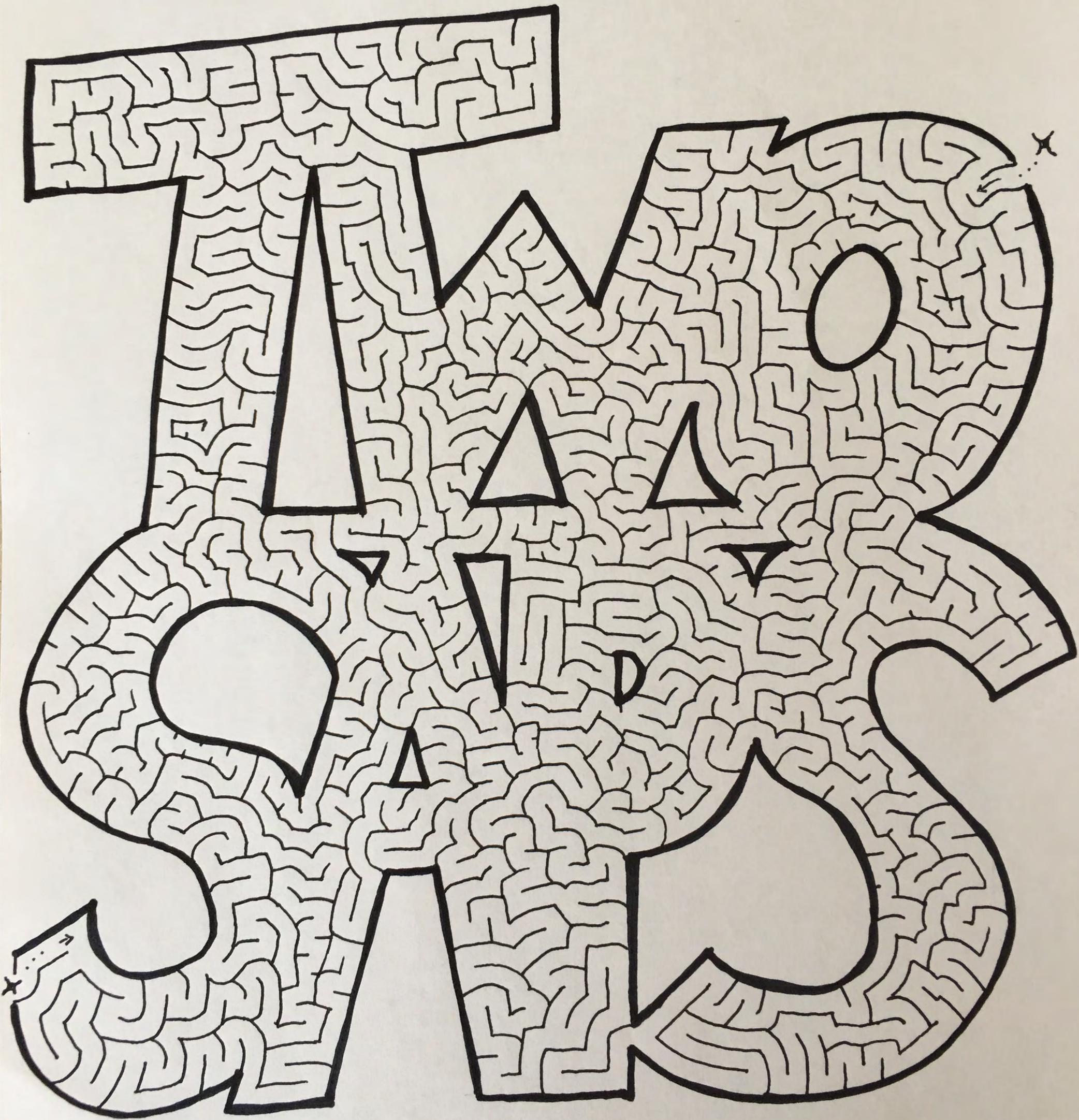


start & end at the ✕ symbol

2-12-20 mESW

Sugar maple leaf

start & end at "✦" symbols

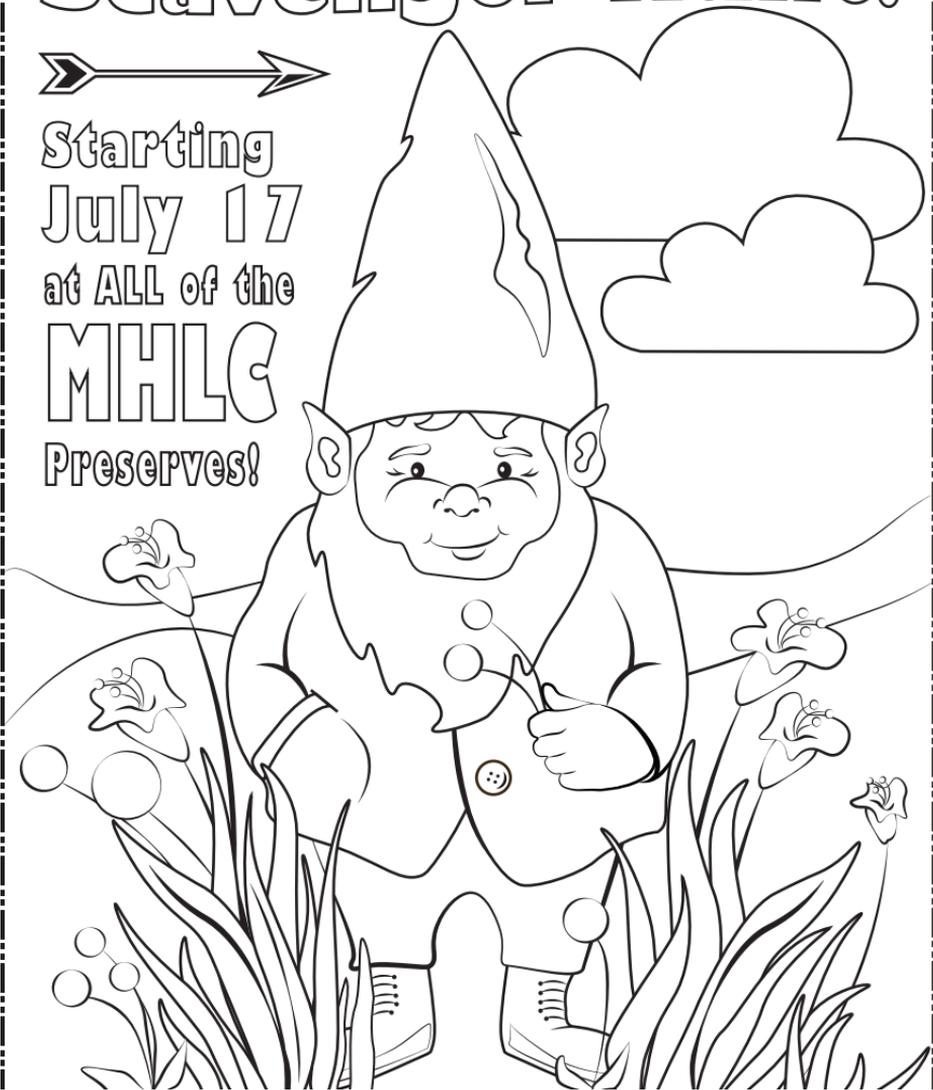


