

All Things Natural



Granville Island Market, Vancouver BC

Photo: Anne Huber, 2007

LIVING WITH THE BOUNTY OF THE EARTH

Control (of nature, of our lives, our children, of relationships) tends to be an illusion -- a necessary one, of course. When we discover that our investments, carefully diversified and bought over time, shrink to a fraction of their former value, when we see turmoil and strife in spite of the efforts of peacekeeping forces, our response can either be fear -- or to remember that we live in a bountiful and beautiful place, although one containing uncertainty.

In this issue we ask you to concentrate on that which literally feeds you and gives your life meaning: food, relationships, work, family, compassion -- and to be mindful of them.

Be attentive and have no fear; but pay no attention to any bad things that may come and talk to you.

Black Elk (1863-1950)

Spices

Since ancient times, spices have driven exploration, trade, and generated wealth. A spice can refer to any dried seed, fruit, root, or bark used in small quantities to flavor or preserve food -- but their importance is far beyond their use in food. Many spices have taken on ceremonial or religious meanings, and their essential oils form one of the main perfume categories.

Spices tend to be antibacterial and anti-fungal since that is how the plants used many of these substances. Medicine has recently found that many of the brightly colored spices, such as turmeric and cinnamon, have anti-inflammatory properties, and are also useful in conditions such as diabetes. They are also associated with mood lifting and energizing without caffeine. Chai, tea with a blend of spices (usually including cinnamon, cardamom, clove, and black pepper), is a great way to improve digestion, and feel energized and be happier.

Spices also are an important source of natural dyes. **Maiwa**, with stores on Granville Island in Vancouver is the best source to explore natural dyes and dying technique. Visit their website at <http://www.maiwa.com> for a glimpse at a remarkable company. Visiting their stores reminds one of the importance of color in our lives.

Once you get a spice in your home, you have it forever. Women never throw out spices. The Egyptians were buried with their spices I know which one I'm taking with me when I go.

Erma Bombeck (1927-1996)



Wisconsin apples.

Photo: Anne Huber, 2008

TRADITIONAL SOURCES -- WELLNESS & HEALING®

Sheepish offers teas, tea blends, essential oils, and essential oil blends through our Traditional Sources - Wellness & Healing® brand products. Look for them in the shop and online. Our best sellers are Anti-Migraine Tea and Jasmine essential oil. Take a look.



Information on the tea blends is available through our online store

<http://www.sheepish.us>.



Street vendor selling whistles made into the shapes of animals in Viet Nam.

Photo: Anne Huber, 2006

New at Sheepish

Gourmet Peppers:

Many varieties of organic and exotic pepper varieties in grinder-top bottles from Frontier. Pictured at right is the "Exotic Peppercorn Blend" which contains organic black peppercorns, grains of paradise, pink peppercorns, and organic cubeb pepper. \$4.99. Yummy!



Gourmet vanillas:

Three varieties of vanilla extracts, from Papua New Guinea (at right), Indonesia, and Uganda from Frontier. All \$4.65.



New chimes, gongs, and xylophones:

New styles from Woodstock -- also two new products for children.

Sheepish offers many varieties of **Chai** -- both in bags and in bulk. You add steamed milk and honey as desired. We have found the bottled varieties to be too sweet and no longer carry them.

When in the store or when ordering online -- ask for samples!



American Linden in the land of giant snow flakes.

Photo: Anne Huber, 2008



Black Elk Wilderness as seen from Harney Peak, the Black Hills of South Dakota.

Photo: Anne Huber, 2006

Happy New Year!

I've exercised with women so thin that buzzards followed them to their cars.

*Erma Bombeck
(1927-1996)*

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