

FEBRUARY 2024 APOTHECARY BOX

The infused olive oil, vinegar and sea salt are all new products that I'm offering in several farm stores around the area. I wanted to give you a taste! And of course, being February, we have to celebrate love with delicious heart-opening chocolate and rose goodies.

- **ROSEMARY CITRUS VINEGAR** :: A perfect wintery infused vinegar to wake up your brain (rosemary), energize your body (citrus) and add zing to your meals. Full of beneficial bacteria and medicinal benefits.
 - Instructions: Blend with olive oil for a quick dressing. Sprinkle on greens. Add to soups, stews, stir-fries, beans, bone broths, or rice dishes.
- **GARLIC PINE OLIVE OIL** :: Antibacterial, antiviral, and anti-inflammatory with robust flavor to keep you grounded and warm while it's cold out.
 - Ingredients: organic extra virgin olive oil infused with fresh garlic and pine
 - Instructions :: Drizzle over grain dishes, mix with a bit of vinegar for an easy salad dressing, sprinkle on fresh veggies.
- **SAGE AND JUNIPER SEA SALT** :: Boosting to the immune system, supportive of the respiratory tract, this salt has added herbal vitamins and minerals and aromatic oils to keep everything clean and clear.
 - Ingredients: Himalayan salt, dried juniper berries, dried sage leaves
 - Instructions: Add to marinades and dressings. Rub on meats and seafood before roasting or pan-frying. Put on popcorn or eggs, and use to flavor cheese spreads.
- **ROSE CACAO BLEND** :: Chocolate love blend. Decadent. Warming. Soothing. Relaxing. Enlivening. FUN.
 - Ingredients: cocoa powder, coconut sugar, cinnamon, sea salt, maca powder, ginger powder, cayenne powder
 - Instructions: Heat 2 cups of your milk of choice in a saucepan until hot (not boiling). Remove from heat and add 2 tablespoons hot chocolate mix and 1 tablespoon of your sweetener of choice. Top with marshmallows or whipped cream for extra delight!
- **ROSE LOVE SYRUP** :: Silky and smooth. Floral with caramel depth. Heart healing and packed full of antioxidants. A strong anti-anxiety agent!
 - Ingredients: rose petals, rose hydrosol, vanilla extract, water, organic coconut sugar
 - Instructions: Add to coffee, tea, cocktails, mocktails or other beverages to brighten and sweeten and love you up from the inside out. Add 1-2 tablespoons to a glass and fill up with sparkling water for a refreshing and medicinal drink. STORE IN REFRIGERATOR.

with love and plants.
Mary Julia