

Goldthread Herb  
Farm & Apothecary



**Date:**  
**Name:**  
**Phone:**  
**Email:**

## Herbal Medicine CSA Family Share

**Standard in every Family Share includes:**  
one 4oz. Anise/Blue Hyssop Cough Syrup and a jar of All-Purpose Salve

> **Choose eight small-size or four large-size teas:** please note size

### Combination Teas:

Allergy Tea

Cough Tea

Flu Relief

Kid's Cold & Flu

Lemon Balm / Lavender

Mense-Ease

Nervana

Tranquili-Tea

Clear Thinking Tea

Digest & Rest

Immuni-Tea

Kid's Relaxing Tummy Tamer

Lemon Lift

Mother To Be

Osteo-Mineral Tea

*Loving Cup (An Ojas-building tonic, featuring organically grown Ashwaganda from our farm.)*

Single Herb Teas: please ask if there is one you do not see...we have lots!

Agrimony

Anise Hyssop

Ashwagandha

Blue Hyssop

Blue Vervain

Boneset

Bhringaraj

Calendula

California Poppy

Catnip

Chocolate Mint

Feverfew

Goldenrod

Holy Basil

Jiao Gu Lan

Lemon Balm

Lemongrass

Lemon Verbena

Mullein

Nettles

Raspberry leaf

Skullcap

Spilanthes

Sage

Spearmint

Yarrow

**Sitz Bath** (an external application for new mamas)

## Liquid Extracts

A liquid extract is more potent than an elixir, with no sweetener. Our herbs are macerated in Organic Grape Alcohol and spring water for a minimum of 2-4 weeks, and extracted with a hand-cranked press.

### > Choose a total of 8 oz. of Liquid Extracts:

A 4oz. Echinacea tincture is always good to have in the medicine cupboard plus two 2oz. extracts to meet a variety of needs...

**Combination Extracts (2oz.)** please note: these are *only* available in the 2oz. size

**Allerge-Ease** *Botanical support for seasonal allergies, hay fever & nasal congestion*

**Initial Immunity** *Botanical support for acute immune response*

**Nervine Compound** *A restorative tonic to nourish the nervous system*

**Nighty Night** *Botanical support for occasional sleeplessness*

**Sinus Clear** *Botanical support for sinus congestion*

**Stomach Soother** *Botanical support for GI mucous membrane health*

**Pain Relief Compound** *Botanical support for pain, inflammation, & spasm*

**Digestive Bitters** *To be taken before or after meals to increase digestive fire*

**Single Extracts (2oz. or 4oz.)** please note size

**Echinacea Ultimate** (several species of Echinacea to deliver the most potent Echinacea extract around!)

<b>Agrimony</b>		<b>Marshmallow</b>
<b>Anise</b>	<b>Elderberry</b>	<b>Motherwort</b>
<b>Ashwagandha</b>	<b>Elecampane</b>	<b>Mullein</b>
<b>Astragalus</b>	<b>Figwort</b>	<b>Nettle leaf w/seed</b>
<b>Baical Skullcap</b>	<b>Feverfew</b>	<b>Peppermint</b>
<b>Blue Vervain</b>	<b>Garlic</b>	<b>Plantain</b>
<b>Boneset</b>	<b>Gentian</b>	<b>Poke root</b>
<b>Calendula</b>	<b>Goldenrod</b>	<b>Raspberry leaf</b>
<b>California Poppy</b>	<b>Grindellia</b>	<b>Sage</b>
<b>Catnip</b>	<b>Holy Basil</b>	<b>St. John's Wort</b>
<b>Cayenne</b>	<b>Hops</b>	<b>Skullcap</b>
<b>Chamomile</b>	<b>Hyssop</b>	<b>Spilanthes</b>
<b>Codonopsis</b>	<b>Lavender</b>	<b>Spikenard</b>
<b>Comfrey</b>	<b>Lemon Balm</b>	<b>Thyme</b>
	<b>Valerian</b>	<b>Yarrow</b>

**> Choose two 2oz. oils or one 4oz.** (and please note size)

**2oz. or 4oz. Arnica Muscle Rub** *Botanical support for sprains, strains, and sore muscles.*

**2oz. or 4oz. Bhringaraj Hair Oil** *Ayurvedic tradition says that Bhringaraj assists with early graying & balding due to high pitta, & stress. This oil promotes a healthy head of hair. A unique offering!*

