

salt sisters

Live unrefined



All-natural
lifestyle company
for your kitchen

I first set out to educate communities about the natural health benefits of unrefined sea salt. Responding to local interest, I began selling unrefined salts at regional farmers markets under the brand name s.a.l.t. sisters, which is an acronym for my four daughters: Sydney, Alexis, Lauren and Taylor.

Two years later, my company expanded from s.a.l.t. to include its all-natural and gluten-free product lines: organic cane sugars (c.a.n.e), seasoning rubs (r.u.b.s), vanilla infusion kits (b.e.a.n), natural herb blends (h.e.r.b) and d.i.p.s. My beverage line (s.i.p.s and t.e.a.s) is the latest in a series of exciting new products being added.

Live unrefined!

Charmane

Charmane Andrews Skillen



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Photography by Nicole Mehl (www.nicolemehl.com) & Janie Yoder (Imagination Photography)

S.A.L.T. SISTERS
is committed to providing all-natural high quality products for your enjoyment, while being good stewards through sustainability by supporting other companies that share our commitment to the earth and the people who live here.

To provide excellence in service to our customers, taking pride and consideration in our company and in the products we offer.

Sydney



Alexis



Lauren



Taylor



the s.a.l.t. sisters

TRADITIONAL SEA S.A.L.T.

Brazilian Atlantic Sea Salt, fine



This sea salt is harvested from the pristine blue waters off the coast of Brazil. The clean crystals are then carefully crushed and screened to size in a state-of-the-art facility in Belgium. No anti-caking agents or additives of any kind are used.

Uses: The perfect all-purpose salt. It is very moisture-resistant and naturally resists clumping. Great for roasting, baking, salt curing and for brines. Perfect for grinders.

Ingredients: Unrefined sea salt



125 16 oz

FLAKE SEA S.A.L.T.

Mediterranean Black Lava Flake Sea Salt



The Mediterranean sea salt flakes are known for their large pyramid-shaped crystals. This salt is simply Mediterranean flake sea salt mixed with activated charcoal.

Uses: Commonly used as a garnish for appetizers, fish and vegetable dishes. A beautiful finishing salt that mixes well with herbs.

Ingredients: Unrefined sea salt & activated charcoal



106 2 oz

Brazilian Atlantic Sea Salt, coarse



This sea salt is harvested from the pristine blue waters off the coast of Brazil. The clean crystals are then carefully crushed and screened to size in a state-of-the-art facility in Belgium. No anti-caking agents or additives of any kind are used.

Uses: The perfect all-purpose salt. It is very moisture-resistant and naturally resists clumping. Great for roasting, baking, salt curing and for brines. Perfect for grinders.

Ingredients: Unrefined sea salt



124 16 oz

Pacific Ocean Kosher-Style Flake Sea Salt



This is an all-natural, kosher-style flake sea salt harvested from the Pacific Ocean. It delivers all of the beneficial nutrients of sea salt while retaining the treasured kosher flake texture.

Uses: A great all-purpose sea salt.

Ingredients: Unrefined sea salt



135 16 oz



NATURAL SMOKED SEA S.A.L.T.

Applewood Smoked Sea Salt



Flaked sea salt that is slow-smoked over real Yakima Valley Applewood. This smoked sea salt is a 100% natural way to add authentic smoked flavor to any dish. No artificial flavors or colors are added.

Uses: Adds a unique BBQ touch to salads, sandwiches, meat and especially grilled salmon. Use for grilling or roasting vegetables in the oven. Add to soup for depth of flavor.

Ingredients: Unrefined, smoked sea salt



132 3 oz

Hickory Smoked Sea Salt



Delicate Pacific sea salt flakes, naturally smoked over premium hickory hardwood. The flavor is full and clean without bitterness and is produced without any added artificial flavors. Hickory Smoked salt works magic with ribs, burgers, red meat, turkey and chicken.

Uses: Adds a unique BBQ flavor to meat and seafood. Mix into your favorite vinaigrettes, creamy dressings or soups to add a distinctive smoky flavor. This salt is especially great sprinkled on hot, buttered popcorn.

Ingredients: Unrefined, smoked sea salt



108 3 oz

EXOTIC SEA S.A.L.T.

Trapani Italian Sea Salt



Hand-crafted from traditional salt pans along the famous "Salt Road" in Sicily. The crystals are the first to "bloom" on the surface of the salt ponds and retain valuable nutrients, which add delicate flavor to the salt.

Uses: Ideal for salads, cooked fresh vegetables and grilled meats. A great salt for garnishing candies and desserts.

Ingredients: Unrefined sea salt



131 4 oz

Caprese Salad

A light and fresh Italian salad made up of sliced tomatoes, mozzarella cheese and fresh basil with a drizzle of balsamic vinegar and olive oil. It is the perfect accompaniment to any summer meal.

- 2 to 3 tomatoes, sliced
- 8 ounces fresh mozzarella, sliced
- 4 to 5 leaves fresh basil, chopped fine
- 1 tablespoon balsamic vinegar
- 1/2 tablespoon olive oil
- 1/2 to 1 teaspoon Sel Gris Organic French fine sea s.a.l.t.

Arrange the sliced tomatoes and sliced mozzarella cheese on a nice platter. Sprinkle with the chopped basil and salt. Finish with a drizzle of the balsamic vinegar and olive oil over the top.

Chocolate Peanut Butter Pretzel Cookies

Oh Yum! Salty and sweet in one delicious cookie. These are easy to mix up and make a lot, which is good because they don't last long.

- 3 cups all-purpose flour
- 1 tsp Pacific Ocean Sea s.a.l.t.
- 1/2 tsp baking soda
- 1 cup butter, softened
- 1 cup light brown sugar, tightly packed
- 2/3 cup sugar

- 2 eggs
- 3 tsp Bourbon vanilla bean extract *
- 2 cups semi-sweet chocolate chips
- 1 cup peanut butter chips
- 1 cup pretzels, broken in pieces
- Trapani Italian sea s.a.l.t. for sprinkling on top

Preheat the oven to 350 degrees. In a medium bowl, sift together flour, baking soda and the Pacific Ocean Kosher sea s.a.l.t. Set aside. In a large bowl, beat the butter and sugars on medium speed until light and fluffy. Add in the eggs and Bourbon vanilla bean extract and mix on low speed. Scrape down the sides of the bowl and mix until well combined. Slowly add the flour mixture a little at a time and mix until combined. Add the chocolate chips, peanut butter chips and pretzels and hand stir in (batter will be thick).

Scoop out well rounded tablespoons of the dough and place on the baking sheet. Press the balls down slightly as the cookies do not spread out much. Bake for 10-12 minutes. Sprinkle the cookies with the Trapani Italian sea s.a.l.t. as soon as they come out of the oven. Let cool for a minute and then transfer to a cooling rack and allow to completely cool before storing.

* Note: Use the vanilla infusion kit to make your own Bourbon vanilla bean extract. Add 16 oz of quality Bourbon to the prepackaged vanilla beans and infuse for 2-3 months. The infusion kit calls for using Vodka but Bourbon makes a lovely substitute.

Makes approximately 36 medium size cookies.

HAWAIIAN SEA S.A.L.T.

Hawaiian Black Sea Salt, fine



Hawaiian Black has a stunning black color and silky texture that adds depth and complexity to any culinary creation. This solar-evaporated Pacific sea salt is combined with activated charcoal to create a salt that is exceptionally high in essential minerals and very cleansing in nature.

Uses: Mixes well with herbs for soups or stir-fry dishes. Use to add unique flavor on roasted or grilled meats.

Ingredients: Unrefined sea salt & activated charcoal



ORGANIC SEA S.A.L.T.

Fleur de Sel Certified Organic French Sea Salt



Authentic Fleur de Sel (flower of salt) is harvested in the Guerande region of France. This salt is often referred to as the "caviar of salts". It is hand-harvested under specific weather conditions by traditional "Paludiers", salt farmers.

Uses: Ideal for salads, cooked fresh vegetables and grilled meats. Also a great salt for garnishing candies and desserts.

Ingredients: Certified organic, unrefined sea salt



Hawaiian Black Sea Salt, coarse



Hawaiian Black has a stunning black color and silky texture that adds depth and complexity to any culinary creation. This solar-evaporated Pacific sea salt is combined with activated charcoal to create a salt that is exceptionally high in essential minerals and very cleansing in nature.

Uses: Mixes well with herbs for soups or stir-fry dishes. Use to add unique flavor on roasted or grilled meats.

Ingredients: Unrefined sea salt & activated charcoal



Sel Gris Certified Organic French Sea Salt, fine



The French perfected the art of high-quality, hand-harvested sea salt by using centuries-old Celtic methods. Sel Gris is known for its beautiful grey color, coming from the clay-lined salt ponds. It has a high moisture content and extraordinary mineral content.