2-15-20 M ESW

# Summer Hike-a-thon Scavenger Hunt!



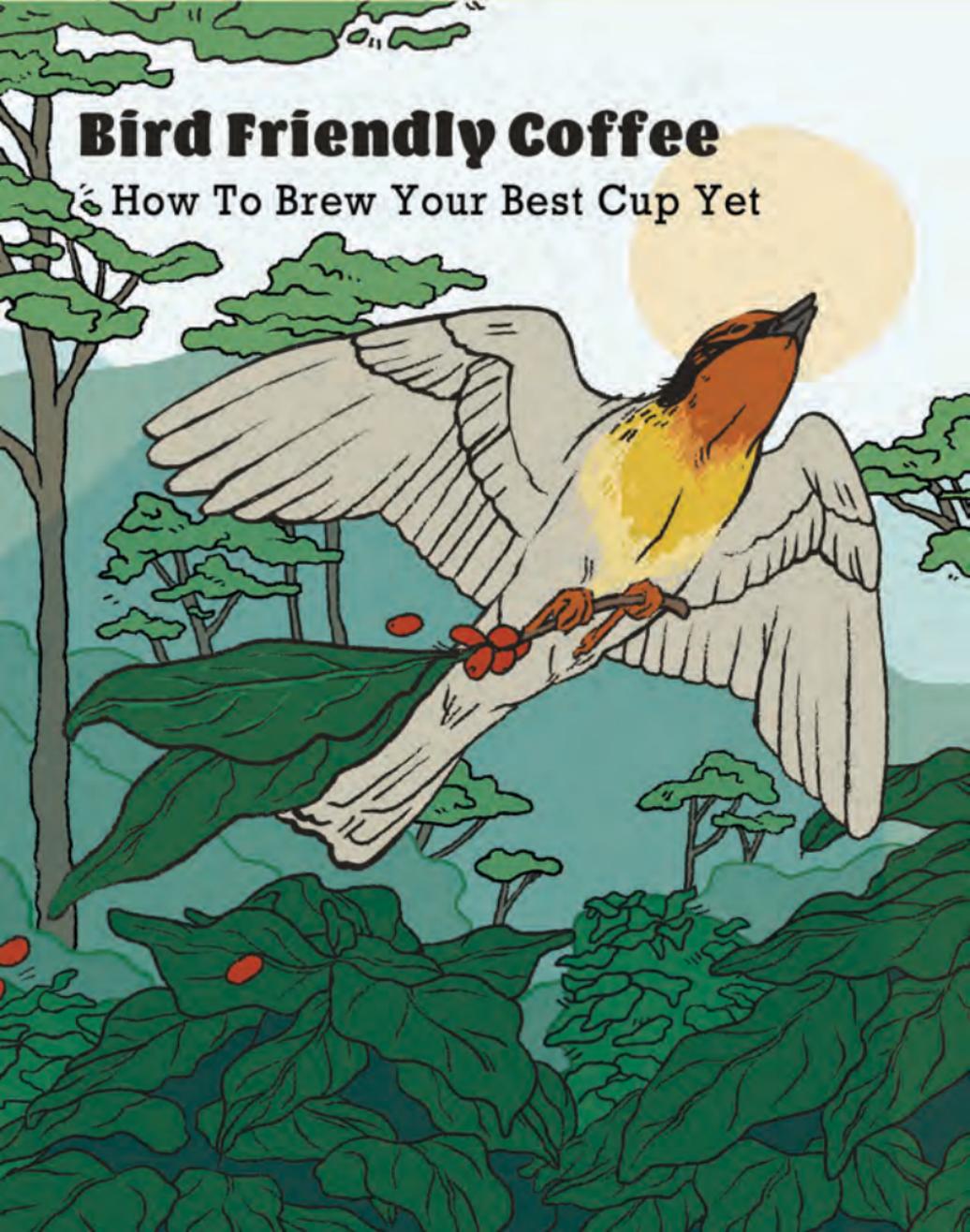
Starting  
July 17  
at ALL of the  
MHLG  
Preserves!