**2oz. or 4oz. Calendula Infused Oil** *Calendula oil has long been used to treat itchy, irritated skin, burns & scrapes.*

**2oz. or 4oz. Chamomile Infused Oil** *Chamomile oil is a wonderful remedy for hot, inflamed skin, dryness, irritation, and rashes.*

**2oz. or 4oz. Lavender Infused Oil** *This calming oil aids in relaxation and sleep in young and old. Helpful for joint and muscle pain, as well as skin irritations.*

**2oz. Mullein Garlic Ear Oil** *Fights bacterial growth, soothes painful, irritated ears, and ear infections, and loosens congested ear wax.*

**2oz. or 4oz. Oregano Infused Oil** *A potent antimicrobial and an effective chest rub for congestion. Traditionally used for fungal infections affecting nails and skin.*

**2oz. or 4oz. Poke Root Infused Oil** *Reduces lymphatic congestion and relieves swelling. Traditionally applied externally to breast lumps, mastitis, and swollen glands.*

**> Choose one 2oz. Hydrosol or one Sage Bundle**

A hydrosol is very similar to an essential oil, but in less concentration. Like an essential oil, it is the result of a steam distillation of the fragrant part of the plant, and contains all of the essence of the plant in every drop. Our hydrosols are distilled over a wood fire, which produces a much higher quality product than the more modern electric or gas-heated method.

**Clary Sage** *Clary Sage is anti-bacterial & anti-septic, a helpful deodorant, a nice sedative, and a lovely aphrodisiac...one of our favorites!*

**Lavender** *The beautiful aromatic & topical properties of Lavender have been found helpful for relieving nervous tension & pain, treating inflamed or irritated skin & acne, and is a helpful immune boost.*

**Lemon Balm** *Our Lemon Balm is a helpful anti-depressant, helps relieve nervous tension, assists with sleep, and is a good antibiotic.*

**Spruce** *Our Spruce hydrosol is wildcrafted in the forests of Conway, MA, has a fresh, clean scent and is a good addition to cleaning products, and is a good anti-bacterial spray during cold & flu season.*

**Yarrow** *Our Yarrow is grown Organically on our farm, and is helpful in soothing rash, scars, and inflamed skin conditions.*

**Desert Sage bundle** *Traditional to Native North American culture, smudge sticks have been used for centuries for spiritual purification. Burn this bundle in your home for a wonderful cleansing of unpleasant odors.*

> **Choose three from below:**

**Fire Cider**

**4oz. Fire Cider** *Positively potent & exceptionally delicious...fights the common cold & warms the body on a cold winter night.*

**Elixirs**

Elixirs are restorative tonics that are potent but sweet, and easy to take for rich health benefits!

**4oz. Ashwagandha / Aralia Elixir** *We're so excited about our Ashwagandha harvest this year...Ashwagandha is an herb native to India & Ayurvedic medicine that has amazing benefits for the nervous system...boosts stamina & builds immunity.*

**4oz. Astragalus / Holy Basil Elixir** *is a restorative tonic used to enhance your body's resistance and support optimal immunity. (p.s. kids like the sweet taste of this immune builder!)*

**4oz. Echinacea / Ginger / Lemon Elixir** *A delicious, immune-supporting formula useful for strengthening your body's defenses.*

**4oz. Elderberry Elixir** *Provides effective relief for the common cold & flu...a tasty treat both kids & adults will love!*

**Herbal Honey**

Honey has long been used in Traditional Eastern Medicine as an "anupan", or vehicle to carry herbal medicine into the deeper tissues of the body. Because the body opens up to the sweet taste in the honey, the herbs that are blended into it are more effectively assimilated. We use raw local honey and our farm grown herbs in these delicious & effective preparations.

**Chocolate Mint Honey** *Fresh Chocolate Mint enhances digestion and is good for colds & flu. Kids love it!*

**Echinacea Garlic Honey** *Immune boosting honey...effective relief for colds, flu & respiratory infection.*

**Holy Basil Honey** *Holy Basil is traditionally used to promote a healthy stress response, elevate the spirits, increase endurance, & stabilize blood sugar.*

**Kid's Cold & Flu Honey** *For the common cold & flu, or a general immune boost for kids 2 years & older. Yummy farm grown Elderberries!*