Uses: A great all-purpose salt. Good for all of your cooking and baking needs.

Ingredients: Certified organic, unrefined sea salt



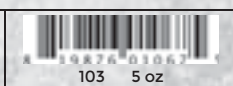
Hawaiian Red Sea Salt, fine



This is a traditional Hawaiian table salt used to season and preserve. A small amount of harvested red Hawaiian clay (alae) enriches the salt with iron-oxide.

Uses: Wonderful for roasting or grilling meats. The red clay seals in the moisture and adds flavor. It combines well with other dry ingredients and adds both flavor and color to your recipes.

Ingredients: Unrefined sea salt & purified clay



Sel Gris Certified Organic French Sea Salt, coarse



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Ingredients: Unrefined sea salt & purified clay



defining REFINED SALT

In contrast, refined salt is what we commonly know as table salt or iodized salt. This salt begins as unrefined salt, but is bleached and stripped of all its mineral content to obtain the "pure" white appearance. It contains two major ingredients: sodium and chloride. Other ingredients are added to create a longer shelf life. Iodine is added, supposedly to prevent swelling of the thyroid, but there is an insufficient amount to provide the body with what it needs.

MINERAL S.A.L.T.

Pink Himalayan Mineral Salt, fine



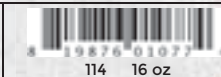
Pink Himalayan salt is pure, hand-mined salt found naturally deep within the pristine Himalayan Mountains. The high-mineral crystals range in color from sheer white to varying shades of pink and deep reds, which indicate a beneficial amount of 84 trace elements and iron. This is the highest quality Himalayan salt available.

Uses: A great all-purpose salt.

Ingredients: Unrefined mineral salt



115 5 oz



114 16 oz

Pink Himalayan Mineral Salt, medium



Pink Himalayan salt is pure, hand-mined salt found naturally deep within the pristine Himalayan Mountains. The high-mineral crystals range in color from sheer white to varying shades of pink and deep reds, which indicate a beneficial amount of 84 trace elements and iron. This is the highest quality Himalayan salt available.

Uses: A great all-purpose salt

Ingredients: Unrefined mineral salt



117 5 oz



116 16 oz

Pink Himalayan Mineral Salt, coarse



Pink Himalayan salt is pure, hand-mined salt found naturally deep within the pristine Himalayan Mountains. The high-mineral crystals range in color from sheer white to varying shades of pink and deep reds, which indicate a beneficial amount of 84 trace elements and iron. This is the highest quality Himalayan salt available.

Uses: A great all-purpose salt. Perfect for salt grinders.

Ingredients: Unrefined mineral salt



113 5 oz



112 16 oz

defining UNREFINED SALT

Salt in its natural form is referred to as unrefined salt. Unrefined salt has not been altered by man. It is harvested from the earth all over the world. This salt contains many useful minerals and elements that are useful for the human body. Specifically, Dr. Brownstein notes that some unrefined salt contains over 80 minerals.

Dr. David Brownstein, M.D., helps explain why we need good salt for our bodies in his book, *Salt Your Way to Health*. The following information is taken from Dr. Brownstein's book:

WHY YOUR BODY NEEDS SALT

Dr. Brownstein reports that when he began using unrefined salt as part of a holistic regimen to help correct mineral deficits, some interesting things began happening (p. 10).

- Patients with high blood pressure began improving; unrefined salt helped improve the hormonal system.

Other findings Dr. Brownstein discovered also point out the vast differences in the human body when refined salt is used and when unrefined sea salt is ingested. He highlights:

When refined salt is a part of one's diet:

- The body is provided with too much sodium.
- The body is not provided adequate trace minerals because refined table salt has NO minerals.
- The results include mineral deficiencies, too much acid in the body, and onset of chronic illness to the human body.

When a low-sodium diet using refined table salt is promoted by conventional medicine, evidence suggests:

- Blood pressure is not reduced for the vast majority of the population.
- Insulin levels can decrease, and/or insulin resistance can occur.
- Overall cholesterol and LDL cholesterol levels can actually become elevated, which in turn, can increase risk of cardiovascular events.
- The body's pH is lowered.
- The body grows deficient in important minerals for proper functioning.
- Chronic disease can develop due to a lack of these minerals.

When unrefined sea salt is part of a person's diet:

- The body is receiving many different trace minerals.
- These trace minerals help maintain proper body pH balance.
- These minerals also help supply the proper balance of sodium and chloride, keeping the body in better functioning order.

The information presented is based on the training and professional experience of Dr. David Brownstein and is intended to be used as medical advice. Any treatment should not be undertaken without first consulting a physician.

Brownstein, Dr. David, M.D. (2006). *Salt Your Way To Health*. West Bloomfield, MI: Medical Alternative Press. www.drbrownstein.com



FLAVORED SEA S.A.L.T.

Black Truffle Sea Salt ("Sale Tartufo")



A precise blend of ground black truffles harvested from the Abruzzi region of Italy and all-natural sea salt. Black truffles have an excellent buttery, garlic flavor and utilize the unique power of sea salt to intensify the aroma and complex flavors of this exquisite mushroom.

Uses: An ideal addition to cooked egg dishes, pasta, mashed potatoes, red meat or sprinkled on buttered popcorn.

Ingredients: Unrefined sea salt & black truffle mushrooms



Ghost Pepper Sea Salt



With a taste only for the very daring, this salt is the hottest salt in the world! Made from pure, unrefined sea salt and the Nago Jolokia pepper, this salt has a spicy hot flavor that is without compare. Named for one of the most venomous snakes in India, this pepper, also known as the King Cobra Chili, has a blazing heat that is out of this world.

Uses: For some flaming flavor, sprinkle over chicken wings, chili, or your fajitas, but beware, this salt bites back!

Ingredients: Unrefined sea salt & Naga Jalokia pepper



Habanero Heat Sea Salt



Known by most of us as one of the most intensely spicy chili peppers, these high-quality, high-heat habaneros give this salt some kick! Use it sparingly but use it often.

Uses: The perfect salt for anyone who likes to add a little extra punch to anything on the grill and a great match with recipes that call for lime and butter.

Ingredients: Unrefined sea salt & habanero pepper



using **FLAVORED SALTS**

Our flavored, sea, and mineral salts are meant to be used in your everyday cooking and baking. There are no rules as to which salts you use, so be creative and use them to make your recipe as unique as you like!

Our flavored s.a.l.t.s are a blend of one, pure, natural ingredient and unrefined sea salt. Use this all-natural sea salt to wonderfully compliment any meal.

FLAVORED SEA S.A.L.T.

Lime Fresco Sea Salt



The flavor of lime is an international favorite, from Thai food to margaritas. Lime Fresco salt artfully ties together the versatile and refreshing lime flavor with hand-harvested sea salt for a flavor that is tart without being too sour. This versatile salt is a party in your mouth!

Uses: Use to rim a drink glass, add to a summer fruit salad, sprinkle on chicken and seafood before grilling or mix into rice for a hint of citrus.

Ingredients: Unrefined sea salt & lime



159 1.5 oz

Thai Ginger Sea Salt



Combine the clean, simple flavor of sea salt with fresh, juicy ginger. This award-winning variety cannot be matched by powdered or synthetic flavorings.

Uses: Use on grilled or roasted vegetables, Asian noodles or fish. Try on chocolate desserts and pastries. Awesome on fish or salads.

Ingredients: Unrefined sea salt & ginger



166 1.5 oz

Roasted Garlic Sea Salt



Sea salt infused with real garlic! This is a much improved, "tres gourmet" version of traditional garlic salt. The flavor is out of this world!

Uses: Great on roasted vegetables, pasta, meats, salad and popcorn.

Ingredients: Unrefined sea salt & garlic



160 2 oz

Vintage Merlot Sea Salt



Wine & salt is a great combination. This flavored sea salt adds a rich flavor to your favorite dishes.

Uses: This delicious flavored sea salt is a wonderful addition to gravy, sauces, grilled meats and vegetables. The flavor really comes out when heated.

Ingredients: Unrefined sea salt & merlot wine



171 2 oz

Spanish Rosemary Sea Salt



An all-natural sea salt that delivers a straight-from-the-herb garden flavor. Add it to any dish to give it a fresh, herbed taste.

Uses: A perfect pairing with roasted potatoes or roasted chicken. It will make any simple dish extraordinary.

Ingredients: Unrefined sea salt & rosemary



162 2 oz

White Truffle Sea Salt



This combination brings the musky aroma of the Italian White Alba truffle to hand-harvested Atlantic grey sea salt. White truffles, from the countryside of Northern Italy, are a rare and exceptional delicacy. This highly-prized ingredient is delicately blended with sea salt to bring rich, earthy flavor to your cooking.