Find the hidden Gnome Homes! Sign up at [www.mohawkHUDSON.org/events](http://www.mohawkHUDSON.org/events)

# Bird Friendly Coffee

How To Brew Your Best Cup Yet



# Why Shade Grown?

Layers of Vegetation =  
Better Habitats



Shade Trees

Fruit Trees

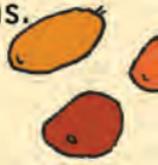
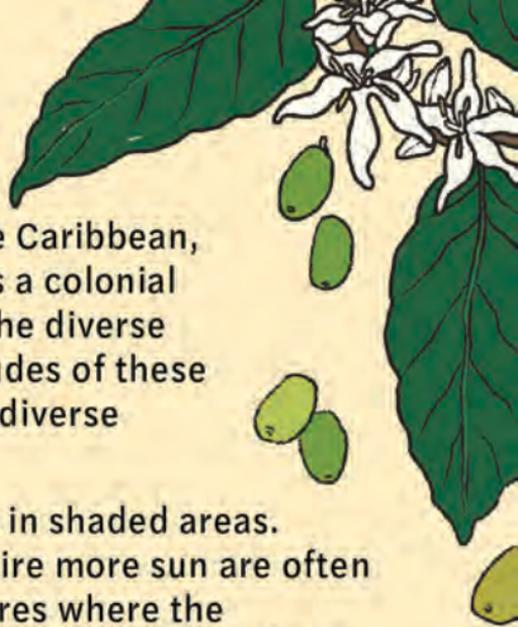
Coffee Shrubs

# Coffee From the Americas

Coffee was imported to the Caribbean, Latin and South America as a colonial crop in the 1700's. Today the diverse landscapes, soils and altitudes of these regions creates an equally diverse coffee flavor spectrum.

Traditionally, coffee grows in shaded areas. Modern varieties that require more sun are often grown in mass mono-cultures where the farmland is stripped of other plants and habitats. These lands become infertile overtime without the use of outside nutrients.

However, by preserving and working with shade-grown varieties, native ecosystems that renew soil nutrients, prevent erosion and provide habitats for flora and fauna flourish. Adding vertical layers of vegetation is the key. Complementing coffee shrubs with other potential crops such as plantains or cocoa, and native shade trees can create benefits for both farmers and ecosystems.



## **Measure**

With a gram scale, measure:

- 50g Whole Coffee Beans
- 800g Water

## **Grind & Boil**

Bring water to a boil. Grind beans to a medium coarseness that resembles kosher salt.

## **Set Up for the Pour**

Place a filter in the coffee dripper, and the dripper on top of a receptacle for the brewed coffee. Lightly wet the filter with the boiled water and discard the water that has passed through. Place the set up onto a gram scale and tare the scale.

## **Release the Bloom**

Gently pour the first 50g of water onto the coffee grinds in a spiraling motion. Work from the outside rim towards the center, saturating all of the grinds. Escaping gases creates the bloom.

## **Subsequent Pours**

Once the water level decreases exposing the grinds pour an additional 200g of water. This time, work in a spiraling motion starting from the center towards the rim. Repeat twice more using 250g of water per pour. Once all of the water has percolated through the grind, remove the grinds and filter to compost. Enjoy!

# The Pour-Over Method

Serves 2

4<sup>th</sup> Pour

3<sup>rd</sup> Pour

2<sup>nd</sup> Pour

1<sup>st</sup> Pour



# Fine Tuning the Perfect Cup

## The Beans

- Purchase whole beans as close as possible to their roasting date. Flavorful gases escape as roasted beans sit and become stale.
- Store whole beans in an airtight container and place in a cool, dark place.

## The Grind

- Only grind the necessary amount of beans needed right before brewing your coffee.
- If the resulting brew is overly sour, try a smaller grind. If the brew is overly bitter, try a coarser grind.

## The Water

- Always use fresh filtered water.
- Adjust the coffee-to-water ratio to alter the brew strength. Single origin coffee (coffee from one specific farm) often benefit from a ratio closer to 1/12 instead of 1/15.



