

This February Edition of The Farm Store EXTRAS is all about your throat, that wonderful voice and music box Mother Nature gave each of us. It is flu and cold season, all the more reason to pamper yourself. Begin with soup.

Here's why...



TIP OF THE SEASON: EAT MORE SOUP!

A good hot soup does a lot more than sooth your soul. It is comforting indeed, like an embrace from a caring grandmother, but it does more than this. That fever you get when you are sick is your body's way of creating an inhospitable environment for those pesky cold and flu bugs. A hot soup plays a similar role as it engulfs the bacteria in your throat on the way down. It can also help reduce congestion in the Eustachian tubes, those canals that connect the middle ear to your throat. **Always check the Farm Store cooler for delicious, grab-and-go homemade soups and broths.**



HERBAL THROAT SPRAY

FEEL A TICKLE IN YOUR THROAT?

DELICIOUS DIRT FARM & APOTHECARY makes a tasty **THROAT SPRAY**. Ask about it the next time you stop in. It is naturally cooling, refreshing, and healing for sore, scratchy throats. The simple list of ingredients alone appeases the senses: Organic echinacea tincture, sage, osha root infused honey and peppermint essential oil.*

Delicious Dirt Farm & Apothecary is located in Fairfax and is owned and operated by Ally Sterling and her partner. They apply low impact, regenerative, organic practices to grow a variety of vegetables, fruit, culinary and medicinal herbs, and specialize in community herbalism and small batch botanical remedies.

** Commercial throat sprays contain Phenol, FD&C Yellow #6, D&C Yellow No. 10, D&C Green No. 5, FD&C Green No. 3, Flavor, Sodium Saccharin and Sucralose. Rather brain-numbing for a product meant to be pain numbing!*

A Message
From Jenn...

Would you like to
learn to make your own
Herbal Throat Spray?
Email to let us know you'd like
us to schedule another
Workshop with Ally!



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