Uses: Season and lend a gourmet touch to hors d'oeuvres, risotto, cheese, salads and vegetables.

Ingredients: Unrefined sea salt & white truffles



169 2 oz

Sun Ripened Tomato Sea Salt



The rich tomato flavor is created by a special process that incorporates the whole tomato. This is literally tomatoes mixed with sea salt.

Uses: Great for soups and sauces and topping appetizers ~ or take crusty sourdough bread, spread with butter and top with this salt.

Ingredients: Unrefined sea salt & tomato



164 2 oz

Wild Porcini Sea Salt



A strong mushroom scent greets you when you open a container of Wild Porcini Sea Salt. This dried porcini mixed with sea salt has a concentrated flavor and mushroom aroma.

Uses: Excellent in risotto, soups and sauces. Try it the next time you grill or bake salmon.

Ingredients: Unrefined sea salt & porcini mushrooms



170 2 oz

Applewood Smoked Cracked Peppercorns



Our cracked, black peppercorns are cold-smoked over applewood for a rich, smoked flavor. Adds depth and complexity and will enhance flavor while cooking or seasoning your dishes. These peppercorns contain no preservatives and are not processed by ionizing radiation.

Uses: Add for smoky flavor in your favorite dishes calling for pepper.

Ingredients: Smoked, black peppercorns



207 2.5 oz

Mojo Seasoning



Our precise blend of seasonings will certainly cast a tasty spell over your dishes, as the name "mojo" implies "magic." The Cuban culture, from where this seasoning derives, boasts flavor enhancement to pork roast.

Uses: This versatile seasoning can be used to barbecue, grill, roast or to create a special mojo marinade when mixed with olive oil and citrus juices. A must-have for fish tacos!

Ingredients: Unrefined sea salt, garlic, lemon peel, orange peel, lime peel, lime juice, lemon juice & spices



211 3 oz



221 6 oz

Four Peppercorns Mélange (pink, black, white and green peppercorns)



A gourmet blend of four peppercorns that adds delicious aromatic flavor to any dish. Blended from the most popular of the peppercorns, this blend is versatile and easy to use. Add to your peppermill and coarsely grind it as a replacement for the standard pepper in your favorite recipes. This distinctly spicy blend will delight your taste buds.

Uses: Add to sauces, marinades, vinaigrettes and creamy salad dressings. Also, great on steak, in hamburgers, on eggs and on vegetables.

Ingredients: Whole pink, black, white & green peppercorns



206 6 oz

s.a.l.t. sisters Blend, fine



s.a.l.t. sisters Blend is the perfect combination of salt, pepper, garlic and onion. This all-purpose seasoning is exactly what you need to get any savory recipe started.

Uses: This is a great general seasoning for just about anything. Substitute for everyday use of salt & pepper.

Ingredients: Unrefined sea salt, garlic, Tellicherry peppercorns & onion.



215 4 oz

Herbes de Provence with Sea Salt



This traditional French blend of sweet herbs and flowery lavender is a delightful way to flavor grilled foods such as fish and meat as well as vegetables, stews and roasts. Charmane's special twist on this classic herb blend is combined with Trapani Italian Sea Salt. Add this before or during cooking or mix with olive oil before adding to foods to help infuse the flavors into your favorite dishes.

Uses: Add to chicken, fish, vegetables, stews or roasts.

Ingredients: Unrefined sea salt, spices & canola oil



202 2.5 oz

s.a.l.t. sisters Blend, coarse



s.a.l.t. sisters Blend is the perfect combination of salt, pepper, garlic and onion. This all-purpose seasoning is exactly what you need to get any savory recipe started.

Uses: This is a great general seasoning for just about anything. Substitute for everyday use of salt & pepper.

Ingredients: Unrefined sea salt, garlic, Tellicherry peppercorns & onion.



223 4 oz

Lavender and Lemon with Brazilian Sea Salt



This delightful blend of lavender, lemon peel and Brazilian sea salt is a fabulous way to add a pleasing flowery, citrus flavor to your dish.

Uses: Use on grilled or roasted foods such as fish, chicken or pork. It will also brighten the flavors of salads and a variety of vegetables.

Ingredients: Unrefined sea salt, lavender & lemon peel.



203 6 oz

Savannah "Low Country" Seasoning



The idea of this seasoning originated in the coastal South where a mixture of shrimp or crab, smoked sausage, potatoes and corn were cooked in a big pot over an open fire. It's the perfect seasoning to bring out a nice, balanced flavor to your dishes.

Uses: Try it the traditional way or use with other soups, meats, fish or casseroles.

Ingredients: Celery seed, dry mustard, unrefined sea salt, paprika, ground pepper, herbs & spices



212 3 oz

Steakhouse Seasoning, fine



Steakhouse Seasoning is a robust blend of herbs and spices. This seasoning will bring full flavor to anything you use it on. You'll want to keep this next to your grill!

Uses: The obvious use is on steaks, but don't be shy! Try this herb blend on vegetables, casseroles, pasta and more!

Ingredients: Unrefined sea salt, black mustard seed, garlic, thyme, orange peel, onion & fennel



Tuscan Farmhouse Blend with Sea Salt



This classic Italian seasoning with sea salt is the perfect addition to so many of your favorite dishes. Charmane's unique blend of herbs and spices makes it perfect for anything but dessert.

Uses: All-purpose seasoning. Use for meats, vegetables, sauces, soups, salads or stews.

Ingredients: Unrefined sea salt, spices, garlic, red bell pepper and onion



Steakhouse Seasoning, coarse



Steakhouse Seasoning is a robust blend of herbs and spices. This seasoning will bring full flavor to anything you use it on. You'll want to keep this next to your grill!

Uses: The obvious use is on steaks, but don't be shy! Try this herb blend on vegetables, casseroles, pasta and more!

Ingredients: Unrefined sea salt, black mustard seed, garlic, thyme, orange peel, onion & fennel



about OUR HERBS

Our h.e.r.b blends are a mix of our finest sea salts with a variety of all-natural herbs. Each product is mixed in small batches to ensure freshness.



All-Purpose BBQ Rub



The name says it all! A nicely-balanced blend of classic barbecue spices that is suitable for any type of dish. With a nice smoky flavor and a hint of sweetness, this rub is great on chops, ribs, brisket, tenderloin and chicken. A great blend of flavors designed to bring out the natural flavors of the meat.

Uses: Sprinkle on as a dry rub and then massage it into the meat or mix it in vinegar or apple juice to make a wet rub.

Ingredients: Unrefined sea salt, parsley, smoked paprika, black pepper, honey powder, onion, herbs & spices



501 2.5 oz



521 5 oz

Blackening Cajun Rub



Cajun cuisine originated from the French who migrated to Southern Louisiana and relied on the area's resources for their seasoning. Varied and flexible, this rub can be used for about anything—not just Cajun-style cooking.

Uses: Use on meats, fish and rice. Adds zest to just about anything!

Ingredients: Unrefined sea salt, paprika, onion, garlic, cayenne pepper & spices



502 3 oz



528 6 oz

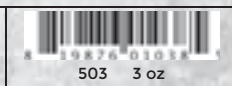
Caribbean Jerk Rub



This seasoning hails from Jamaica, "mon!" The name "jerk" applies both to the flavors in the rub as well as HOW the dish is cooked. Historically, this blend was dry-rubbed onto meat and cooked over an open fire on top of a split barrel. For you, it's simplified and the options are limitless! Not too hot, not too mild...it's just right!

Uses: This sweet heat is traditionally applied to pork and chicken. Modern recipes use jerk spices to fish, shrimp, beef, sausage, lamb and even tofu.

Ingredients: Coconut sugar, unrefined sea salt, black pepper, chile pepper, paprika, onion, herbs & spices



503 3 oz



529 6 oz

Dragon's Breath Rub



This rub is the go-to for people who love turning up the heat on their foods. The smoked paprika, along with cracked, applewood smoked peppercorns, brings a robust taste to food, especially meats.

Uses: Use on meats and vegetables. Add to chili for extra heat or, for the bravest, mix with mayo to make a great sandwich spread or vegetable dip.

Ingredients: Unrefined sea salt, smoked black pepper, red pepper, smoked paprika & herbs



504 3 oz



524 6 oz

Flaming Fowl Rub



Flaming Fowl Rub is the perfect blend for anyone who likes a little kick. This rub includes the traditional seasonings you find in the poultry blends but adds habanero peppers to bump up the flavor.

Uses: Rub Flaming Fowl on poultry or pork, add it to your meatloaf mix or grilled burgers and sprinkle it on roasted vegetables.

