with rich dry undertones

CEDARWOOD, VIRGINIA | Juniperus virginiana | Organic Woody and sweet with a characteristic cedar scent

CYPRESS | Cupressus sempervirens | Organic | Fresh, evergreen aroma with balsamic undertones

FIR NEEDLE | Abies balsamea | Organic | Soft-balsamic evergreen scent

JUNIPER BERRY | Juniperus communis | Organic | Fresh, green, and fruity with a balsamic undertone

MYRRH | Commiphora myrrha | Organic | Dry, creamy, resinous aroma

PALO SANTO | Bursera graveolens | Tenacious, sweet woody citrus with a sharp resinous back note

SANDALWOOD, AUSTRALIAN | Santalum spicatum Organic | Soft, woody, extremely tenacious, and balsamic

SCOTCH PINE | *Pinus sylvestris* | Organic | Strong, dry-balsamic aroma with a turpentine-like note

VETIVER | *Vetiveria zizanioides* | Organic | Rich, earthy scent that is slightly sweet and woody

CAMPHOROUS

EUCALYPTUS | *Eucalyptus globulus* | Organic | Strong penetrating scent that is woody and camphoraceous

PEPPERMINT | *Mentha piperita* | Organic | Fresh, very minty, hot, and herbaceous with a vegetal back note

RAVENSARA | Ravensara aromatica | Herbal and camphoraceous with hints of sweetness

SPEARMINT | *Mentha spicata* | Organic | Warming, fresh, minty scent

TEA TREE | Melaleuca alternifolia | Organic | Warming and fresh with a slightly camphoraceous scent

WINTERGREEN | Gaultheria procumbens | Organic | Sharp, minty notes with a lingering pungent sweetness

Did you know we offer over 100 essential oils or that your favorites come in ready-to-use roll top bottles?

EXPLORE ALL OF OUR ESSENTIAL OIL OFFERINGS:



ESSENTIAL OIL BLENDS

We are excited to offer this line of pure essential oil blends crafted with care and purpose in mind. Add to your favorite diffuser, blend into skin care recipes, or spruce up with a DIY cleaning formula. Created in-house, these blends allow for balance to emerge in a range of ways. Feel confident with these heady, gorgeous aromas and choose the perfect blend for your needs.

BREATHE BLEND | Organic | Scotch pine essential oil°, eucalyptus essential oil°, spike lavender essential oil°, and peppermint essential oil°.

BUG BLEND | Lemongrass essential oil°, Virginia cedarwood essential oil, geranium essential oilo, rosemary essential oil°, spearmint essential oil°, and thyme essential oil°.

CALMING BLEND | Lavender essential oil°, clary sage essential oil°, tangerine essential oil°, vetiver essential oil°, ylang ylang essential oil°, and blue tansy essential oil.

CITRUS BLEND | Organic | Mandarin essential oil°, sweet orange essential oil°, lemon essential oil°, and lime peel essential oil°.

MINT BLEND | Organic | Peppermint essential oil and spearmint essential oil°.

ORANGE CREAM BLEND | Organic | Sweet orange essential oil°, benzoin resin oil°, and Roman chamomile essential oil°.

PICK-ME-UP BLEND | Organic | Ginger essential oil°, Atlas cedarwood essential oilo, rosemary essential oilo, black pepper essential oil°, and spearmint essential oil°.

SHIELD BLEND | Organic | Clove essential oil°, lemon essential oil°, rosemary essential oil°, cinnamon bark essential oil°, and thyme essential oil°.

SKIN CARE BLEND | Organic | Lavender essential oil°, frankincense essential oil°, helichrysum essential oil°, and carrot seed essential oil°.

SLEEP BLEND | Organic | Clary sage essential oil°, bergamot essential oil°, lavender essential oil°, sweet marjoram essential oil°, and Roman chamomile essential oil°.

SUPPORT BLEND | Lemon essential oil°, tea tree essential oil°, frankincense essential oil°, manuka essential oil, oregano essential oil°, and rosemary essential oil°.

ESSENTIAL OIL KITS

These essential oil kits are handpicked by our certified aromatherapist to be versatile collections for diffusers, DIY body care recipes, massage oils, natural cleaning products, and much more. Each kit highlights storage and dilution suggestions, and detailed descriptions of its oils. All oils are packaged in 5 mL bottles with orifice reducer caps.

