

Ceylon Cinnamon: \$3.00/oz.

Use 1/2 to 1 oz. whole stick in the boil to produce a deep, subtle cinnamon flavor or add crushed sticks to the secondary for a stronger, fresh cinnamon flavor & aroma. Effective as an appetite stimulant, and can help to relieve stomach & intestinal disorders. #OS2

Whole Cloves: \$2.00/oz.

Has a powerful aroma and flavor. Use 1 or 2 teaspoons in the boil, or in the secondary fermenter for a stronger clove flavor. Clove has powerful antiseptic properties, and can be used as a local anesthetic. It can also help to relieve gas, cramping, & nausea. #OS3

Whole Coriander: \$1.50/oz.

Imparts a sweet, subtle, clove like flavor suitable to many beer styles, especially Belgian ales. Use 1/4 to 2 oz. in the boil for a more subtle flavor. Add crushed seeds to the secondary fermenter for a more pronounced effect, as the volatile oils in the seeds are more fully extracted by alcohol. Coriander aids in digestion, is an appetite stimulant, and can help to relieve constipation. #OS4

Dandelion Root: \$2.30/oz.

Use 1/2 to 2 oz. in the boil for unique, powerful bittering properties, or steep at the end of the boil to extract the many nutrients and medicinal properties. Also adds a subtle nutty, coffee like flavor if toasted before adding to the beer. Dandelion is a blood purifier & helps to cleanse the liver, & can help treat pneumonia and respiratory illness. High in iron, calcium, potassium, vitamin A, and vitamin C. #OS5

Ginger Root: \$2.00/oz.



For a light ginger flavor, use 1/4 to 1 oz. in the boil or secondary fermenter. For a strong ginger character use 2 to 4 oz. Ginger is a natural heart & blood stimulant, and helps to promote lower blood pressure. It is well known as an aid to digestion and has antiviral, antifungal, antibiotic, & antiseptic properties. #OS7

Juniper Berries: \$2.50/oz.

Essential in the Finnish traditional beer Sahti, Juniper has a piney, bittersweet, slight citrus taste and aroma. In many cultures, juniper has been used to ward off negative influences. Juniper has antiseptic, antiviral, and antibacterial properties that make it useful as a treatment for respiratory and digestive ailments. #OS9

Lemon Peel: \$2.00/oz.

Adds a zesty lemon citrus aroma and flavor that goes well with ginger, nettles, Yarrow, and coriander. A favorite ingredient in summer ales, and adds a unique tang to German wheat beers. Use 1/4 to 1 oz. in the boil for more bitterness, or steep at the end of the boil for a sweeter taste. Lemon peel is high in vitamin C, and is most often used as a remedy for colds, or as an ingredient in tea. #OS16

~ Organic Herbs, Spices, & Flavors ~



Our Selection of fresh, top quality brewing herbs, spices, & flavors will help you produce the perfect spiced beer, recreate a traditional beer style, or give you the added medicinal and health benefits of brewing with herbs and spices. A brief description of the primary medicinal benefits of each herb & spice is offered along with suggested amounts, but we encourage you to seek additional information from a book about herbal medicine or consult an herbalist if you wish to use these herbs for medicinal purposes. Fresh herbs & spices make a difference! If exposed to light, heat, or oxygen, they will lose flavor, aroma, and potency. Our herbs & spices are now sealed in oxygen barrier foil bags to retain optimum freshness. Packaged bulk: Amount of each spice ordered will be packed in a single package, not in single 1 oz. packages.

Discounts for bulk: 2- 15 oz. 30¢ off 16 oz. or more 50¢ off (per oz.)

Licorice Root: \$2.30/oz.

Imparts a mild, sweet flavor (not like licorice candy) and a dark color, and can dramatically improve head retention. Licorice has historically been an important brewing ingredient and is used by commercial breweries today. Use 1/4 to 1/2 oz. in the boil. The root is effective as an expectorant, to soothe sore throat, and has antibacterial properties. Licorice aids in restoring adrenal glands and is an effective remedy for stress and excess caffeine intake. #OS10

Mugwort: \$2.00/oz.

Long before hops became just about the only herb used to make beer, many different herbs and spices went into beer, and mugwort (*Artemisia Vulgaris L.*) was often the brewers choice. Mugwort has a mellow sage-like aroma, but it has strong bittering properties and is one of the best herbs aside from hops for this purpose. From 1/2 to 1 oz. of dried Mugwort for bittering is sufficient for a 5 gallon batch. Mugwort is often used in herbal medicine, and is very good for treating digestive disorders, as an antidepressant, and to calm nerves. #OS17

Nettles: \$2.00/oz.

Nettles have been used to make beer in many cultures and have a subtle, slightly ginger flavor. Use 1 to 2 oz. in the boil for bittering or steeped at the end of the boil to extract the nutrients and medicinal properties. Nettles are especially effective in treating kidney and liver problems as well as rheumatic and arthritic ailments. They are high in calcium, iron, potassium, magnesium, Vitamin A, & trace amounts of many other nutrients. #OS11

Orange Peel: \$1.70/oz.



