

Check out our 50% off table. Many of our natural sun-screens and insect repellents are now being closed out.

There is still room in our Tuesday evening workshops. Call the store for more information.

Be prepared for cold and flu season. Green Earth carries a wide variety of products to give your immune system a boost.

Green Earth will be closed on Thanksgiving Day, November 25.

## Ever-growing list of bulk herbs

We are continually adding bulk herbs to the inventory at Green Earth. This is the current selection. (Most are organic.)

- Angelica root
- Ashwagandha
- Basil leaf
- Burdock root, cut and sifted
- Calendula petals
- Chamomile flowers
- Cardamom
- Chia seeds
- Chicory root
- Cinnamon sticks
- Cornstarch
- Dulse flakes
- Elderberries
- Eucalyptus
- Fennel
- Fenugreek seed
- Ginger root, powdered
- Ginger root, cut and sifted
- Hawthorn berries
- Hibiscus flowers
- Horehound
- Horsetail
- Lavender flowers
- Lemon balm
- Licorice root
- Marshmallow root
- Milk thistle seed
- Mullein leaf
- Nettle leaf
- Nutmeg, whole
- Oatstraw
- Papaya leaf
- Parsley leaf
- Peppermint leaf
- Red raspberry leaf
- Red clover blossoms
- Rosemary
- Rosehips, seedless
- Sage leaf
- Saint John's Wort
- Shitake mushrooms, dried



- Skullcap
- Slippery Elm
- Star Anise, whole
- Stevia powder (green or white)
- Turmeric root, powdered
- Valerian root
- Vitex berry, powdered
- Witch hazel bark, wild-harvested

## It's pumpkin time!

Pumpkin is considered to be one of the super foods in the plant kingdom in terms of its nutrient content. Pumpkin flesh is very low in calories yet contains abundant quantities of extremely good dietary fiber. Many important nutrients are also found in large quantities in the flesh and pulp as well as the seeds of the pumpkin. Some of these are potassium, pantothenic acid, magnesium and vitamins C and E. Pumpkin also contains a synergistic combination of the class of organic compounds known as carotenoids that have many health benefits.

### Ingredients:

- 3 tablespoons butter or olive oil
- 1 medium onion, chopped

- 2-3 garlic cloves, minced
- 1 small to medium carrot, 1/2-inch rounds
- 1/2 cup well-scrubbed sweet potato chunks
- 6 cups vegetable broth
- 1 cup pumpkin puree (or 1 cup chopped raw pumpkin)
- 1 teaspoon dried thyme
- 1 teaspoon crumbled dried sage
- 1/2 cup light cream or half-and-half (or substitute 2 tablespoons cashew or almond butter)

### Suggested toppings (optional):

- Dollop of sour cream or whipped cream
- Spoonful of raw or toasted pumpkin seeds

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To receive Green Earth Notes by email, jot your email address on this page and drop it off at Green Earth along with ad-

It's time for Green Earth's



# 20/20 Coupon Sale



Between Friday, October 1, and Saturday, October 30, present this coupon for 20% off of any purchase totaling more than \$20.

Coupon must be presented at time of purchase, and may not be used with any other discount or coupon.

Web (Food items aren't included in this sale.)

Green Earth 6771 University Avenue, Middleton, WI 53562 608-831-2845

## Additional fall workshops

In response to customer requests, we've added two more workshops to the lineup announced last month.

**October 7 – Core Conditioning** – This hands-on workshop will offer core-conditioning tips, picking up where September's Muscular Imbalances session left off.

*Ken Carpenter* has more than 25 years of rehabilitation, fitness and sports performance coaching experience. He bridges the gap between training competitive athletes and men, women and children seeking to enhance their personal health and fitness.

**November 9 – Colds and Flu; Herbs for the Respiratory System** – We'll talk about things to do to be proactive and preventative, as well as herbal treatments to rely on when sickness hits.

*Dave LaLuzerne* has been an herbalist, pharmacist and store owner in the Madison area for more than 20 years.

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### Directions:

1. In a large soup pot, melt butter. Add onion, garlic, carrot, and sweet potato. Sauté the vegetables, stirring to coat with butter, for a few minutes, until the onion is translucent.
2. Add the vegetable broth, pumpkin puree, thyme, and sage. Stir to mix thoroughly, bring to a boil, then reduce heat, cover, and simmer until the sweet potato is tender, about 30 minutes.
3. Add the cream. Stir to mix.
4. Puree in batches in blender or food processor (or with potato masher), adding more cream to thin, if needed.
5. Serve warm in individual bowls with a combination of any of the suggested topping