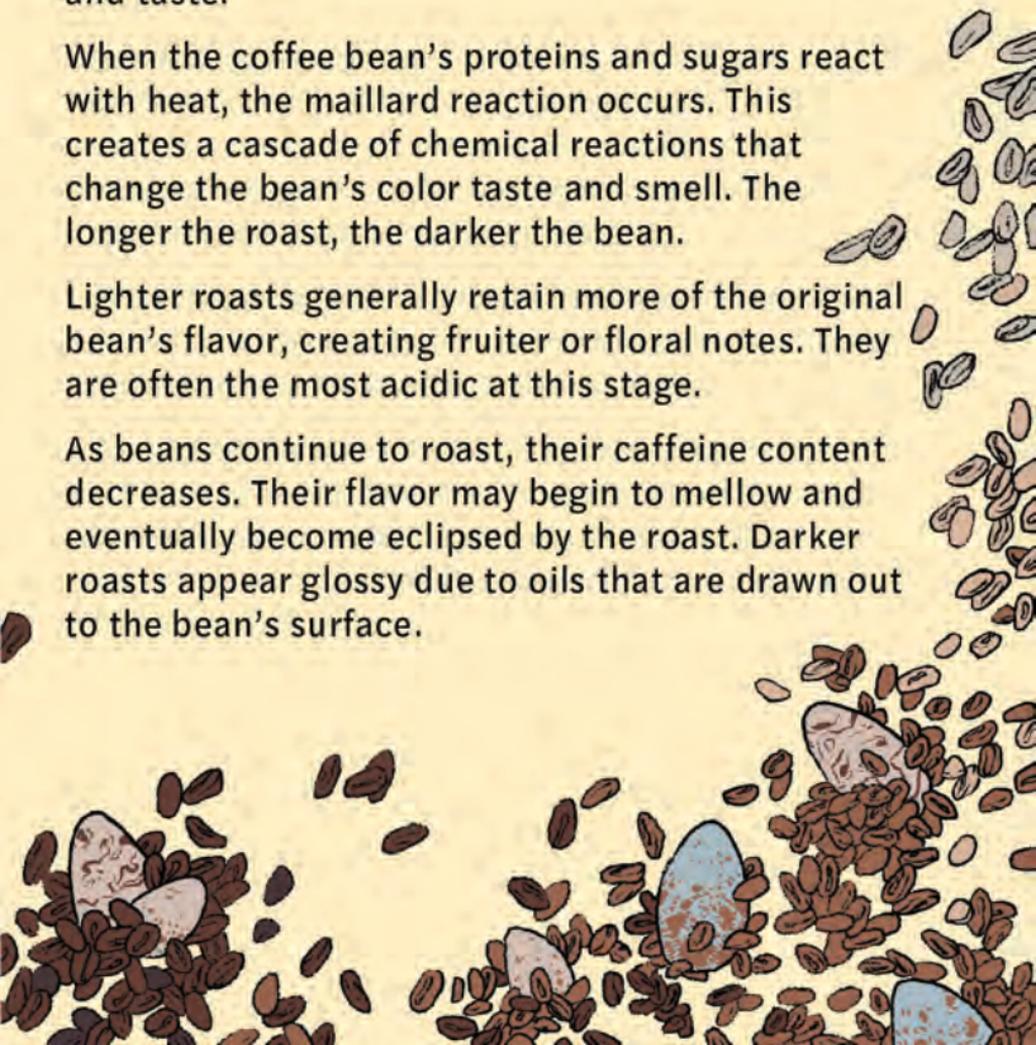
# Some Notes on Roasts

Both the individual characteristics of the particular bean and roasting contribute to the coffee's aroma and taste.

When the coffee bean's proteins and sugars react with heat, the maillard reaction occurs. This creates a cascade of chemical reactions that change the bean's color taste and smell. The longer the roast, the darker the bean.

Lighter roasts generally retain more of the original bean's flavor, creating fruitier or floral notes. They are often the most acidic at this stage.

As beans continue to roast, their caffeine content decreases. Their flavor may begin to mellow and eventually become eclipsed by the roast. Darker roasts appear glossy due to oils that are drawn out to the bean's surface.



# BREW the ROST

**Better coffee for you.**

**Better habitat for the birds.**

This project is made possible with funds from the Decentralization Program, a regrant program of the New York State Council on the Arts with the support of Governor Andrew Cuomo and the New York State Legislature and administered by The Arts Center of the Capital Region.



THE ARTS CENTER  
OF THE CAPITAL REGION



Katherine Lynn Bierman

[www.katherinelynnbierman.com](http://www.katherinelynnbierman.com)



Catalog



- We regularly introduce new scents and items to our product line. Feel free to email [mseedlittlefalls@yahoo.com](mailto:mseedlittlefalls@yahoo.com) and ask what's new!

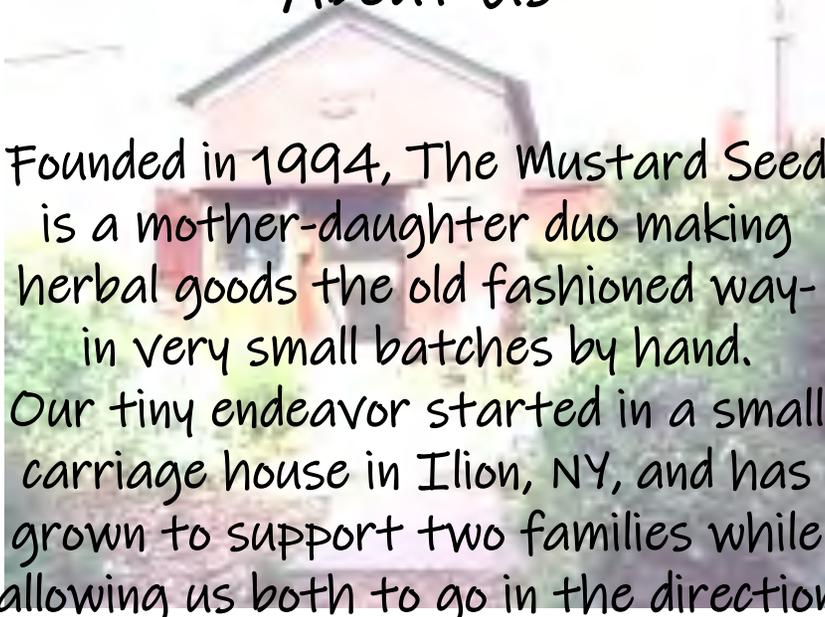
The Mustard Seed  
Juli Webster, proprietor  
315-823-0718  
[mseedlittlefalls@yahoo.com](mailto:mseedlittlefalls@yahoo.com)

Find us on Facebook  
<https://www.facebook.com/themustardseed315/>  
Check here for our full show schedule

Cover Art by Maria Vallese @ Retro Sorrento

All Product Illustrations by Leslie Kubica  
@ Leslie Kubica Illustration

## About Us



Founded in 1994, The Mustard Seed is a mother-daughter duo making herbal goods the old fashioned way- in very small batches by hand. Our tiny endeavor started in a small carriage house in Ilion, NY, and has grown to support two families while allowing us both to go in the direction of our dreams. Thank you for your support and welcome to our family!

*-Juli Webster & Gail Rochette*



- We regularly introduce new scents and items to our product line. Feel free to email [mseedlittlefalls@yahoo.com](mailto:mseedlittlefalls@yahoo.com) and ask what's new!

The Mustard Seed  
 Juli Webster, proprietor  
 315-823-0718  
[mseedlittlefalls@yahoo.com](mailto:mseedlittlefalls@yahoo.com)

Find us on Facebook  
<https://www.facebook.com/themustardseed315/>  
 Check here for our full show schedule

Cover Art by Maria Vallese @ Retro Sorrento

All Product Illustrations by Leslie Kubica  
 @ Leslie Kubica Illustration

#### RECIPES & IDEAS for Spice Blends:

7 Layer Taco Dip- Mix 1/2 package *Taco Seasoning* with 1 cup of sour cream and 1 cup mayo OR 2 cups sour cream and layer refried beans, taco dip, lettuce, cheese, guacamole, tomatoes and olives or other toppings of your choice in a 9x12 baking dish or large bowl. Serve with tortilla chips for dipping.