CITRUS ESSENTIAL OIL KIT | Organic | Grapefruit essential oil°, lemon essential oil°, lime peel essential oil°, sweet orange essential oil°, and tangerine essential oil.

CLASSIC ESSENTIAL OIL KIT | Organic | Eucalyptus essential oil°, lavender essential oil°, peppermint essential oil°, sweet orange essential oil°, and tea tree essential oil°.

ESSENTIAL BLENDS OIL KIT | Shield blend essential oil°, breathe blend essential oil°, calming blend essential oil, pick-me-up blend essential oil°, and sleep blend essential oil°.

FOREST ESSENTIAL OIL KIT | Cypress essential oil°, fir needle essential oil°, juniper berry essential oil°, scotch pine essential oil°, and Virginia cedarwood essential oil.



GREEN CLEANING ESSENTIAL OIL KIT | Organic | Atlas cedarwood essential oil°, lavender essential oil°, lemon essential oil°, peppermint essential oil°, and tea tree essential oil°.

HOME HARMONY ESSENTIAL OIL KIT | Organic | Geranium essential oil°, clary sage essential oil°, lavandin grosso essential oil°, sweet orange essential oil°, and ylang ylang essential oil°.

LOVERS ESSENTIAL OIL KIT | Organic | Australian sandalwood essential oil°, clary sage essential oil°, palmarosa essential oil°, patchouli essential oil°, and ylang ylang essential oil°.

RESINS ESSENTIAL OIL KIT | Frankincense essential oil°, myrrh essential oil°, opopanax essential oil°, elemi essential oil, and benzoin essential oil°.



NATURAL PERFUMES

Nourishing and light, these aroma oils are blended with pure essential oils to provide an enduring fragrance. They are formulated to create a range of sensations from luxurious and empowering to earthy and grounding.

AMBER AROMA OIL

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

APHRODITE AROMA OIL

Fractionated coconut oil°, palmarosa essential oil°, patchouli essential oil°, Australian sandalwood essential oil°, rose absolute, and geranium essential oil°.

HEART AROMA OIL

Fractionated coconut oil°, lavender essential oil°, ylang ylang essential oil°, Roman chamomile essential oil°, and sweet marjoram essential oil°.

PATCHOULI AMBER OIL

Sunflower oil°, patchouli, vetiver and sandalwood essential oils, cardamom and rock rose extracts, frankincense, myrrh, liquidambar, Himalayan cedarwood, black pepper, and amber resin essential oils.

SANDALWOOD AROMA OIL

Fractionated coconut oil^o. Australian sandalwood essential oil°, amyris essential oil, Atlas cedarwood essential oil°, and myrrh essential oil°.

SLEEP EASE OIL

Fractionated coconut oil°, clary sage essential oil°, bergamot essential oil°, lavender essential oil°, sweet marjoram essential oil°, and Roman chamomile essential oil°.

SPIRIT AROMA OIL

Fractionated coconut MCT oil°, lavender essential oil°, Australian sandalwood essential oil°, Atlas cedarwood essential oil°, sweet marjoram essential oil°, fir needle essential oil°, cypress essential oil°, and sage essential oil°.



1. Kate Glow Diffuser 2. Terra Cotta Tea Light Diffuser 3. Therapure Pro 4. Moonglow Ultrasonic Diffuser 5. Supernova Ultrasonic Diffuser 6. Willow Forest Diffuser 7. Aroma Sphere Diffuser 8. Car Breeze Essential Oil Diffuser



HYDROSOLS

Like essential oils, hydrosols are made by distilling fresh plant material—leaves, flowers, rhizomes, fruits, seeds, etc.—a process that captures the pure aromatic "waters" of the plant. Steam passes through the plant material, capturing the aromatics, and flows into a condenser that feeds into a funnel that separates the hydrosol from the much smaller amounts of essential oils that are also extracted. This process gives hydrosols properties similar to essential oils, but they are gentler and more delicately scented than the oils and can be directly applied to adult skin without first diluting them. If you've ever used rose water or orange blossom (neroli) water, then you have used a hydrosol.

