



rooted in nature... a commitment to ourselves

Katharine Ostrowski
herbal products-foraged goods
Hutchinson MN
urbannettleherbs@gmail.com
www.urbannettle.com

2017 Herbal Shares

What is an Herbal Share?

Long before Advil and Bengay our ancestors had to rely on the flora and fauna in our natural environments to help us survive. Herbalism is a continuation of that tradition...keeping alive the remedies that helped our ancestors recover from infections, fevers...you name it. Your herbal share uses many herbs that are probably in your own backyard or local woods that can clean up wounds, reduce inflammation—even provide relief to those nasty mosquito bites.

You may have ordered an add on share of currants or meat from York Farm or the Lamb Shoppe...your herbal share is a similar thing. You pay in advance for a share and then at a specified time you pick up your box of goodies along with your weekly or biweekly CSA share.

What will be in my Herbal Share?

The contents of your herbal share depends upon what type of share you pick. Below are the three types of shares:

Mini First Aid Kit: (\$35)

- 1 time delivery. The bare bones essentials to keep your family nourished of injuries, bites & rashes.

First Aid Starter Kit: (\$75)

- 1 time delivery. A step above the Mini Kit an expanded share that will provide an even greater amount of remedies for first aid help.

Herbal Forager's Seasonal Share (\$225)

- 3 deliveries of nourishment. Each season you will receive a slightly different theme. Summer is focused on first aid remedies, early fall is aimed toward boosting the immune system and your last share is devoted to self-care.

What type of ingredients are used? Are they organic?

Yes! You are buying an organic CSA so that's what you'll get in your box. All ingredients from Prairie Organic Vodka for tinctures to Century Sun Organic Sunflower Seed Oil for salves is all organic. All plant material is either gathered on certified organic farms or land that use organic practices. The only thing that isn't certified organic is the beeswax...which is from Watertown Minnesota's Ames Farm that uses sustainable bee keeping practices.

When do I pick up my Herbal Share?

No extra work is required of picking up at a different time or location. Your herbal share will be ready to go when specified with your veggie CSA. We will work with your CSA to pick a time that will be on your pick up day!

Who am I buying from?

In buying an herbal CSA share you are supporting budding young herbalist Katharine Ostrowski. Working on organic farms for almost a decade Katharine is committed toward good food and educating folks about the natural world around us. Her interest of herbs formed during her time farming organically. She is entering her third year of focusing on herbalism full time and her second year with her small business Urban Nettle. You can find out more at www.urbannettle.com

How Do I Order an Herbal Share?

If you are interested in ordering a share you can contact Katharine by email at urbannettleherbs@gmail.com and she will coordinate with your CSA about scheduling and delivery. Feel free to email her with any questions or concerns.

Herbal Share Options

Mini First Aid Kit

(Includes Mini First Aid Kit Manual on what to do with all your items) \$35

- 1 time delivery (First CSA Pick Up A or B of the season)
- Add on option: 1 pint Elderberry Juice for extra \$10)

- Plantain Bug Bit Ointment ½ oz bottle—antihistamines to reduce the mosquito itches!
- Yarrow Injury Salve 1 oz tin—for bruises, helping repair old and new injuries, regulating blood flow
- Moisturizing Lip & Skin Balm (Chickweed, Plantain, Calendula, Seabuckthorn Leaf) ½ oz tin—eczema rashes & irritated tissues
- Plantain Tincture ½ oz bottle—drawing out infections, bee stings

First Aid Starter Kit

(Includes First Aid Starter Kit Manual on what to do with all your items) \$75

- 1 time delivery (First CSA Pick Up A or B of the season)
- Add on option: 1 pint Elderberry Juice for extra \$10)

- Plantain Bug Bite Ointment 1 oz bottle—antihistamines to reduce mosquito itches!
- Yarrow Injury Salve ½ oz tin—for bruises, helping repair old and new injuries, regulating blood flow
- Solomon's Seal Lubricating Spray 1 oz—tones where the body is loose, loosens where it is tight
- Moisturizing Lip & Skin Balm (Chickweed, Plantain, Calendula, Seabuckthorn Leaf) 1 oz tin—eczema rashes & irritated tissues
- Foot & Burn Balm (Monarda, Elderflower Leaf, Calendula, Seabuckthorn Leaf) 1 oz tin—for cracked heels & repairing burns
- Elderberry Tincture ½ oz bottle—immune & antioxidant booster
- Plantain Tincture ½ oz bottle—drawing out infections, bee stings

Herbal Forager's Seasonal Share

(Includes a full description manual each share of the various products & what to do with all your goodies) \$225 total ~ \$75 of goods/delivery

- 3 deliveries (First CSA Pickup, early September— Final CSA pick up.

Summer (First Aid Starter Kit)

- Plantain Bug Bite Ointment 1 oz bottle—antihistamines to reduce the mosquito itches!
- Yarrow Injury Salve 1oz tin—for bruises, helping repair old and new injuries, regulating blood flow
- Solomon's Seal Lubricating Spray 1 oz—tones where the body is loose, loosens where it is tight
- Moisturizing Lip & Skin Balm (Chickweed, Plantain, Calendula, Seabuckthorn Leaf) 1 oz tin—eczema rashes & irritated tissues
- Foot & Burn Balm (Monarda, Elderflower Leaf, Calendula, Seabuckthorn Leaf) 1 oz tin—for cracked heels & repairing burns
- Plantain Tincture 1 oz bottle—drawing out infections, bee stings

Early Fall (Cold & Flu Preventative Kit)

- Elderberry Juice 1 quart—immune & antioxidant booster in juice form
- Elderberry Tincture 1oz—immune & antioxidant booster for everyday prevention
- Fire Cider Tincture ½ oz—apple cider vinegar, garlic, onion, horseradish, ginger, cayenne & honey—helps decongest & increase circulation
- Cold Care Tea Blend 5oz bag—a combination of peppermint, yarrow, elderflower leaf & others to help zap the sickies out of you!
- Dried Stock Mix Blend: Mondarda, Calendula, Sage, Thyme & Nettle Blend 1 pint—add to roasts, soups. . .your all purpose seasoning
- 5 heads garlic—antimicrobial, anti-fungal. . .and darn tasty when roasted in the oven
- 1 pint jar of local honey—numerous medicinal uses but especially tasty when stirred into herbal teas

Late Fall (Self-Care Package)

- Urban Nettle (hand)ware Salve 4 - ½ oz tin—sample sized tins for your loved ones or little ones
- Urban Nettle (hand)ware Salve 1- 2oz tin—your own personal super-sized salve. . .indulge!

Note: Urban Nettle (hand)ware Salve is a multipurpose hardware of sorts for your body. Remove the parenthetical marks and insert whatever you need this little salve to do for your bod. It'll style your hair, nourish your lips, get rid of those dry elbows & heels. . .oh yes and provide a little TLC to your hands of course. Made of organic sunflower seed oil, beeswax and a variety of locally grown organic plant material.

- Sugar Scrub 1- 4oz sugar scrubs—a pre-exfoliant for applying your (hand)ware. . .buffs out the imperfections
- Prairie Blend Tea 5oz bag—a delicious blend of organic herbs from our local flora including rose hips, red clover blossoms, nettles & more
- Pickled Crap Apples 1 pint—delicious baby crab apples from the shores of Lake Minnetonka, pickled with organic sugar, apple cider vinegar and spices
- King of the North Grape Juice 1 quart—steam juiced organically grown grapes from Hutchinson MN. . .so concentrated you'll need to cut it with water!