Ingredients: Unrefined sea salt, paprika, honey powder, dry mustard, fennel, celery, habanero pepper & spices



512 3 oz



530 6 oz

Honey Glaze Rub



The sweetness of honey in this glaze adds a great flavor to any type of pork or chicken.

Uses: Use as a dry rub on ham, pork chops, pork tenderloin or even bacon! Fabulous on roasted or grilled chicken or turkey.

Ingredients: Unrefined sea salt, honey powder, onion, garlic & paprika



505 3 oz



525 6 oz

Key West Seafood Rub



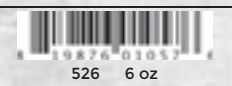
Our seafood rub, with its mixture of many spices and herbs, brings an island flair to your meal. Key West Seafood Rub isn't limited to seafood—try on any dish to add a tropical vibe!

Uses: Lives up to its name on any type of fish or seafood. Wonderful on chicken. Also try on deviled eggs, French fries or grilled hamburgers.

Ingredients: Unrefined sea salt, onion, orange peel, ginger, sesame seeds, coconut sugar, black pepper & spices



506 3 oz



526 6 oz

Lucchese's "Izzo Sicilia" Rub & Seasoning



Lucchese's is a long established family restaurant that has been in our community since 1982. This rub has been a mainstay of their famed classic Italian food.

Uses: Lucchese's uses this seasoning for chicken, steak, fish, pasta, sauces & dipping with oil.

Ingredients: Unrefined sea salt, paprika, garlic, onion, ground peppercorns & spices



527 2.5 oz



538 5 oz

Mediterranean Rub



Think Greece, Turkey, Spain or Southern Italy. Not only does this rub smell great, it enhances many dishes, especially when paired with fish and seafood, whole grains, and fresh vegetables.

Uses: Use this rich seasoning liberally to add a distinctive flavor to all your foods. Try seasoning your soups, sauces and dips.

Ingredients: Unrefined sea salt, oregano, basil, lemon peel, red bell peppers, vinegar powder, red pepper, herbs & spices



507 2 oz



531 5 oz

Memphis BBQ Rub



Just like Memphis-style barbecue! As one of the four predominant regional styles of barbeque, you'll love this rub with its balanced flavor of tangy and sweet. It will make your meats taste like you've smoked them for a long time over low heat.

Uses: Great on chops, ribs, brisket, tenderloin, chicken, shrimp or added to baked beans. Mix it in vinegar or apple juice to make a wet rub or marinade.

Ingredients: Coconut sugar, unrefined, smoked sea salt, black pepper, chilli powder, paprika, garlic, vinegar powder, onion & spices



508 3 oz



532 6 oz

Porcini Poultry Rub & Seasoning ("Wild Mushroom")



Our porcini poultry rub is carefully blended to bring a rich, earthy flavor to any dish. This mixture of porcini mushrooms, herbs and spices will transform any meat entrée from ordinary to rich and delicious.

Uses: Rub on steaks or a roast. Wrap in plastic and marinate overnight before grilling or roasting. Add to any sausage dish, mix into burgers, stuffing, rice, chicken salad or gravy.

Ingredients: Unrefined sea salt, porcini mushrooms, garlic, lemon peel, herbs & spices



511 3 oz



533 6 oz

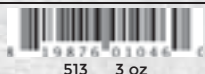
Smoked Bird Rub



Sweet smoky flavor is what you get with this rub!

Uses: First slather the entire surface of the bird inside and out (don't forget under the skin) with olive oil or butter. Then, generously rub this seasoning over your bird. Roast as desired...and remember to try it on your favorite vegetables!

Ingredients: Unrefined smoked sea salt, honey powder, garlic, dry mustard, fennel, herbs & spices



513 3 oz



534 6 oz

Tex-Mex Rub & Seasoning



This blend brings south-of-the-border flavor with just a hint of spice. Ideal for juicy fajitas or fresh vegetables.

Uses: Great on tacos, hamburgers, French fries and flank steak. Mix in sour cream for a delicious dip!

Ingredients: Unrefined sea salt, chili powder, onion, tomato powder, honey powder, paprika, dried mustard, black pepper, lime juice, herbs & spices



509 3 oz



535 6 oz

Tom-Tom Rub



This rub is not just for turkey!

Uses: First slather the entire surface of the bird inside and out (don't forget under the skin) with olive oil or butter. Then, generously rub this seasoning over your bird. Roast as desired...and remember to try it on your favorite vegetables!

Ingredients: Unrefined sea salt, paprika, honey powder, dry mustard, fennel, celery & spices



514 3 oz



536 6 oz

West Coast Poultry Rub



Our West Coast Poultry Rub, with its citrusy, herbal blend brings delightful flavor to any meal. This rub isn't limited to just poultry-try it on grilled or roasted vegetables for a unique twist.

Uses: This versatile seasoning can be used on poultry, pork or sprinkled on grilled or roasted vegetables. It can also be added to chicken salad, potato salad or mixed with olive oil and orange juice for a light marinade.

Ingredients: Unrefined sea salt, rosemary, garlic powder, orange peel, lemon peel & lemon juice powder

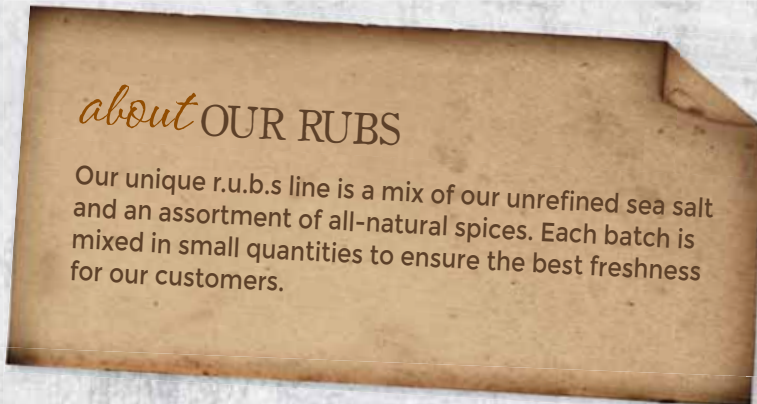


510 3 oz




537 6 oz

*Larger sizes are available upon request.



Charmane's Bread Dip






This is my original bread dip. It is the most flavorful & the best on the market.

For Dip: Mix ¼ cup extra virgin olive oil with 1 tablespoon Charmane's Bread Dip. Serve with slices of warm crusty baguette bread.

For pasta dressing: Mix ¼ cup extra virgin olive oil with 1 tablespoon Charmane's Bread Dip. Mix with 1 lb cooked, drained & cooled pasta. Stir in your favorite fresh vegetables. Top with ½ cup freshly grated parmesan cheese. Serve as a side dish or add cubes of cooked chicken breast for a main entrée.

For best flavor, let set for 1 hour at room temperature.

Ingredients: Unrefined sea salt, garlic, sun-dried tomatoes & spices

 601 1 oz	 613 2.5 oz	 614 5 oz
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Mediterranean Dip



For Dip: Mix contents of packet with 1 ¼ cup sour cream & ¾ cup mayonnaise. For a bit of zing add 1 tablespoon of freshly squeezed lemon juice or white wine vinegar. Serve with roasted or fresh cut vegetables, crackers, pretzels or chips.

For Seasoned Ketchup: Mix 1 cup ketchup with 1 tablespoon Mediterranean Dip. Serve with French fries, sweet potato fries or as a condiment on your favorite sandwich.

For best flavor, refrigerate overnight.

Ingredients: Unrefined sea salt, oregano, basil, lemon peel, red bell peppers, vinegar powder, red peppers, herbs & spices

 604 1 oz		
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Chimichurri Bread Dip




This South-American inspired dip can also be used as a marinade or condiment for grilled meats.

For Dip: Mix ¼ cup extra virgin olive oil with 1 tablespoon Chimichurri Bread Dip. Serve with slices of warm crusty baguette bread or fried plantains.

For Pasta Dressing: Mix ¼ cup extra virgin olive oil with 1 tablespoon Chimichurri Bread Dip. Mix with 1 lb cooked, drained & cooled pasta. Stir in your favorite fresh vegetables. Top with ½ cup freshly grated parmesan cheese. Serve as a side dish or add cubes of cooked chicken breast for a main entrée.

For best flavor, let the dip set for 1 hour at room temperature.

Ingredients: Unrefined sea salt, parsley, cilantro, herbs & spices

 602 .7 oz		
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Salsa di Parma Bread Dip



This Italian-inspired dip will bring delight to any meal. The addition of freshly grated Parmesan cheese makes it over-the-top good.