Roast chicken- sprinkle *Roast Sticky Chicken* or *Argentine* spice blend on whole roaster chicken. Place onion in cavity and bake, breast side down for 5 hours at 250 degrees Fahrenheit.

Mashed potatoes - use favorite *Dip Mix* premixed with sour cream and/or cream cheese mixed into favorite mashed potato recipe or sprinkle up to 1/4 cup herbs in while adding butter and milk. Let set 10 minutes to absorb flavor.

Stinky chicken - mix favorite *Dip Mix* with cream cheese and dollop on chicken breast before baking.

Chicken salad - blend *Onion Dill* or *Garlic & Herb* as a dip or with Greek yogurt and combine with cooked chicken, celery and onion for sandwiches or lettuce wraps.

Herbed pasta - Sprinkle *California Pizza* onto pre-cooked pasta with chicken and broccoli, drizzle with olive oil. Add parmesan cheese if desired.

Popcorn - sprinkle favorite *Dip Mix* or *Spice Blend* as popcorn seasoning.

Roasted chickpeas - Pat dry one can of rinsed chickpeas. Lay out on baking sheet and sprinkle favorite *Spice Blend* or *Dip Mix*. Bake at 450 degrees Fahrenheit for 30-40 minutes or until crispy.

Bruschetta -Cut Italian loaf or baguette in half lengthwise. Layer sliced tomatoes and fresh mozzarella cheese. Sprinkle with *California Pizza*, drizzle with olive oil and bake until cheese is melted.

Fajitas - Sprinkle chicken or steak strips with *Taco* or *Argentine* and sauté with peppers and onions. Serve in corn or flour tortillas with toppings.

Mix your favorite *Dip Mix* with butter for herbal butters or garlic bread. Herbed butter will freeze for up to 6 months.

Mix your favorite *Dip Mix* with olive oil for a dipping oil or marinade.

Mix your favorite *Dip Mix* with cream cheese for a bagel spread.

Spice up breadcrumbs, soups, homemade potato chips or french fries.

Want *Wasabi* or *Creamy Horseradish* to be **hotter**? Mix with plain yogurt or Greek yogurt instead of sour cream.

**Taco Dip/ Spice Blend (SALT FREE)** Use in 7 layer dip, traditional beef, chicken or pork tacos or as seasoning in omelets and more.

**Ingredients:** chili powder, cumin, paprika, crushed red pepper, kelp, garlic, onion, oregano, black pepper, lemon peel

Also available in original with salt- not recommended for use as a dip

**Old Fashioned Spice Blend (SALT FREE)**

Use in apple pie, pumpkin pie, hot oatmeal or oatmeal cookie recipe. May also be used in applesauce, breads, or muffins.

**Ingredients:** cinnamon, ginger, nutmeg, allspice, cloves

**Chai Spice Blend (SALT FREE)**

Use in apple or pumpkin pie, carrot cake or oatmeal cookie recipe. May also be used in hot oatmeal or applesauce, breads, or muffins. Great mixed in coffee or cocoa.

**Ingredients:** cardamom, cinnamon, ginger, allspice, nutmeg, cloves, black pepper

**Mulling Spice Blend for Cider or Wine (SALT FREE)**

Spices for mulling apple cider or wine.

Includes drawstring muslin bag for steeping.

**Ingredients:** cinnamon, allspice, cloves, orange peel (Seasonal)



**Essential-** Balsam- Clean, fresh balsam fir forest  
Lavender (English or French)- Classic aromatherapy - French Lavender has more floral notes  
Lemon- Clean, citrus  
Patchouli -Earthy, potent  
Peppermint- Crisp, classic  
Verbena- Subtle lemony citrus  
**Fragrance-** Apple Crisp- apple with cinnamon and vanilla  
Bayberry- masculine, clean- holiday classic  
Clean Linen- fresh laundered linens  
Ginger Verbena- clean, fresh with citrus notes  
Honey Almond- sweet, clean  
Lavender Fig- softer, sweeter lavender  
Lemon Verbena- clean, sweet like a Meyer lemon  
Lilac- classic spring  
Lily of the Valley- feminine, classic  
Macintosh- pure apple  
Musk- earthy, masculine  
Nag Champa- earthy, Indian incense  
Pumpkin- fresh baked pie  
Sandalwood- earthy, classic  
Snickerdoodle- sweet vanilla and cinnamon  
Vanilla- warm, sweet

# Room and Linen Spray

Gentle fragrance mist to be sprayed in air, on linens, or wherever fragrance is desired.

Packaged in an 8 ounce green plastic bottle with sprayer cap.



**Ingredients:** Purified water, essential or fragrance oils

Scents Available:

**Essential-** Balsam, Lavender (English or French), Lemon, Patchouli, Peppermint

**Fragrance-** Apple Crisp, Bayberry, Clean Linen, Ginger Verbena, Honey Almond, Lavender Fig, Lemon Verbena, Lilac, Lily of the Valley, Macintosh, Musk, Nag Champa, Pumpkin, Sandalwood, Snickerdoodle, Vanilla, Violet Lilac

\$8.00

plus applicable  
NYS Sales Tax

## SALT FREE Italian Salad Dressing Spice Blend

Use on salads, vegetables or as marinade. Also makes a great stir-fry spice.

**Ingredients:** oregano, basil, garlic, onion, kelp, paprika, dill, rosemary, lemon peel, black pepper, cayenne pepper

Also available in original with salt

## SALT FREE Sticky Chicken Spice Blend

May be used as a grilling rub or to give a little zip to mac & cheese... remember a little goes a long way, it's spicy! Family favorite roast chicken recipe included.