10 WAYS TO USE HYDROSOLS

- Facial Toner: Spritz directly onto your face as a toner after washing and before applying moisturizer. Note that it's always a good idea to dilute a hydrosol by about 50% with water or Aloe vera when using with children. Favorites: Calendula, Lavandin, Neroli, and Rose
- Makeup Remover: Soak a cotton pad with a refreshing hydrosol to help remove makeup and ease redness and puffiness under your eyes. Store hydrosol in the refrigerator for extra cooling comfort. Favorites: Cucumber
- Bath Water or Sitz Bath: Add 1 ounce to your bath water for an aromatic and skin-loving soak. Favorites: Lavandin, Rose, Chamomile, and Neroli
- Facial Steams or Base for Herbal Face Mask: Heat and enjoy as an easy herbal face steam or use with aloe and skin care oils to make your own sheet mask. Favorites: Lavandin, Calendula, Chamomile, and Cucumber
- **DIY Lotions, Creams, and Moisturizers:** Replace the water in skincare recipes for added herbal benefits. Favorites: Rose, Cucumber, Clary Sage, and Chamomile

- Pre-Facial Serum Treatment: Use with face or body oil instead of using lotion. Simply spritz your skin with a hydrosol, then apply oil while skin is still damp. Favorites: Cucumber, Lavandin, Rose Geranium, and Helichrysum
- Poultice Liquid: Mix hydrosols with clay or powdered herbs to make drawing poultices or soothing poultices for irritated or dry skin. Favorites: Calendula, Chamomile, and Lavandin
- Room & Linen Sprays: Freshen your air and provide extra aromatherapeutic benefits throughout your day. Favorites: Lavandin, Peppermint, Rosemary, Sweetgrass, Tulsi, White Sage, and Ylang Ylang
- **DIY Cleaning Ingredient:** Wipe down kitchen counters and other surfaces between deeper cleaning sessions. Favorites: Peppermint, Sage, and Lemon Thyme
- Bug Spray: Help to keep mosquitoes and other biting bugs at bay. Favorites: Catnip, Lavandin, Lemon Thyme and Eucalyptus

HAIR COLOR

A botanical hair dye used to add color, create highlights, or cover grey.

HERBAL HAIR COLOR | Organic

Complete instructions included. Visit our website for more details and ingredient lists. Choose from: Black, Blonde, Brown, Chestnut, Wine Red, or Henna.

UNSCENTED BASES

Create a personal aromatic experience with our luxurious line of unscented bases. Each base is ready-to-use as an unscented application. Or blend with up to 2% of your favorite essential oil blend.

BODY WASH BASE

BUBBLE BATH BASE

CONDITIONER BASE

LOTION BASE

MASSAGE OIL

SHAMPOO BASE

MAKE YOUR OWN DIY HAIR CARE PRODUCTS

Add these essential oil blends to our conditioner or shampoo bases to bring a personalized touch to your hair care routine!

Blends by Christine Rice

ESSENTIAL OIL BLENDS FOR HAIR CARE

FLORAL

- 1 part organic lavender essential oil
- 1 part organic clary sage essential oil

EXTRA FLORAL

- 3 parts organic lavender essential oil
- 3 parts organic clary sage essential oil
- 1 part ylang ylang essential oil

SCALP SUPPORT

- 4 parts organic tea tree essential oil
- 2 parts organic lavender essential oil
- 1 part organic rosemary essential oil





MEET THE MAKERS: AYURVEDIC SKIN CARE

As a proudly woman-led company, Mountain Rose Herbs believes in supporting female leadership, so it was serendipitous when we got the opportunity to work with Kevala Skin Care: a mother-daughter-owned company which makes small-batch, homemade products carefully and consciously formulated to express Ayurveda through body care.

Founded by Panchakarma specialist Sanja Oropeza, the Kevala Skin Care line is a result of her desire to facilitate a deeper understanding of the body and optimal wellness. Sanja works closely with her daughter Regina to develop body care formulations that encourage you to explore, awaken, and restore your mind, body, spirit, and senses.

REGINA'S FAVORITES

SHANTI MOON BATH SALTS | A beautifully blue bath salt with an equally dreamy peace-evoking scent to help you prepare your mind and body for a restful sleep.