Adds a warm orange citrus aroma and flavor that goes well with ginger, cinnamon, and coriander in spiced beers and meads. This is a sweet orange peel, thus may not be appropriate for certain Belgian styles. Use 1/4 to 1 oz. in the boil for more bitterness, or steep at the end of the boil for a sweeter taste. Orange peel is not generally used in herbal medicine except to add flavor and sweetness, but it is high in vitamin C. #OS12

Star Anise: \$2.50/oz.



Use sparingly (1/4 to 1/2 oz.) in the boil or in the secondary for a pronounced anise or black licorice flavor. Has a very pleasant licorice anise flavor and smell, and is often used to flavor liquors such as Sambuca & Absinthe. It will produce a pronounced licorice flavor especially pleasing in a licorice stout. In traditional medicine star anise has been used in tea form to treat colic and rheumatism, and chewing the seeds after meals can aid in digestion. #OS19

Wormwood: \$2.00/oz.

Wormwood has been used in brewing fermented beverages since ancient times. Its powerful bitterness was prized by brewers, as were its strong antibacterial properties. Wormwood has a mild minty licorice aroma, but it has extremely strong herbal bittering properties and perhaps is the most potent bittering herb in existence. Wormwood is also a primary ingredient in the French drink Absinthe. 1/4 to 1/2 oz. of dried wormwood for bittering is more than sufficient for a 5 gallon batch. Wormwood has been used as a traditional remedy for treating intestinal worms for centuries, and is also useful for treating intestinal, liver, and galladder problems. Pure wormwood contains thujone, which can be harmful or even fatal if ingested in large amounts. Use this herb at your own risk. #OS18

Yarrow: \$2.30/oz.

Traditionally used as a bittering herb, for a mild bitterness and subtle, sage-like flavor. Use 1/4 to 1/2 oz. in the boil, or use in the secondary fermenter for a pleasing, aromatic effect. Yarrow has been widely used for millennia by cultures all over the world, including as a brewer's ingredient. It has antiseptic and antibiotic properties effective in the treatment of colds, flu, and respiratory illnesses. It also aids in digestion, has mildly narcotic properties, and is a natural preservative. #OS13

Manufacturing Grade Bourbon Vanilla Beans: \$6.90/oz.



These are what makers of vanilla extract use to produce vanilla extract. A lower moisture content in these beans facilitates a higher extraction in alcohol, which means more vanillin and more vanilla flavor per oz. Expect 8 to 12 beans per oz. One of the best ways to bring truly authentic vanilla flavor to your brews. The rich, smooth, and uplifting flavor of vanilla may be just what your next special recipe needs. 2 to 6 beans for 5 gallons to taste will add a wonderful vanilla flavor to your brew.

Vanilla has been known through the ages as an aphrodesiac, but also has the health benefits of being a soothing and relaxing antidepressant. Tests have shown it to have antioxidant and anticarcinogenic properties.

To avoid possible contamination, boil the vanilla beans for 15 minutes in a small amount of water, or soak in vodka or bourbon for a few days before adding to the fermenter. #OS21

Heather Tips (Wildcrafted- not organic)

These are wild crafted (hand picked from wild plants, and thus are not organic) from the British Isles. Heather Tips are an essential ingredient in traditional Scottish Heather Ale. Use in the boil to add bitterness, or at the end of the boil for the distinct floral Heather flavor and aroma. Can also be dry hopped, or used as a filter bed for the mash runoff. Use 1 oz. to 8 oz. during the boil or in the secondary fermenter. Heather has been used in traditional medicine to treat urinary & kidney problems, and has mild sedative properties.

Dried flowers: 1 oz. \$1.60 #OS15

Dried flowers: 8 oz. \$7.90 #OS15b

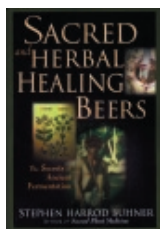
Suggested Reading

Fermenting Revolution



This book turns mere beer drinkers into "beer activists." Today, beer activists are fermenting a revolution in social and environmental sustainability. BKF2 \$17.90

Sacred & Herbal Healing Beers



Explores beer history from it's ancient beginnings and the spiritual and medicinal properties of fermented beverages. Has extensive descriptions of herbs used in brewing throughout the ages. BKS2 \$18.90

~ Organic Cotton Straining Bags ~



Cotton farming uses more chemical fertilizers, pesticides, and herbicides than any other crop. Many of these residues are still present in the cotton fiber when it is milled into cloth, which is then subjected to more chemical treatments in the bleaching and dyeing process. We have the following selection of organic cotton hop and grain bags custom made to give you an alternative. Each grain bag is double seamed and fray proof, and has a sturdy drawstring that is easy to tie. Simply rinse out and wash after each use and these bags can be used over and over again. Instructions for care and use are included with each bag.

- Dry hop bag (OCB7): 1 1/4" x 10"; holds 1 oz. fits opening of a glass carboy \$4.50
- Hop bag (OCB11): 6" x 9", for up to 2 oz of whole hops \$4.90
- XS straining bag (OCB9): 7" x 12", holds up to 2 lbs of grain: \$6.50
- Small grain bag (OCB12): 12" x 14", to mash up to 3.5 lbs of grain \$8.50
- Large grain bag (OCB5): 14" x 18", to mash up to 6 lbs of grain: \$11.00