**Ingredients:** paprika, cayenne pepper, onion powder, thyme, white pepper, garlic powder, black pepper, kelp, lemon peel, celery seeds

Also available in original with salt

## SALT FREE Argentine Rub Spice Blend

Sprinkle or rub onto flank steak, pork chops or tenderloins, or season stir fry or grilled veggies and burgers.

**Ingredients:** garlic, black pepper, cumin, smoked paprika, parsley, onion, kelp, lemon peel, red pepper flakes, chives, oregano

Also available in original with salt

## Chili Spice Blend

Use in your favorite chili recipe or sprinkle on fried potatoes or scrambled eggs.

**Ingredients:** Paprika, onion, garlic, cumin, thyme, marjoram, black pepper, salt, chili powder and cayenne pepper

### California Spice Blend/Dip Mix (SALT FREE)

Use as dip, sandwich spread or seasoning mix. Great for California-style white pizza or bruschetta.

**Ingredients:** onion flakes, sesame seeds, parsley, rosemary, basil, garlic, marjoram, oregano, ground yellow mustard, ginger

### Ranch Spice Blend/Dip Mix (SALT FREE)

Use as dip, sandwich spread or seasoning mix. May also be mixed into mashed potatoes or thinned with water for use as a dressing.

**Ingredients:** powdered buttermilk, parsley, dill, garlic, onion, black pepper

### Chipotle Spice Blend/Dip Mix (SALT FREE)

Use as dip, sandwich spread or seasoning mix. You may substitute plain yogurt, but it may be *hotter* than with sour cream! May also be served with black bean burgers, as a sandwich spread or thinned with water for a dressing.

**Ingredients:** powdered buttermilk, parsley, dill, garlic, onion, black pepper, paprika, cayenne pepper, chipotle pepper

### Everything & More Spice Blend/Dip Mix

Use to season avocado toast, baked potatoes, popcorn, scrambled eggs, chicken or hamburgers, deviled eggs, guacamole, roasted veggies or hummus.

**Ingredients:** sesame seeds, poppy seeds, onion flakes, salt, garlic

## Large Lavender Linen Spray

Larger volume spray to be sprayed on linens, while ironing, or wherever fragrance is desired.

Made in our best selling Lavender scent.

Other scents available upon request. Packaged in a 16 ounce clear plastic bottle with trigger sprayer.

### Ingredients:

Purified water, alcohol, lavender essential oil

\$12.00

plus applicable  
NYS Sales Tax



## Pillow Mist



Our popular English Lavender linen spray in a compact size. Spray, linens, towels, or wherever fragrance is desired. Other scents available upon request. Packaged in a 4 ounce purple plastic bottle with sprayer cap.

**Ingredients:** Purified water, alcohol, essential lavender oil

Available in Lavender, Eucalyptus or Lavender Chamomile

\$6.00

plus applicable  
NYS Sales Tax

## Spinach & Garlic Spice Blend/Dip Mix (SALT FREE)

Use as dip, sandwich spread or seasoning mix. Great on garlic bread or in mashed potatoes.

**Ingredients:** spinach, parsley, garlic

## Creamy Horseradish Spice Blend/Dip Mix (SALT FREE)

Use as dip, sandwich spread or seasoning mix. You may substitute plain yogurt in a dip, but it will be hotter than in sour cream!

**Ingredients:** garlic, parsley, black pepper, powdered horseradish

## Garlic and Herb Spice Blend/Dip Mix (SALT FREE)

Use as dip, sandwich spread or seasoning mix. Great on garlic bread, in soups, or in mashed potatoes.

**Ingredients:** garlic, parsley, chives, dillweed

## Onion Dill Spice Blend/Dip Mix (SALT FREE)

Use as dip, sandwich spread or seasoning mix. Also for use in poultry, fish or vegetable dishes. Great in mashed potatoes or chicken salad.

**Ingredients:** dill, chives, parsley, onion flakes

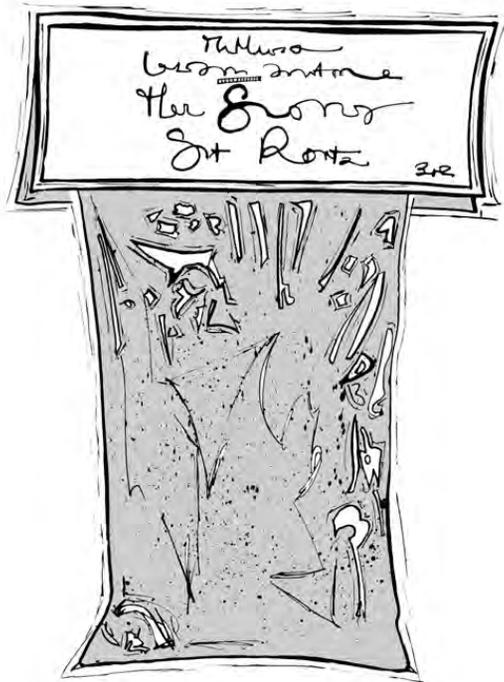
## Wasabi Spice Blend/Dip Mix (SALT FREE)

Use as dip, sandwich spread or seasoning mix. You may substitute plain yogurt in dip, but it will be hotter than in sour cream!

**Ingredients:** garlic, parsley, ginger, black pepper, powdered wasabi

## Herbal Spice Blends & Dip Mixes

Hand blended, small batch mixes- many salt-free, all free of any added gluten, sugar or preservatives. Shelf life of at least one year. Prolonged sunlight will fade the herbs. Packaged in 3x5in plastic zip bags with a brown kraft header card.



\$5.00 each or 5 for \$20.00

## Hand and Body Lotion

Infused with aloe and shea butter, our super moisturizing, gentle lotion in your favorite scent. Packaged in an 8 ounce green plastic bottle with pumper cap.