CITRUS & SAGE BODY BUTTER | A hydrating body butter that helps the skin maintain elasticity and provides invigorating and uplifting aromatherapy benefits.

ALL-PURPOSE ROSEMARY & TULSI SALVE

Designed to soothe, brighten, and firm irritated skin, and equally wonderful as a moisturizer for your hard-working hands.

SANJA'S FAVORITES

BHAKTI BODY POLISH | Formulated with nourishing ingredients to soften and tone skin while increasing circulation and activating the lymphatic system. Perfect for using anytime, but especially just before shaving.

BODY OILS | Luxurious body oils are ideal for Abhyanga (warm oil massage) as a daily practice to balance the three doshas, encourage deep self-connection, and ease body aches.

ESSENTIAL OIL ROLL-ONS | Perfectly sized and formulated to recenter your mind in the midst of all of life's moments. A wonderfully portable way to take your wellness routine with you.



VALERIAN ROOT

HARVEST

We always look forward to the brisk autumn afternoons when we visit our farm partners in Washington to join their annual valerian harvest. They have been growing organic valerian for more than 30 years. Harvesting and milling the precious roots to preserve their botanical integrity is a process that requires enormous passion and skill, as well as specialized equipment. This combination of experience and technology makes it possible to produce the top-shelf botanicals that Mountain Rose Herbs customers rely on for their health and wellness.

Every time we visit, we are awed by the hard work and dedication that our farm partners put into their land and the plants. Their efforts enable all of us to access pure and vibrant botanicals. They must account for everything from the life of the soil to the purity of the water and all of the hands that help to nurture the plants along the way. Farming is one of the most underappreciated jobs in our industry and nation.



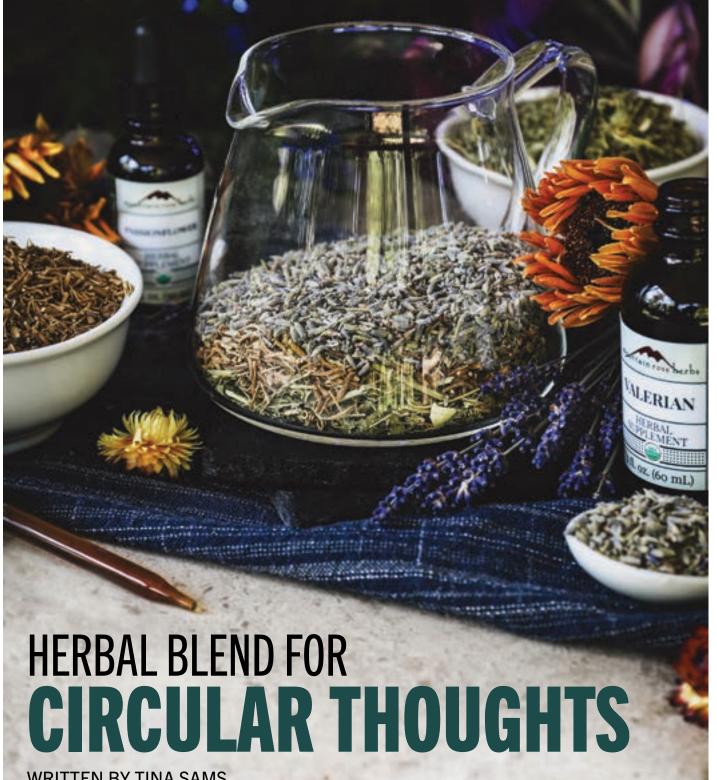




Today, think of the health supplement you took, a meal you ate, or tea you drank, and imagine all of the farmers who helped to bring that experience to you. Let's acknowledge and take a moment to honor their work and commitment to support our health and wellness goals.

SCAN TO WATCH A SHORT VALERIAN HARVEST DOCUMENTARY OR VISIT youtube.com/mountainroseherbs





WRITTEN BY TINA SAMS

Circular thinking is pretty common with stress. Circular thinking starts out as if there is a linear process going on, but there's no real end. If a problem is settled, the person may go right back to the beginning and start all over again. It's part of that cycle of starting to question why you did or said that stupid thing, and how it could have been different. Sometimes it can be one particular instance, but in really intense periods, it can involve almost every cringe-inducing interaction that's ever taken place. It can be pretty awful.