For Dip: Mix ¼ cup extra virgin olive oil with 1 tablespoon Salsa di Parma Bread Dip. Add 1 tablespoon of freshly grated Parmesan cheese. Serve with slices of warm crusty baguette bread.

For Pasta Dressing: Mix ¼ cup extra virgin olive oil with 1 tablespoon Salsa di Parma Bread Dip. Mix with 1 lb cooked, drained & cooled pasta. Stir in your favorite fresh vegetables. Top with ½ cup freshly grated parmesan cheese. Serve as a side dish or add cubes of cooked chicken breast for a main entrée. You can also serve this over warm pasta of your choice.

For best flavor, let the dip or dressing set for 1 hour at room temperature.

Ingredients: Garlic, onion, unrefined sea salt, herbs & spices

 605 1 oz	 617 2 oz	
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Dragon's Breath Dip



This smoky and fiery flavor is good with just about anything. Try adding to your next batch of chili or Bloody Mary cocktails.

For Dip: Mix 1 ½ to 2 tablespoons Dragon's Breath Dip with 1 ¼ cup sour cream and ¾ cup mayonnaise. For a bit of zing, add 1 tablespoon of freshly squeezed lemon juice or white wine vinegar. Serve with roasted or fresh cut vegetables, crackers, pretzels or chips.

For Seasoned Ketchup: Mix 1 cup ketchup with 1 tablespoon Dragon's Breath Dip. Serve with French fries, sweet potato fries or as a condiment on your favorite sandwich.

For best flavor, refrigerate overnight.

Ingredients: Unrefined sea salt, smoked black pepper, smoked paprika & herbs.

 603 1 oz	 616 2 oz	
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Savannah Seafood Dip



For Dip: Mix contents of packet with 1 ¼ cup sour cream, ¾ cup mayonnaise, 1 (4.25 oz) can of crabmeat & 1 (4 oz) can of baby shrimp. For a bit of zing, add 1 tablespoon of freshly squeezed lemon juice or white wine vinegar. Top with ¼ cup freshly grated parmesan cheese. Serve cold or put in a small baking dish and bake at 350 degrees for 25 minutes. Serve with bagel chips, roasted or fresh-cut vegetables, crackers, pretzels or chips. Or, cut a long baguette in half, top with dip mixture and parmesan cheese and bake. Slice into single serving size.

For Seasoned Ketchup: Mix 1 cup ketchup with 1 tablespoon Savannah Seafood Dip. Serve with French fries, sweet potato fries or as a condiment on your favorite sandwich.

For best flavor, refrigerate overnight.

Ingredients: Unrefined sea salt, celery seed, mustard powder, paprika, ground pepper, herbs & spices

 606 1 oz		
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2 oz samples are available. See page 31.

having A SPECIAL IN-STORE EVENT?

We'll help you get the word out! Just send all the details to customerservice@saltsistersonline.com. We'll announce your event on Facebook and Twitter.

Sesame Citrus Dip



For Dip: Mix contents of packet with 1 ¼ cup sour cream & ¾ cup mayonnaise. For a bit of zing, add 1 tablespoon of freshly squeezed lemon juice or white wine vinegar. Serve with roasted or fresh-cut vegetables, crackers, pretzels or chips.

For Seasoned Ketchup: Mix 1 cup ketchup with 1 tablespoon Sesame Citrus Dip. Serve with French fries, sweet potato fries or as a condiment on your favorite sandwich.

For best flavor, refrigerate overnight.

Ingredients: Unrefined sea salt, onion, orange peel, ginger, sesame seeds, coconut sugar, black pepper & spices



607 1 oz

Southwest Ranch Dip



For Dip: Mix 2 tablespoons Southwest Ranch Dip with 1 ¼ cup sour cream and ¾ cup mayonnaise. For a bit of zing, add 1 tablespoon of freshly squeezed lemon juice or white wine vinegar. Serve with roasted or fresh cut vegetables, crackers, pretzels or chips.

For Seasoned Ketchup: Mix 1 cup ketchup with 1 tablespoon Southwest Ranch Dip. Serve with French fries, sweet potato fries or as a condiment on your favorite sandwich.

For Salad Dressing: Mix 2 tablespoons Southwest Ranch Dip with 1 cup mayonnaise, ½ cup sour cream, ½ cup buttermilk and 1 tablespoon white wine vinegar.

For best flavor, refrigerate overnight.

Ingredients: Unrefined sea salt, chili powder, onion, tomato powder, honey powder, paprika, dried mustard, black pepper, lime juice, herbs & spices.



610 1 oz



619 2 oz

Smoky BBQ Dip



For Dip: Mix contents of packet with 1 ¼ cup sour cream & ¾ cup mayonnaise. For a bit of zing, add 1 tablespoon of freshly squeezed lemon juice or white wine vinegar. Serve with roasted or fresh-cut vegetables, crackers, pretzels or chips.

For Seasoned Ketchup: Mix 1 cup ketchup with 1 tablespoon Smoky BBQ Dip. Serve with French fries, sweet potato fries or as a condiment on your favorite sandwich.

For best flavor, refrigerate overnight.

Ingredients: Unrefined sea salt, parsley, smoked paprika, black pepper, honey powder, onion, herbs & spices



608 1 oz

Tuscan Ranch Dip



For Dip: Mix 2 tablespoons Tuscan Ranch Dip with 1 ¼ cup sour cream and ¾ cup mayonnaise. For a bit of zing, add 1 tablespoon of freshly squeezed lemon juice or white wine vinegar. Serve with roasted or fresh cut vegetables, crackers, pretzels or chips.

For Seasoned Ketchup: Mix 1 cup ketchup with 1 tablespoon Tuscan Ranch Dip. Serve with French fries, sweet potato fries or as a condiment on your favorite sandwich.

For Salad Dressing: Mix 2 tablespoons Tuscan Ranch Dip with 1 cup mayonnaise, ½ cup sour cream, ½ cup buttermilk and 1 tablespoon white wine vinegar.

For best flavor, refrigerate overnight.

Ingredients: Unrefined sea salt, garlic, red bell pepper, onion & spices.



611 1 oz



620 2 oz

Smoky Italian Bread Dip



This Italian-inspired dip will bring delight to any meal. The addition of freshly grated Parmesan cheese makes it over-the-top good.

For Dip: Mix ¼ cup extra virgin olive oil with 1 tablespoon Smoky Italian Bread Dip. Add 1 tablespoon of freshly grated Parmesan cheese. Serve with slices of warm crusty baguette bread.

For Pasta Dressing: Mix ¼ cup extra virgin olive oil with 1 tablespoon Smoky Italian Bread Dip. Mix with 1 lb cooked, drained & cooled pasta. Stir in your favorite fresh vegetables. Top with ½ cup freshly grated parmesan cheese. Serve as a side dish or add cubes of cooked chicken breast for a main entrée. You can also serve this over warm pasta of your choice.

For best flavor, let the dip or dressing set for 1 hour at room temperature.

Ingredients: Unrefined sea salt, paprika, garlic, onion, ground peppercorns & spices



609 1 oz



618 2 oz

Zesty Mexican Dip



For Dip: Mix 2 tablespoons Zesty Mexican Dip with 1 ¼ cup sour cream and ¾ cup mayonnaise. For a bit of zing, add 1 tablespoon of freshly squeezed lemon juice or white wine vinegar. Serve with roasted or fresh-cut vegetables, crackers, pretzels or chips.

For Seasoned Ketchup: Mix 1 cup ketchup with 1 tablespoon Zesty Mexican Dip. Serve with French fries, sweet potato fries or as a condiment on your favorite sandwich.

For Best Shrimp Cocktail Sauce: Mix 1 cup ketchup with 1 tablespoon Zesty Mexican Dip, 1 tablespoon horseradish and 1 tablespoon freshly squeezed lemon juice.

For best flavor, refrigerate overnight.

Ingredients: Unrefined sea salt, garlic, lemon peel, orange peel, lime juice, lemon juice & spices.



612 1 oz



621 2 oz

S.A.L.T. SISTERS

is committed to providing all-natural and gluten-free products with no MSG or preservatives.

luxury in a cup

Why drink Rooibos Tea?

