

**Spices:** Spices can make or break a great meal. They are something that also boosts our immune systems and strengthens our digestive system. The Chinese believe that different spices strengthen and support various organs and energy meridians. We will be doing a special order in Oct, Nov, and Jan for spices and see if there's interest to continue after that. I have selected certain spices for the months that I think go with what people are using most then. You can always buy something not on the list for this month, just let me know what you need. These are:

- True certified organic by [OTCO](#)
- Certified Kosher Through [Earth Kosher](#)
- Free from irradiation and ozone treatment, sulfites, gasses and other sanitary chemicals
- Quality control tested, analyzed and supervised
- Unsurpassable in color, depth, taste and aroma
- Ethically wildharvested when not certified organic
- Guaranteed fresh and not from "warehouse stock"
- Processed and handled according to strict organic standards
- Grown, harvested, processed and handled by fun, knowledgeable and caring people
- Analyzed for quality, safety and true botanical identity

I am listing only prices by the pound, you can get smaller quantities (4 and 8 oz) but they cost more. If you are interested in smaller amounts let me know and I'll get you the prices.

**Money for October's orders is due October 26. I should have them here the first of November.**

Cinnamon Powder (Cassia) (chips and sticks also available) 1 lb \$4.80

Lemon Peel Powder 1 lb \$12.80

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Nutmeg powder 1 lb \$16.25

Orange peel powder 1 lb \$9.75

Orange peel 1 lb \$9.75

Orange Slices 1 lb \$18.75

Poppy Seed 1 lb \$9.65

Vanilla Bean Powder 1 lb \$93.75 (1 oz \$9.00, 4 oz \$31.00, 8 oz \$54.60)

Vanilla Bean Whole 1 lb \$93.75 (1 oz \$11.70, 4 oz \$31.20, 8 oz \$56.00)

100% certified **organic flavoring extracts** for all your baking and flavoring needs. These superior quality extracts were developed by flavoring institutes to provide exquisite retention of flavor when used in baking and cooking. Produced in a base of grain alcohol and water; these completely natural extracts do not contain any artificial colors, flavors or preservatives. Every extract we offer is 100% certified organic through OTCO and certified Kosher.

Flavoring Extracts: (these also come in 2 oz, 16 oz, and gallons)

Hazelnut 8 oz \$15.60

Lemon 8 oz \$19.20

Orange 8 oz \$19.20

Peppermint 8 oz \$24.70

Vanilla 8 oz \$57.20

Questions? Contact Penny at 208-852-2295 or [pennybugs@yahoo.com](mailto:pennybugs@yahoo.com)

## Breathe Well

1  $\frac{3}{4}$  cup orange drink mix (sweetened)

2 packs powdered lemonade mix (unsweetened)

1  $\frac{1}{3}$  cups sugar (or just over  $\frac{1}{2}$  cup turbinado)

2  $\frac{1}{2}$  tsp cinnamon

1  $\frac{3}{4}$  tsp ground cloves

Stir all ingredients together in a large bowl. Store in an airtight container in a cool, dry place.

Use within six months. Add to hot water to taste (roughly 2-3 tsp per hot chocolate sized mug).