When I originally made my Circular Thinking Blend, I was thinking about the saying, "You'll feel better in the morning." That's great, but we have to get there first! I created this mixture by bringing together botanicals that would enable individuals to get beyond this moment. This particular blend of herbs is effective as both a tincture and a tea. One of the things I like most about this blend (aside from how well it works) is that it expresses a myriad of thought processes.

Passionflower grows with wild abandon, and the tendrils that help it climb are very strong and go around and around. They often run into other tendrils, and then get tangled up so that they form a mass of curls. If that isn't a visual of circular thinking, I don't know what is!

I added roots of valerian to connect us to Earth. It is calming and cooling; it is solid ground beneath our feet helping to provide a much needed anchor. It provides the ability to relax. Note however that a small percentage of people experience the opposite effect, with valerian keeping them awake, so if you haven't used it, try it the first time during the day. I grow my own and have been using just the flowers for the past decade or so because I am one of those people, and the flowers don't have the same energizing effect. It kind of ruins the poetic point of using a root, but most people are very happy with the root.

The touch of lavender in this blend rinses away the debris of the day(s). The Latin root of "lavender" means "to wash". A little lavender eases the way past this moment.

Recipes by Tina Sams

CIRCULAR THINKING TINCTURE

Makes about 2 oz.

INGREDIENTS

- 1 oz. organic passionflower extract
- 3/4 oz. organic valerian extract
- 1/4 oz. lavender extract

DIRECTIONS

1. Blend tinctures together in a measuring cup. 2. Bottle and label.

TO USE: Take 20 to 30 drops up to three times per day.

CIRCULAR THINKING TEA

This recipe is measured in parts and is scalable. If you need a refresher on measuring in parts, please visit blog.mountainroseherbs.com/measuring-parts.

INGREDIENTS

- 4 parts organic passionflower
- 3 parts organic valerian root
- 1 part organic lavender flowers

DIRECTIONS

1. Steep a rounded teaspoon of the tea in a covered mug for at least 10 minutes.





This recipe is one of 300 that can be found in my newest book, Big Book of Herbal Medicine: 300 Natural Remedies for Health and Wellness. It's the book that I wish I had when I first started studying herbalism and I hope that this curation of my life's work helps to further support your herbal journey.