- 1 **Caffeine-free**—makes it suitable for anyone, including pregnant women and children. It grows naturally without any caffeine, which means no chemicals are needed to remove the caffeine.
- 2 **Rich in powerful antioxidants**—protects our bodies from cell-damaging effects of free radicals.
- 3 **Contains cancer-protective antioxidants**—the high level of antioxidants provide a strong cancer-fighting effect.
- 4 **High mineral content**—perfectly designed by nature to optimize absorption of all available nutrients, including iron.
- 5 **Is heart healthy**—has polyphenols that have anti-inflammatory properties and can guard against heart disease. This tea can lower blood pressure and total blood cholesterol levels. Also, known to protect other vital organs such as the liver.
- 6 **Promotes restful sleep**—can be consumed as often as you like at any time of the day. Due to its high mineral content and lack of caffeine, it is known for preventing and treating insomnia.
- 7 **Improves circulation**—contains an antioxidant that is known to assist in blood circulation.
- 8 **Has a calming effect on the digestive system**—an effective anti-inflammatory that can reduce abdominal spasms and ease indigestion. Can relieve stomach cramps and colic in babies.
- 9 **Can relieve skin conditions**—soothes skin irritations when applied directly to the affected area.
- 10 **Combats stress**—lowers the production of cortisol “the stress hormone” in the body.
- 11 **Helps fight allergies**—boosts the production of an enzyme that helps to metabolize allergens.
- 12 **Low tannin levels**—with half the tannins of black tea, this tea doesn’t inhibit the absorption of iron and is not bitter.
- 13 **Weight loss**—helps to control appetite making it beneficial in weight loss.
- 14 **Stronger bones and teeth**—contains high levels of manganese and calcium.
- 15 **Boost immune system**—helps build a strong immune system shown by recent studies.

Recommended consumption: 6 cups daily (source: sarooibos.co.za)

Disclaimer: The information provided is for general purposes and should not be relied on as a substitute for professional medical advice, care or treatment. You are encouraged to consult your physician or local health care provider if you have any medical questions or concerns.

A 1.5 oz package makes 15 cups.

☑ Good for hot or ice tea



about ROOIBOS TEAS

Rooibos tea, also known as red bush or “red tea”, comes from the Cederberg area of South Africa. Indigenous Bushmen living in this region at the turn of the century discovered that the fine, needle-like leaves of the bush made a refreshing drink. Delicious hot or iced, these herbal infusions come in a wide variety of flavors.

Rooibos popularity has grown in North America, due to its high level of antioxidants, which protect the body from free radicals, slow the aging process, fight inflammation and protect against chronic diseases such

as cancer, diabetes and heart disease. In addition, rooibos tea contains many minerals including vitamin C, magnesium, zinc, iron, calcium and manganese. The naturally caffeine-free tea also promotes healthy digestion and is known for its ability to quickly soothe an upset stomach. Rooibos tea is also lower in tannins (which make tea bitter), giving it a smoother and milder finish. This tea can be drunk as often as you wish and at any time of the day. There are also green rooibos teas that are just as delicious hot or iced.

Beauty-Rooibos Tea



Awaken your senses with this aromatic rooibos blend, that when brewed has a delightful floral scent and flavor. Each cup of this tea is brimming with healthful properties.

How to brew: Heat 8 oz of cold water until it begins to boil. For best flavor, use filtered or bottled water. Place 2 teaspoons of tea in a disposable bag, filter or infuser. Pour the hot water over the tea and steep for 5-6 minutes. If brewing ice tea, use 4 teaspoons of tea and steep 8-10 minutes then add ice. Sweeten to taste, if desired.

Ingredients: Rooibos tea, natural flavoring, sunflower petals, rose petals & cornflower petals



704 1.5 oz



729 3 oz

Orange Blossom-Rooibos Tea



This is a light, orange-scented rooibos tea with hints of quince. This fragrant, sweet citrus brew is a refreshing glass of sunshine that is believed to help reduce fatigue. So enjoy the blend that helps you rise and shine and gets your morning started.

How to brew: Heat 8 oz of cold water until it begins to boil. For best flavor, use filtered or bottled water. Place 2 teaspoons of tea in a disposable bag, filter or infuser. Pour the hot water over the tea and steep for 5-6 minutes. If brewing ice tea, use 4 teaspoons of tea and steep 8-10 minutes, then add ice. Sweeten to taste, if desired.

Ingredients: Orange peel, sunflower petals & natural flavoring



711 1.5 oz



736 3 oz

Chai Magic-Rooibos Tea



Exotic spices of cardamom, cinnamon, pepper and vanilla meld together, creating a magical drink that warms your spirit. Enjoy the drink that has been savored for centuries in India. This spicy rooibos tea is delightful with a touch of cream and sweetened with a bit of honey.

How to brew: Heat 8 oz of cold water until it begins to boil. For best flavor, use filtered or bottled water. Place 2 teaspoons of tea in a disposable bag, filter or infuser. Pour the hot water over the tea and steep for 5-6 minutes. If brewing ice tea, use 4 teaspoons of tea and steep 8-10 minutes, then add ice. Sweeten to taste, if desired.

Ingredients: Cardamom seeds, cinnamon pieces, cardamom pods, pink pepper, cloves, natural flavorings & vanilla pieces



709 1.5 oz



734 3 oz

Paradise-Rooibos Tea



Soft Caribbean breezes inspire this fragrant tropical tea. Float away to paradise as you enjoy this rooibos tea flavored with an infusion of pineapple and coconut.

How to brew: Heat 8 oz of cold water until it begins to boil. For best flavor, use filtered or bottled water. Place 2 teaspoons of tea in a disposable bag, filter or infuser. Pour the hot water over the tea and steep for 5-6 minutes. If brewing ice tea, use 4 teaspoons of tea and steep 8-10 minutes then add ice. Sweeten to taste, if desired.

Ingredients: Rooibos tea, pineapple, coconut & natural flavor



703 1.5 oz



728 3 oz

Dragonfly-Rooibos Tea



An organic green rooibos tea blend that evokes images of eating freshly picked strawberries in a meadow of sunflowers. This sweetly flavored tea will delight the senses.

How to brew: Heat 8 oz of cold water until it begins to boil. For best flavor, use filtered or bottled water. Place 2 teaspoons of tea in a disposable bag, filter or infuser. Pour the hot water over the tea and steep for 5-6 minutes. If brewing ice tea, use 4 teaspoons of tea and steep 8-10 minutes then add ice. Sweeten to taste, if desired.

Ingredients: Green rooibos tea, natural flavor, strawberry granules & sunflower petals



702 1.5 oz



727 3 oz

Perfectly Peach-Rooibos Tea



This caffeine-free rooibos tea is paired with sweet, luscious peaches to entice the senses. This is purely dessert in a tea cup.

How to brew: Heat 8 oz of cold water until it begins to boil. For best flavor, use filtered or bottled water. Place 2 teaspoons of tea in a disposable bag, filter or infuser. Pour the hot water over the tea and steep for 5-6 minutes. If brewing ice tea, use 4 teaspoons of tea and steep 8-10 minutes then add ice. Sweeten to taste, if desired.

Ingredients: Rooibos tea, natural flavor & marigold flowers



705 1.5 oz



730 3 oz

Mirabelle-Rooibos Tea



A uniquely flavored green rooibos tea infused with the fruity flavor of the Mirabelle plum, with its tart skin and sweet flesh. Inhale the sweet essence of the Mirabelle that is a blend of a peach and apricot.

How to brew: Heat 8 oz of cold water until it begins to boil. For best flavor, use filtered or bottled water. Place 2 teaspoons of tea in a disposable bag, filter or infuser. Pour the hot water over the tea and steep for 5-6 minutes. If brewing ice tea, use 4 teaspoons of tea and steep 8-10 minutes then add ice. Sweeten to taste, if desired.

Ingredients: Green rooibos tea, sunflower petals & natural flavor



701 1.5 oz



726 3 oz

Zumie-Rooibos Tea



Caffeine-free rooibos tea blended with the bright fruity taste of elderberry, freshly picked currants and a hint of orange, overlaid with a vanilla infusion. This delightful tea delivers a sweet and fruity flavor.

How to brew: Heat 8 oz of cold water until it begins to boil. For best flavor, use filtered or bottled water. Place 2 teaspoons of tea in a disposable bag, filter or infuser. Pour the hot water over the tea and steep for 5-6 minutes. If brewing ice tea, use 4 teaspoons of tea and steep 8-10 minutes then add ice. Sweeten to taste, if desired.

Ingredients: Rooibos tea, natural flavor, black currant, orange peel, elderberry, sunflower petals & rose petals



700 1.5 oz



725 3 oz

about HERBAL TEAS

There are countless health benefits that can be derived from drinking herbal tea, such as relieving insomnia, calming an upset stomach, fighting viruses and as a defense against infections. Herbal teas are caffeine-free and offer a great way to enjoy the aromatherapy of the delicious fragrance and the stimulating taste of herbs and spices.