**Ingredients:** purified water, aloe vera, sunflower oil, jojoba oil, meadowfoam oil, stearic acid, soya oil, cetyl alcohol, emulsifying wax, vegetable glycerin, palmitic acid, tocopherol, potassium sorbate, shea butter, vitamin c, ascorbic acid, germall plus, essential or fragrance oils.

Scents Available:

**Essential-** Balsam, Lavender (English or French), Lemon, Patchouli, Peppermint

**Fragrance-** Apple Crisp, Bayberry, Clean Linen, Ginger Verbena, Honey Almond, Lavender Fig, Lemon Verbena, Lilac, Lily of the Valley, Macintosh, Musk, Nag Champa, Pumpkin, Sandalwood, Snickerdoodle, Vanilla, Violet Lilac

\$12.00

plus applicable  
NYS Sales Tax



## All Natural Cleaner

Naturally antibacterial, anti-fungal and antiviral, this uber-cleaner is great for use as a shower cleaner, counter top cleanse, glass cleaner or for wiping anything that needs disinfecting. Other scents available upon request. Packaged in a 16 ounce clear plastic bottle with trigger sprayer.

Available in  
Lavender and Herbal

**Ingredients:**  
Purified water, rubbing alcohol,  
essential oils

\$12.00

plus applicable  
NYS Sales Tax



## Simmering Potpourri and Bagged Herbs

Colorful potpourris for use in a bowl or for simmering on stovetop or woodstove. Containing no preservatives, only natural ingredients and essential or fragrance oils. Bagged herbs are 100% natural, no added oils. Packaged in clear cellophane bags with brown kraft header cards.

Potpourri Scents

Available:

Adirondack Woods,  
Balsam Christmas,  
Kitchen Spice

Bagged Herbs

Available:

Balsam, Catnip,  
Lavender

\$6.00

Plus applicable  
NYS Sales Tax



## Vacpourri Carpet Freshener

Naturally deodorize carpets, garbage cans and kitty litter boxes with this powder cleaner. Packaged in a clear zip bag with a brown kraft header.

**Ingredients:** cornstarch, baking soda, essential or fragrance oils

Scents Available:

**Essential-** Balsam, Lavender (English or French), Lemon, Patchouli, Peppermint

**Fragrance-** Apple Crisp, Bayberry, Clean Linen, Cranberry, Ginger

Verbena, Honey

Almond, Lavender

Fig, Lemon

Verbena, Lilac,

Lily of the Valley,

Macintosh, Musk,

Nag Champa,

Pumpkin, Sandalwood,

Snickerdoodle, Vanilla,

Violet Lilac



\$4.00

Plus applicable  
NYS Sales Tax

## Body Mist

Our most concentrated fragrance mist for use as a perfume or wherever fragrance is desired. Packaged in a 4 ounce green plastic bottle with sprayer cap.

**Ingredients:** Purified water, alcohol, essential or fragrance oils

Scents Available:

**Essential-** Balsam, Lavender (English or French), Lemon, Patchouli, Peppermint

**Fragrance-** Apple Crisp,

Bayberry, Clean Linen,

Ginger Verbena,

Honey Almond, Lavender Fig,

Lemon Verbena, Lilac,

Lily of the Valley,

Macintosh, Musk,

Nag Champa, Pumpkin,

Sandalwood, Snickerdoodle,

Vanilla, Violet Lilac

\$6.00

plus applicable  
NYS Sales Tax



## Shower Gel

Silky shower gel infused with your favorite scent. May also be used for bubble bath.

Packaged in an 8 ounce green plastic bottle with pumper cap.

**Ingredients:** water, sodium laureth sulfate, disodium laureth sulfosuccinate, Aloe Vera Gel, peg-150 distearate, methyckchloroisothiazolinone, metthylisothiazolinone, essential or fragrance oils

Scents Available:

**Essential-** Balsam, Lavender (English or French), Lemon, Patchouli, Peppermint

**Fragrance-** Apple Crisp, Bayberry, Clean Linen, Ginger Verbena, Honey Almond, Lavender Fig, Lemon Verbena, Lilac, Lily of the Valley, Macintosh, Musk, Nag Champa, Pumpkin, Sandalwood, Snickerdoodle, Vanilla, Violet Lilac

\$8.00

plus applicable  
NYS Sales Tax



## Lavender Dryer Sachets

Muslin bags filled with natural lavender blossoms for use in dryer or as small sachets in closets or drawers. Package of 3 in cellophane bag with brown kraft header card.

Approximately 20-25 dryer cycles per sachet.

\$9 per package of 3  
Plus applicable NYS Sales Tax



## Herbal Pet Shampoo

Gentle pet shampoo infused with our herbal flea and tick essential oil blend. For use on people or pets. Packaged in a 16 ounce clear plastic bottle with flip cap. Paraben, Phthalate, Quaternium 15 and Tear Free

### Ingredients:

water, PEG-80 sorbitan laurate, cocamidopropyl betaine, sodium laurel sulfate, PEG-150 distearyl ether, tetrasodium edta, polyquaternium-10, PEG-175 diisostearate, phenoxyethanol, caprylyl glycol, sodium hydroxide, sodium chloride, yellow 10, orange 4 and essential oils of lavender, peppermint and rosemary.

\$12.00

plus applicable  
NYS Sales Tax



## Liquid Hand Soap

Naturally antibacterial, moisturizing and gentle liquid soap in your favorite scent. Packaged in an 8 ounce green plastic bottle with pumper cap. Paraben Free, Gluten Free, Vegan, Soy Free.