SCAN HERE TO CRAFT WITH TINA OR VISIT essentialherbal.com

HERBAL SUPPLEMENTS

DIGESTIVE SUPPORT

ARTICHOKE EXTRACT | Organic

BURDOCK EXTRACT | Organic

DANDELION ROOT EXTRACT | Organic

LIVER CARE EXTRACT BLEND | Organic

GINGER SYRUP | Organic

HERBAL BITTERS, BOTANICAL | Organic

HERBAL BITTERS, CHAI | Organic

HERBAL BITTERS, CLASSIC | Organic

MARSHMALLOW ROOT EXTRACT | Organic





EVERYDAY TONICS

ASHWAGANDHA ROOT EXTRACT | Organic

ALFALFA EXTRACT | Organic

CHICKWEED EXTRACT | Organic

FEMALE CARE EXTRACT BLEND | Organic

HOLY BASIL EXTRACT | Organic

HORSETAIL EXTRACT | Organic

LIONS MANE MUSHROOM EXTRACT | Organic

MINERAL CARE EXTRACT BLEND | Organic

MUSHROOM CARE EXTRACT BLEND | Organic

NETTLE LEAF EXTRACT | Organic

OATS EXTRACT | Organic

RED RASPBERRY EXTRACT | Organic

REISHI MUSHROOM EXTRACT | Organic

TURMERIC EXTRACT | Organic



IMMUNE SUPPORT

ASTRAGALUS EXTRACT | Organic

ECHINACEA ULTRA EXTRACT BLEND | Organic

ELDER BERRY SYRUP | Organic

FIRE CIDER, CLASSIC | Organic

FIRE CIDER, TURMERIC | Organic

IMMUNE CARE EXTRACT BLEND | Organic

LUNG CARE EXTRACT BLEND | Organic

MULLEIN EXTRACT | Organic

OSHA ROOT EXTRACT

THROAT SPRAY, CLASSIC

THROAT SPRAY, HERBAL

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EMOTIONAL SUPPORT

ADAPT CARE EXTRACT BLEND | Organic

APHRODITE'S SYRUP

CALIFORNIA POPPY EXTRACT | Organic

CALM CARE EXTRACT BLEND

KAVA KAVA EXTRACT | Organic

LEMON BALM EXTRACT | Organic

MOTHERWORT EXTRACT | Organic

PASSIONFLOWER EXTRACT | Organic

SLEEP CARE EXTRACT BLEND | Organic





FUNCTIONAL FIZZIES TO SUPPORT BODY & MIND

The base of these recipes is the same. They require ice, the carbonated water of your choice, simple syrups, herbal extracts, and herbal syrups. If you keep these on hand, you will have everything you need to make a supportive drink at a moment's notice.

Recipes by Heidi Shayla

FUNCTIONAL FIZZIES DIRECTIONS

DIRECTIONS

1. Combine simple syrup, herbal syrup, and extract(s) in a 12 oz. tumbler glass. Stir. 2. Add ice to fill the glass and stir to coat ice in syrups and extracts. 3. Stir in 1 oz. carbonated water of choice. 4. Slowly add more carbonated water to fill glass, mixing as necessary. 5. Top with optional 1 tsp. lime juice and add a lime wedge. Enjoy!

PRO TIPS

- Regarding carbonated water, I use naturally flavored waters (grapefruit is a favorite), but plain carbonated water is fine if you prefer.
- You can purchase simple syrups herbal syrups, and extracts, but they are also easy to make. You can find recipes for all of these at the Mountain Rose Herbs blog: blog.mountainroseherbs.com.



GINGERY HIBISCUS FIZZ FOR IMMUNE SUPPORT

Makes one 12 oz. glass.

Hibiscus is incredibly nutritive and is one of my everyday herbal allies. As well as providing a host of wellness constituents, hibiscus tastes wonderful and makes it a pleasure to meet my hydration goals. Hibiscus simple syrup blends wonderfully in this fizzy drink recipe which combines Mountain Rose Herbs' Elder Ultra extract for immune support and ginger syrup for digestive support.

INGREDIENTS

- 1 Tbsp. hibiscus simple syrup (see recipe below)
- 1 tsp. organic ginger syrup
- 15-20 drops organic Elder Ultra extract
- Carbonated water of choice
- Fresh lime or bottled organic lime juice

TO MAKE A 1:2 HIBISCUS SIMPLE SYRUP WITH DRIED HIBISCUS

- 1. Bring about 2 cups water to a boil. 2. Pour over 1/4 cup dried, crushed hibiscus flowers into a heatproof vessel. Stir to combine, cover, and allow to steep for at least 10-15 minutes, or until room temperature. Strain through a fine mesh strainer or cheesecloth to remove hibiscus flowers.
- 3. Combine 1 1/2 cups strained hibiscus tea with 3/4 cup organic sugar in a pan over medium-high heat. Stir regularly until sugar is fully dissolved. 4. Remove from heat and set aside to cool enough to handle. 5. Store in an airtight jar in the refrigerator. Remember to label jar with name and date made.

GINGERY GREEN TEA FIZZ FOR MENTAL FOCUS

Makes one 12 oz. glass.

Mountain Rose Herbs' Ginger Syrup is wonderfully refreshing and has an outstanding flavor. It is particularly spectacular when combined with an antioxidant-rich green tea simple syrup. I've added ashwagandha extract to this recipe for its cognitive-supporting and grounding constituents. A touch of sweet, uplifting cinnamon extract balances this blend and supports the digestive, nervous, circulatory, and urinary systems.

INGREDIENTS

- 1 Tbsp. green tea simple syrup (follow directions below)
- 1 tsp. organic ginger syrup
- 10 drops organic ashwagandha extract
- 7 drops organic cinnamon extract
- · Carbonated water of choice
- Fresh lime or bottled organic lime juice

TO MAKE A 1:2 GREEN TEA SIMPLE SYRUP

Follow directions above for hibiscus simple syrup. Infuse long enough to make a strong tea but not a bitter one. I particularly like gunpowder green tea for simple syrup, but choose your favorite.

