

# MARCH 2023 APOTHECARY BOX

- **Spring Cleaning Seasoning:** Clean, detox, renew, refresh, rebuilt. A little sprinkle goes a long way if used consistently. Formulated to support natural spring detoxification.
  - Ingredients: dandelion leaves, nettles, spring onions, milk thistle, garlic, onion, dill, parsley, lemon peel, salt
  - Instructions: Sprinkle seasoning on just about anything: on toast, in chicken salad, popcorn, dry rub for fish, add to oil and vinegar for a tasty salad dressing.
- **Holy Basil Hot Sauce:** Raw, fermented hot sauce that's been infusing for almost a year with *the* herb that supports our nervous, endocrine and immune systems.
  - Ingredients: Hot pepper mash, holy basil, cinnamon, garlic, honey, apple cider vinegar, oranges
  - Instructions: Dash or dollop on all things savory and be prepared to have your salty, sweet, and spicy tastebuds tantalized! Crazy good on pizza. Not toooo spicy.
- **Spring JOY Flower Essence:** Created by the Junior Herbal Apprentices on a most gorgeous spring day with the most beautiful spring flowers. Flower essences work like homeopathy. It uses the smallest possible amount of an active ingredient to invite the body toward a specific healing. Another way to put this concept: "like cures like". See the video for more details. Made to call in the JOYFUL song of spring.
  - Ingredients: flower essence made by joyful and innocent children, brandy
  - Instructions: Put 1-3 drops into your beverage of choice up to 3 times a day. Take 1-3 drops straight on your tongue as needed for some positivity and levity.
- **Nutrient-Dense Syrup:** Crafted for maximum nutrient-density to support spring nourishment and rebuilding. All-day infusion of deep green herbs that revitalize and energize.
  - Ingredients: dandelion leaves and flowers, chickweed, violet flowers, nettles, alfalfa, horsetail, and Sucanat unrefined sugar
  - Instructions: Pour 1-2 tablespoons in your sparkling water, tea or coffee. Drink straight! Blend with maple syrup and pour over pancakes and waffles.
- **Dandelion Flower Skin Support Bar:** Dandelion flowers are known for their ability to protect the skin. They can help undo skin damage, build new cells, and preserve new, fresh skin.
  - Ingredients: dandelion flower infused olive and coconut oil, beeswax, shea butter
  - Instructions: Use on tough or dry skin. Good for psoriasis or eczema. Perfect for itchy, scaly skin. Nourishing and soothing.
- **\*BONUS\* spring chocolates** by *Naturally:*
  - Ingredients: lemon essential oil, dark chocolate chips, sea salt.
  - Instructions: Enjoy with presence.

with love and plants.  
Mary Julia