

Why Buy Bulk Herbs?

If herbs are part of your lifestyle, why not use the very best? For unsurpassed quality, freshness and value, choose Frontier bulk herbs.

» Quality

Frontier bulk herbs are rigorously tested and continually inspected by the experts on our quality assurance team. Our quality program includes visits to our growers around the world, thorough inspection of every shipment, extensive chemical tests, controlled storage conditions and strict handling procedures. Our team makes sure that every Frontier product you buy delivers maximum potency.

» Freshness

As you measure out each Frontier bulk herb from its jar, notice its vivid color and full aroma; these tell you that the herb compounds are effective, vigorous and potent. With bulk herbs, you can see and smell the quality for yourself—before you buy.

» Value

Frontier bulk offers you top-quality herbs for a third or less of what it would cost to buy them prepackaged. And whether you need a pinch or a pound, bulk allows you to purchase the exact amount. So you can try that new herbal tea, tincture or cosmetic recipe without having to buy entire packages of each ingredient.



1-800-786-1388 www.frontiercoop.com

NEW LEAF PAPER® ENVIRONMENTAL BENEFITS STATEMENT <i>of using post-consumer waste fiber vs. virgin fiber</i>				
trees	water	energy	solid waste	greenhouse gases
15 fully grown	6,493 gallons	11 million Btu	726 pounds	1,416 pounds
Calculations based on research by Environmental Defense and other members of the Paper Task Force.				
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Herbs to Relax With

Choose from among these herbs to make foot baths, massage oils, potpourris, sleep pillows, or to create any relaxation ritual. Some are restorative, others are soothing, warming, quieting, or revitalizing. Of course, you'll want to see how each effects you and choose the most appealing. (Note that some of these herbs are for external use only.)

- Agrimony herb
- Birch bark
- Burdock root
- Calendula petals
- Catnip leaf and flower
- Chamomile flowers (German and Roman)
- Comfrey leaf
- Elder flowers
- Eucalyptus leaf
- Frankincense tears
- Ginger root
- Hop flowers
- Hyssop
- Jasmine flowers
- Lavender flowers
- Lemon balm leaf
- Lemon verbena leaf
- Licorice root
- Linden flowers
- Lovage root
- Marjoram leaf
- Mugwort
- Mullein leaf
- Orange peel
- Passion flower
- Pennyroyal
- Peppermint leaf
- Raspberry leaf
- Rosemary leaf
- Rose petals
- Sage leaf
- Sassafras leaf
- Thyme leaf
- Valerian root



herb savvy

Herbal Relaxation

Recipes for ...

- » Herbal Teas
- » Herbal Baths
- » Herbal Warming Pack
- ... and more!

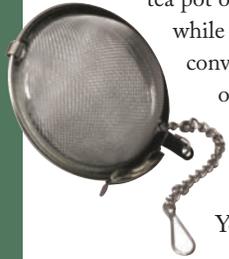


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Q&A

Are herbal teas better made with tea balls or without?

Some tea connoisseurs prefer to put the loose herbs in the tea pot or cup so that they can freely expand while brewing. Many people prefer the convenience of a stainless-steel mesh infuser or tea ball, though, which saves the step of straining and, they say, doesn't adversely affect the taste. (Make sure you don't overfill, and the leaves can still expand.) You'll want to decide for yourself!



What's the difference between Roman chamomile and German chamomile?

Both varieties (which are closely related) have small, daisy-like blossoms with a similar scent. Roman chamomile (*Chamaemelum nobile*), though, is a perennial that grows low to the ground (it's sometimes called lawn chamomile), while German chamomile (*Matricaria recutita*) is a tall annual. The herbs have similar properties and uses and are often used interchangeably.



Are all of the calming herbs safe to drink?

No, some of the herbs we've listed are appropriate for use in baths, potpourris, or other external applications, but not necessarily in teas. Comfrey leaf, for example, is for external use only. Always consult a reputable herbalist or herbal reference before using an herb you're unfamiliar with for tea.

To learn more, visit
www.frontiercoop.com

Herbal Relaxation

Start your day off on a calm and positive note, unfrazzle in the middle of the day, or completely unwind in the evening—with the help of herbs. Choose calming herbs to sip in teas, add to your tub, or sew into warming packs for what ails you. Make relaxing potpourris, massage oils, room sprays, and body care products. Sometimes just inhaling the scent of an herb like lavender is enough to put you at ease!



Tea Time

If your morning cup (or two) of java leaves you jittery, why not replace it with a mug of herbal tea? Or establish an afternoon teatime ritual, when your nerves are frayed and you need to calm down and revitalize for the rest of your day. And of course a cup of herbal tea is the ideal bedtime nightcap, too. To make the perfect cup, use 1 to 2 teaspoons of dried herb per 8-ounce cup of fresh water. Place the herbs in a warm cup or pot, pour boiling water over the herbs, cover and steep. (Steep leafy herbs for 0 to 0 minutes, roots and barks for 0 to 0 minutes.) Strain.



Here's an herbal blend that will both relax and revitalize: Start with equal parts, then let your favorites dominate a bit: lemon verbena leaf, calendula petals, peppermint leaf, orange peel. Add a bit of honey, if you like. And here's another soothing blend to cuddle up with. Again, start with equal parts, then vary according to taste: chamomile flowers, lemon balm, catnip leaf, raspberry leaf

Baths

Bathing Body Cleanser

Combine ½ cup oats, ½ cup orris root powder, ½ cup cornmeal, 2 tablespoons elder flowers, 2 tablespoons linden flowers, 1 tablespoon calendula petals. Place in a muslin or cheesecloth bag and use for washing.

Simple Herbal Bath

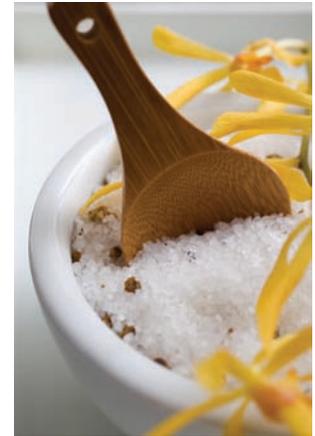
Combine equal amounts of lavender flowers, comfrey leaf, rose petals, linden flowers, and Epsom salts. Add a handful directly to bath, or brew into a strong "tea" and add to the bathwater.

Milk Bath

Infuse a handful of chamomile flowers and jasmine flowers in a small pot of warm milk for a few hours. Pour into your bathwater.

Bath Salts

Grind together with a mortar and pestle: 1/4 cup each lavender flowers, hyssop, lovage root, and lemon verbena leaf. Combine with 1/4 cup sea salt and place in a glass jar, away from moisture. Pour directly into bathwater, or tie in muslin bath and hang from running tub faucet. Apply a good, natural moisturizer afterwards, because salts can be drying.



Herbal Warming Pack

Lay this pack across achy shoulders or around a tight neck. The warmth and lavender scent are sooo soothing! Loosely fill a small pillowcase with equal amounts of lavender flowers and flax seed. (Or sew a wide tube out of terry cloth or other comfortable fabric.) After filling, tie or sew the open end closed. Heat the pack in the microwave for 15 seconds or more, until it's as warm as is comfortable.