OUR PROMISE

Since 1987, Mountain Rose Herbs has been committed to offering pure and vibrant natural wellness ingredients. We are recognized in the herbal industry for our quality and reliability. This is a testament to the longstanding relationships we have developed with our farm partners and staff experts, who bring decades of experience and passion to every aspect of our business—from the soil in the fields to the variety of offerings we have curated for you to choose from.

Our mission-driven business model of putting people, plants, and planet first remains at the forethought of every decision we make. Mountain Rose Herbs has focused on environmentalism since our inception, yet we do not rest on our laurels or accept that we have fully arrived at sustainability. Instead, we seek areas of improvement and operate under the philosophy that sustainability isn't a goal but a continual path forward.

A core aspect of ensuring our quality and sustainability practices is accountability. We hold myriad certifications. We are USDA NOP certified, Earth Kosher certified, Fair for Life certified, For Life certified, Zero-Waste certified, and we are an Oregon Benefit Company.

In a market full of greenwashing and quality confusion, we are committed to maintaining our legacy of offering clean and functional ingredients. It is why we maintain one of the most comprehensive quality control laboratories in our industry. We are happy to supply certificates of analysis, certification paperwork, and identity testing reports to anyone upon request. To request any of the above, email support@mountainroseherbs.com.

We endeavor to remain a beacon of responsibility within the herbal community and lead by example in all we do. It is our honor to have served generations of families, and we look forward to serving you and yours.



ORDERINGINFO

PRODUCTS & PRICING

This year, we decided to reduce the number of product pages and keep pricing out of the Mountain Rose Herbs Journal. Not only did this significantly reduce the amount of paper used—it also felt more in line with the nature of this publication. The Journal aims to amplify the voices of our community, provide educational resources, and share useful recipes. To shop our vast selection of organic goodness and to find our current pricing, please visit mountainroseherbs.com

PAYMENT METHODS

All sales are in USD and payment in full is due at the time the purchase is completed. We accept credit cards, GPay, ApplePay, and PayPal. We do NOT accept COD orders, cash, checks, or money orders.

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Please have your order ready, then call toll free: 1-800-879-3337. Our Customer Service Team is available Monday through Friday between 8:00 a.m. and 4:00 p.m. PST.

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FACEBOOK

















UNTIL WE MEET AGAIN

We are excited to share what we've been up to since our last issue of the Mountain Rose Herbs Journal + Catalog.

To improve and enhance your overall customer experience, we have spent this past year overhauling our inventory and production system, and we appreciate your patience as we get this new technology off the ground. We are already seeing great improvements and are operating with better efficiency and turnaround times on orders. In tandem with this overhaul, we will soon be unveiling a much-improved website. It will include such features as better navigation, one-click shopping, and a "coming soon" page.

While our operations team has been busy rolling out those changes, our products team has been equally hard at work. We are thrilled to tell you about several new product lines that we are launching soon! We will be offering functional extract kits, tea samplers, bagged teas, and a line of premium teas. Along with those, we are adding small-batch herbal vinegars, a selection of powdered herbal supplement blends, and a renewed powdered capsule line.

As always, we are diligently continuing our ongoing search for ways to increase our sustainability efforts and accountability. As well as the Seed Stewardship Project that Cameron mentioned in the introduction of this issue, we will be moving forward with B Corporation certification which will increase our transparency and strengthen what we started in 2018 when we changed our company bylaws to become an Oregon Benefit Company. We are also taking steps towards improving the sustainability of our herb packaging and it is with great anticipation that we share we have finally found a source of plant-based material that can stand up to the storage needs of our potent botanicals. This will reduce the amount of plastic in our waste stream. We are always looking for the best packaging options for our organic offerings and we think you'll be delighted. Keep your eyes open over the next few months as we transition to this material.

We are proud to remain an independent, sustainably focused, woman-led company working hard to bring high-quality botanicals to your home. Thank you for making us a partner in your herbal journey.



MOUNTAIN ROSE HERBS JOURNAL ISSUE 5 | 2023















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