Herbal teas are also called tisane (pronounced "tea-ZAHN") and are a hot or cold infusion or blend made from herbs, spices, leaves, flowers, fruits, berries, seeds, roots, bark or any combination of these. Flavorful and naturally caffeine-free, tisanes are consumed for enjoyment and often for their health properties.

brewing INSTRUCTIONS

Heat 8 oz of cold water until it begins to boil. For best flavor use filtered or bottled water. Place 2 teaspoons of tea in a disposable bag, filter or infuser. Pour the hot water over the tea and steep for 5-6 minutes. If brewing ice tea, use 4 teaspoons of tea and steep 8-10 minutes, then add ice. Sweeten to taste, if desired.



Our teas are expertly blended in Germany with the finest ingredients.

about THE TEA IMPORTER

A family owned and operated business based outside of Savannah, Georgia, the company traces its roots back to a tea shop in London, England in the 1800's. The owners (originally from South Africa) share a passion for tea and believe that tea makes a positive contribution to the body and soul. They are committed to the well-being and sustainability of both the tea plantations and our planet. As tea purveyors, they strive to source the finest offerings from around the world. In order to provide our customers with superior quality teas that are allergen and gluten free, and contain only natural and/or organic ingredients, s.a.l.t. sisters is pleased to announce that they are partnering with Hale Tea Company.

Beautiful-Herbal Tea



This herbal tea, brimming with fortifying health properties, is deliciously blended with blackberry leaves, raspberry leaves, orange, lavender and herbs.  

How to brew: Heat 8 oz of cold water until it begins to boil. For best flavor, use filtered or bottled water. Place 2 teaspoons of tea in a disposable bag, filter or infuser. Pour the hot water over the tea and steep for 5-6 minutes. If brewing ice tea, use 4 teaspoons of tea and steep 8-10 minutes then add ice. Sweeten to taste, if desired.

Ingredients: Blackberry leaves, raspberry leaves, rosehip peel, orange peel, sunflower petals, rose petals, sage leaves & lavender flowers





708 .6 oz



733 1.2 oz

Orchard-Herbal Tea



Create the lasting feelings of Indian Summer in a tea packed with fresh orchard flavors. This herbal tea is great hot or as an ice tea and offers the flavors of a basket of fruit in each cup.  

How to brew: Heat 8 oz of cold water until it begins to boil. For best flavor, use filtered or bottled water. Place 2 teaspoons of tea in a disposable bag, filter or infuser. Pour the hot water over the tea and steep for 5-6 minutes. If brewing ice tea, use 4 teaspoons of tea and steep 8-10 minutes then add ice. Sweeten to taste, if desired.

Ingredients: Hibiscus flowers, apple, elderberry, sultanas, apple pomace, rosehip shells, blackberry leaves, natural flavor, sunflower petals, black currant, blackberry & chamomile romana





706 1.5 oz



731 3 oz

Prestigious Peach-Herbal Tea



This is an artfully infused herbal tea that features the flavors of luscious peaches, and mingles in an assortment of dried fruit, to create a fruity mix with a hint of coconut.  

How to brew: Heat 8 oz of cold water until it begins to boil. For best flavor, use filtered or bottled water. Place 2 teaspoons of tea in a disposable bag, filter or infuser. Pour the hot water over the tea and steep for 5-6 minutes. If brewing ice tea, use 4 teaspoons of tea and steep 8-10 minutes then add ice. Sweeten to taste, if desired.

Ingredients: Hibiscus petals, apple pieces, rosehip peel, pineapple pieces, coconut chips & natural flavor





707 1.5 oz



732 3 oz

Sunset-Herbal Tea



Sip the tea that calms the mind and lets the day drift away. This relaxing herbal tea with a blend of peppermint, blackberry leaves, lemongrass, chamomile and floral scents is a perfect way to unwind in preparation of a peaceful night's sleep.  

How to brew: Heat 8 oz of cold water until it begins to boil. For best flavor, use filtered or bottled water. Place 2 teaspoons of tea in a disposable bag, filter or infuser. Pour the hot water over the tea and steep for 5-6 minutes. If brewing ice tea, use 4 teaspoons of tea and steep 8-10 minutes, then add ice. Sweeten to taste, if desired.

Ingredients: Balm, peppermint, blackberry leaves, lemongrass, chamomile, lavender flowers, rose petals, orange blossoms & heath flowers



710 .6 oz



735 1.2 oz

• All teas are processed in an allergen-free facility. We are committed to providing ALL-NATURAL and GLUTEN-FREE products with no preservatives.





Blushing Cosmo Cocktail Mixer



This cocktail starts by brewing flavorful tea (tea bag included) and adding alcohol to create this new twist on the original cocktail. It's light, refreshing and always all-natural.

The cosmopolitan is the classic "girls' night out" staple drink. Our version of this pretty-in-pink cocktail is a refreshing tangy citrus concoction infused with tea. This new twist on "the little black dress" of cocktails is sure to spice up any girls' night.

Kit includes: 1 tea bag (1 oz) & organic cane sugar (4 oz)

Tea ingredients: Rooibos tea, apple, hibiscus, elderberry, rosehip shells, natural flavoring, sunflower petals & blueberry

Cane sugar ingredients: Organic cane sugar

Makes about 16 cocktails



Sexy Sangria Cocktail Mixer



This cocktail starts by brewing flavorful tea (tea bag included) and adding alcohol to create this new twist on the original cocktail. It's light, refreshing and always all-natural.

The Sangria is a popular fruit-filled cocktail that is the symbol of Spain and Portugal. This refreshing fruit-filled summer drink is the perfect party cocktail or you can use the virgin recipe for a new twist on your typical party punch. Enjoy our tea infused version of the Sangria and bring a little Spain into your life.

Kit includes: 1 tea bag (1 oz) & organic cane sugar (4 oz)

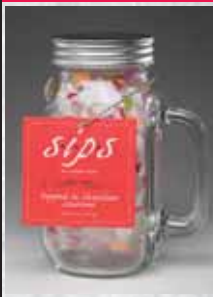
Tea ingredients Rooibos tea, apple, hibiscus, elderberry, rosehip shells, natural flavoring, papaya pieces, strawberry granules & sunflower petals

Cane sugar ingredients: Organic cane sugar

Makes about 20-25 cocktails



Dipped in Chocolate Martini Cocktail Mixer



This cocktail starts by brewing flavorful tea (tea bag included) and adding alcohol to create this new twist on the original cocktail. It's light, refreshing and always all-natural.

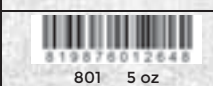
The Chocolate Martini is a classic American cocktail and is the perfect dessert drink.

Kit includes: 1 tea bag (1 oz) & organic cane sugar (4 oz)

Tea ingredients: Rooibos tea, organic cacao shell, white chocolate pieces (contains milk products), natural flavoring & vanilla

Cane sugar ingredients: Organic cane sugar

Makes about 16 cocktails



The "Hot Latin" Mojito Cocktail Mixer



This cocktail starts by brewing flavorful tea (tea bag included) and adding alcohol to create this new twist on the original cocktail. It's light, refreshing and always all-natural.

Mojito is a popular refreshing and sweet cocktail with a mint flavoring from our tea infusion. This Cuban cocktail with a kick of rum is sure to spice up any summer get-together.

Kit includes: 1 tea bag (1 oz) & organic cane sugar (4 oz)

Tea ingredients: Green tea and spearmint

Cane sugar ingredients: Organic cane sugar

Makes about 16 cocktails



Order s.i.p.s in groups of 12, mix or match.

Blushing Cosmo



To make cocktail mixer

In a pitcher, pour 48 oz of boiling water over tea pouch, steep for 5 minutes, sweeten to taste (suggest 1/2 cup cane sugar) and allow to cool.

To make Cosmopolitan

In an ice-filled shaker, add 3 oz of cocktail mixer, 1 oz of vodka, 1 oz of Triple Sec, 1/2 oz of cranberry juice, and lime juice to taste. Shake well and pour into a glass. Garnish with lime wedges.

To make virgin Cosmopolitan

In an ice-filled shaker, add 3 oz of cocktail mixer, 1 oz of cranberry juice, 1 oz club soda and lime juice to taste. Shake well and pour into a glass. Garnish with lime wedges.

To make iced tea

Pour 64 oz of boiling water over tea pouch and steep for 10 minutes. Sweeten to taste. Allow to cool.

The "Hot Latin" Mojito



To make cocktail mixer

Pour 48 oz of boiling water over the tea pouch, steep for 5 minutes, sweeten to taste (suggest 1/2 cup cane sugar) and allow to cool.

To make Mojito

In an ice-filled shaker, add 3 oz of cocktail mixer, 1 oz of White Rum, crushed mint leaves and lime juice to taste. Shake well and pour into a glass. Garnish with lime or mint leaves.

To make virgin Mojito

In an ice-filled shaker, add 3 oz of cocktail mixer, crushed mint, lime juice to taste and 1 oz of club soda. Shake well and pour into a glass. Garnish with lime or mint leaves.

