

Herb Companion

September 2011

DRY YOUR OWN HERBS • HERB PROFILE: GROW LAVENDER

THE Herb

SEPTEMBER
2011

MOZZARELLA +
TOMATO + BASIL =

DELICIOUS

COMPANION

Grow • Cook • Heal

11 HERBS
FOR STRONG
BONES

PLANT THE EASIEST
GARDEN EVER

ATTRACTIVE,
AROMATIC THYME:
19 VARIETIES

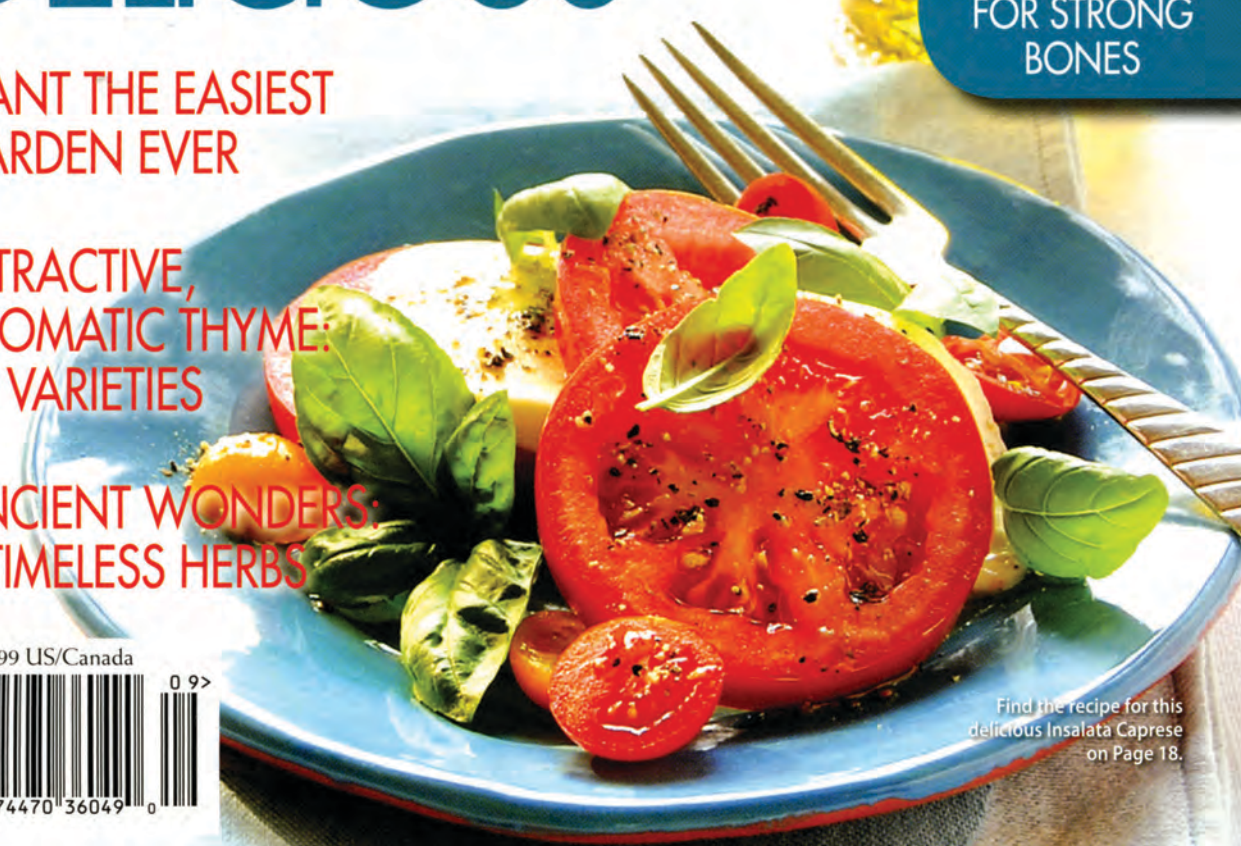
ANCIENT WONDERS:
8 TIMELESS HERBS

\$5.99 US/Canada



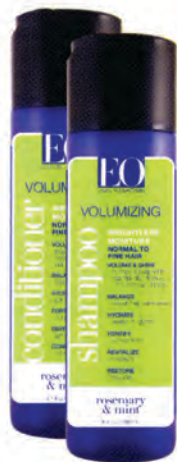
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Find the recipe for this
delicious Insalata Caprese
on Page 18.



LIST OF LIKES

Aromatherapy Essentials



Store these seven staples in your herbal apothecary kit.

Rosemary & Mint Shampoo and Conditioner by EO, \$8.99 each. These volumizing hair-care products use the medicinal properties of herbs to build strong hair and soothe dry, irritated scalp. www.eoproducts.com



ZUM Tub by Indigo Wild, \$10. A little goes a long way with these moisturizing essential oil-packed shea butter bath salts. We love Lavender-Mint, Eucalyptus and Rosemary-Mint & Citrus. www.indigowild.com



Lip balm by Crazy Rumors, \$3.49. We love this Peppermint Lemongrass combination—its citrus flavors are refreshing on your lips. Also try Orange Bergamot or Spiced Chai. www.crazyrumors.com



Aloe Vera Cream by California Baby, \$12.99. Use to treat eczema, rosacea and other skin sensitivities. This gluten-free remedy is infused with lavender and great for babies and adults alike. www.californiababy.com



ON THE WEB

Enter Our Sweepstakes

Register at www.herbcompanion.com/listoflikes for a chance to win some of these products and the products featured on Page 75.

Make Your Own

Try these basic tools and ingredients for homemade health and beauty.



Tincture bottles and tins by Bulk Herb Store, \$1 to \$3. Homemade salves and tinctures are essential to any first-aid or beauty kit. Store your at-home creations in these convenient containers. www.bulkherbstore.com

Dried flowers by Frontier Natural Products Co-Op, \$6. Stock up on dried herbs. We recommend the natural antiseptic and antifungal calendula—it makes a great salve for wounds and mild burns. www.frontiercoop.com



Essential oils by doTERRA, \$13 to \$100. Make folk remedies, such as salves and massage oils, with these essential oils. Try calming lavender, cleansing lemon or uplifting peppermint. www.doterra.com