**Ingredients:** Deionized Water, Sodium Methyl 2-Sulfolaurate, Disodium 2-ulfolaurate, Cocamidopropyl Betaine, Lauramide MEA, Cetrimonium Chloride, PEG-150 Distearate, Organic Salvia Officinalis (Sage) Leaf Extract, Organic Equisetum Arvense (Horsetail) Extract, Organic Calendula Officinalis (Marigold) Flower Extract, Organic Chamomilla Recutita (Chamomile) Flower Extract, Organic Panax Ginseng (Ginseng) Root Extract, Avena Sativa (Oat) Extract, Organic Citrus Medica Limonum (Lemon) Peel Extract, Organic Aloe Barbadosensis (Aloe Vera) Leaf Extract, Panthenol (Pro-Vitamin B5), Polyquaternium-7, Citric Acid, Phenoxyethanol, Caprylyl Glycol, Ethylhexylglycerin, Hexylene Glycol, essential or fragrance oils

Scents Available:

**Essential-** Balsam, Lavender (English or French), Lemon, Patchouli, Peppermint  
**Fragrance-** Apple Crisp, Bayberry, Clean Linen, Ginger Verbena, Honey Almond, Lavender Fig, Lemon Verbena, Lilac, Lily of the Valley, Macintosh, Musk, Nag Champa, Pumpkin, Sandalwood, Snickerdoodle, Vanilla, Violet Lilac

\$8.00

plus applicable  
NYS Sales Tax



## Sage Smudge Spray



Native Americans have been using the sacred tradition of smudging for centuries. It is used in cleansing techniques and for removing negative energy from objects, dwellings, humans and animals. Use Smudge Spray in those cases where burning sage is not desired. Packaged in a 4 ounce green plastic bottle with sprayer cap.

**Ingredients:** Purified water and essential oil

\$6.00  
plus applicable  
NYS Sales Tax

## Herbal Flea & Tick Spray

All natural essential oil blend for use on people and pets. Packaged in an 8 ounce green plastic bottle with spray cap. Reapply when sweaty or wet.

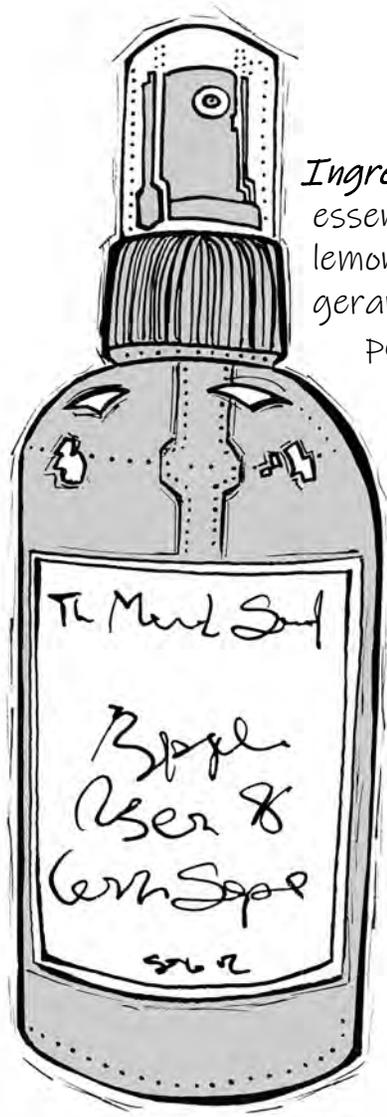


**Ingredients:** Purified water, essential oils including lavender, rosemary and peppermint

\$8.00  
plus applicable  
NYS Sales Tax

## Herbal Bug Repellent

All natural essential oil blend for use on people and pets. Packaged in an 8 ounce green plastic bottle with spray cap. Reapply when sweaty or wet.



**Ingredients:** Purified water, essential oils including lemongrass, lavender, rose geranium, eucalyptus and peppermint

\$8.00  
plus applicable  
NYS Sales Tax

## All Natural Dish Soap

A plant based dish soap tough on germs and grease but gentle on hands. Not for use in automatic dishwashers. Packaged in a 16 oz. clear plastic bottle with flip top.

**Ingredients:** purified water, plant based sodium lauryl sulfate, glycerin, lauramine oxide, caprylyl/myristyl glucoside, magnesium chloride, citric acid; Benzisothiazolinone Methylisothiazolinone and natural essential oil.

**Scents Available:**  
Lavender, Balsam,  
Verbena

\$12.00  
plus applicable  
NYS Sales Tax



# Foaming Milk Bath

A gentle foaming bath that envelops you in your favorite scent while moisturizing. Packaged in an 8 oz. green bottle with screw top.

**Ingredients:** Deionized Water, Sodium Lauryl Sulfate, Sodium C14-16 Olefin Sulfonate, Cocamidopropyl Betaine, Cocamide DIPA, Glycol Distearate, Laureth-4, Whole Milk, Buttermilk, Organic Aloe Vera Leaf Extract, Witch Hazel, Organic Chamomile Flower Extract, Phenoxethanol, Ethylhexylglycerin, Caprylyl Glycol, Hexylene Glycol, Citric Acid, Sodium Chloride, Essential or Fragrance Oils

Scents Available:

**Essential-** Balsam,

Lavender (English or

French), Lemon,

Patchouli, Peppermint

**Fragrance-** Apple Crisp,

Bayberry, Clean Linen,

Ginger Verbena,

Honey Almond,

Lavender Fig,

Lemon Verbena, Lilac,

Lily of the Valley,

Macintosh,

Musk, Nag Champa,

Pumpkin, Sandalwood,

Snickerdoodle, Vanilla,

Violet Lilac

**\$8.00**

plus applicable  
NYS Sales Tax



# All Natural Yoga Mat Refresher

Naturally antibacterial, anti-fungal and antiviral, this uber-cleaner is great for use as a Yoga or exercise mat cleaner or for wiping anything that needs disinfecting.

Packaged in a 16 ounce clear plastic bottle with trigger sprayer.

Available in  
Lavender and Herbal

**Ingredients:**

Purified water, rubbing alcohol, essential oils

**\$12.00**

plus applicable  
NYS Sales Tax



# FLUTTER BY

Wild perennial lupine is an important plant for both frosted elfin (*Callophrys irus*) and Karner blue (*Lycaeides melissa samuelis*) butterflies.