To make ice tea

Pour 64 oz of boiling water over tea pouch and steep for 10 minutes. Sweeten to taste. Allow to cool. Serve in a pitcher with ice.

All-NATURAL ingredients and CAFFEINE-FREE.

Our line of s-i-p-s are cocktail mixers that are infused with tea, are easy to make and are wonderful to enjoy. They are all-natural and add a new twist to the original cocktail. Just follow the simple steps to make great-tasting cocktails with all the healthy benefits of tea.

Each Martini, Cosmo, Mojito and Sangria s-i-p-s comes in a 16 oz drinking glass with a handle and a screw-top lid. They each include a 4 oz package of Organic Cane Sugar.

s.i.p.s are processed in an allergen-free facility. We are committed to providing all-natural and gluten-free products with no preservatives.

Sexy Sangria



To make cocktail mixer

Pour 48 oz of boiling water over the tea pouch, steep for 5 minutes, sweeten to taste (suggest 1/2 cup cane sugar) and allow to cool.

To make Sangria

In a pitcher, combine 24 oz of cocktail mixer, 1 bottle of wine and 12 oz of club soda. Add your favorite sliced fruit and serve chilled.

To make virgin Sangria

In a pitcher, combine 24 oz of cocktail mixer, 25 oz of grape or apple juice and 12 oz of club soda. Add your favorite sliced fruit and serve chilled.

To make ice tea

Pour 64 oz of boiling water over tea pouch and steep for 10 minutes. Sweeten to taste. Allow to cool and serve chilled.

Dipped in Chocolate Martini



To make cocktail mixer

In a pitcher, pour 48 oz of boiling water over the tea pouch, steep for 5 minutes, sweeten to taste (suggest 1/2 cup cane sugar) and allow to cool.

To make Chocolate Martini

In an ice-filled shaker, add 3 oz of cocktail mixer and 1 oz of vodka and 1 oz of Godiva liqueur. Shake well and strain into a martini glass. For creamier drink, add half and half to taste.

To make French Toast Martini

Follow the Chocolate Martini instructions but replace the Vodka and Godiva liqueur with 2 oz of Rum Chata.

Other suggested Vodka flavors

Iced Cake, Whipping Cream, Raspberry and Caramel

To make virgin Chocolate Martini:

In an ice-filled shaker, add 3 oz of cocktail mixer, 2 oz of half and half, and 1 tsp. of chocolate syrup. Shake well and strain into a martini glass.

To make ice tea

Pour 64 oz of boiling water over tea pouch and steep for 10 minutes. Sweeten to taste. Allow to cool and serve chilled.

Cinnamon Cane Sugar



Bring back warm memories of childhood with this classic flavor combination. Made with real Korintje cinnamon, this sugar adds a spicy-sweet dimension to any meal.

Uses: Sprinkle on apple pie crust before baking or on coffee cake before serving. Try dusting over apple slices to make a delicious snack. Use to top Indian-spiced basmati rice or Tandoori chicken. Stir a little into your mocha latte for a tasty twist.

Ingredients: Organic cane sugar & Korintje cinnamon

	
401	4 oz

Raspberry Cane Sugar




Red Oregon raspberries are the star ingredient in this beautiful, fuchsia-colored sugar. The color alone makes this sugar perfect for topping sweets. The flavor makes it phenomenal!

Uses: Top lemon bars, sugar cookies or chocolate cake or add a dash to a mixed greens salad with balsamic dressing. Sprinkle on scallops while grilling to give a sweet, caramelized glaze. Rim a glass of cold champagne or a tart glass of lemonade.

Ingredients: Organic cane sugar & raspberries

	
410	4 oz


Dark Cocoa Cane Sugar



It's chocolate sugar! Do you even have to ask? There is a natural synergy with this mahogany cocoa and cane sugar creation. Just try to resist this tempting flavor!

Uses: Top vanilla ice cream liberally, add fresh raspberries or chopped pecans. Add to your favorite chili, especially tasty with a dash of cinnamon, too. Sprinkle over sliced strawberries or rim your favorite dairy-based drink—White Russians are perfect! Great on pancakes or French toast.

Ingredients: Organic cane sugar & dark cocoa

	
403	4 oz

Rock Crystal Cane Sugar



Rock Crystal Cane Sugar has a smooth flavor and sweetness that enhances coffee and tea splendidly. These molasses-rich crystals are spun in a centrifuge to dry them, leaving a coarse granule that is light brown in color. Rock Crystal Cane Sugar is closest to its natural state, retaining a lot of the nutrients present in cane juice, including 17 amino acids, 11 minerals and 6 vitamins plus antioxidants.

Uses: Great in your favorite cup of tea. Can also be eaten as candy or used in desserts.

Ingredients: Pure cane sugar & natural caramel color

	
421	4 oz

Organic Cane Sugar




This unrefined organic cane sugar has a full-bodied taste. It is much less processed & retains much of the nutrients present in cane juice. Unrefined cane sugar contains amino acids, minerals & vitamins including antioxidants. Perfect for sweetening tea, coffee & other beverages also for baking & cooking.

Uses: Use in place of processed white sugar in equal amounts.

Ingredients: Organic cane sugar

	
423	4 oz


Vanilla Bean Cane Sugar



Evoking the comforting flavor of everyone's favorite desserts, only premium Tahitian vanilla beans are used to make this much-loved variety.

Uses: Great on chocolate brownies, cinnamon rolls or coffee cake. Try on a bowl of sliced bananas or your favorite fruit. Sprinkle on a pork chop before tossing it on the grill. Sweeten a hot cup of coffee or rim a glass of Kaluha.

Ingredients: Organic cane sugar & Tahitian vanilla beans

	
415	4 oz

Cinnamon Blueberry Oatmeal

Oatmeal flavored with blueberries and cinnamon for wonderful flavor. This healthy breakfast is infused with super foods that are great for your health. You can double the recipe and package it in individual servings for a great take-and-go breakfast or lunch. Makes 4 bowls.

- 3 1/2 cups water
- 1/4 cup raisins
- 2 cups old fashioned oats
- 1/2 cup blueberries
- 2 tsp cinnamon
- 2 tsp Cinnamon c.a.n.e Sugar

In a medium-size saucepan add the water and raisins. Bring to a boil. Once the water is boiling, add the oats and reduce heat to medium heat. Cook for 5 minutes, stirring occasionally. After 3 minutes, add the blueberries and continue cooking. When finished, remove from the heat and stir in the 2 tsp of cinnamon. Ladle into 4 bowls, top with a couple extra blueberries and top each bowl with a sprinkle of Cinnamon c.a.n.e Sugar (approximately 1/2 tsp).

about BEVERAGE

Our flavor-infused raw c.a.n.e sugars combine a single, pure, natural ingredient with raw cane sugar.

All-natural sugar cane adds a touch of sweetness without changing the taste of your beverage, as with artificial sweeteners.



Vanilla Infusion Kit



Instructions: Fill bottle with premium vodka (80 proof is best), seal tightly and store in a cool dark place for 1-3 months. Use as you would any vanilla extract. Reuse vanilla beans for several years.

After each subsequent process, continue to get extraction strength by splitting beans one-by-one. The more beans you split, the faster it will infuse, however you might not get as many extractions out of the beans. When beans seem to have lost complete strength, use seeds in baked goods or anything else vanilla extract is used in.

Ingredients: Premium Vanilla Beans



302 1.3 oz

Vanilla Infusion Kits must be purchased in increments of 6.

Vanilla Chai Tea



- 2 cups water
- 3 1/2 tbsp Zumie t.e.a.s
- 3/4 tsp ground cardamom
- 1 cinnamon stick
- 3-5 whole cloves
- 2 peppercorns
- 1/4 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/3 cup Organic c.a.n.e Sugar
- 2 cups milk
- 2 tsp vanilla extract
- 1/2-1 tsp Cinnamon c.a.n.e Sugar (optional)

Combine water, cardamom, cinnamon stick, cloves, peppercorns, ginger and nutmeg in a medium-size sauce pan. Bring to a boil and boil for at least five minutes (the longer you boil, the more the spices will release their flavor).

Turn off the heat and place loose tea leaves in a disposable tea bag, filter or infuser and let steep in the spiced water for 8-10 minutes. Strain the mixture through a fine mesh sieve into tea cups or mugs.

Meanwhile, warm the milk in a small saucepan over medium heat, stirring frequently. Once the milk is warmed, stir in the vanilla extract and add to the mugs or coffee cups.

Top with a sprinkle of Cinnamon c.a.n.e Sugar and serve.

Makes 4 cups

SWEETENERS

Add them to your favorite cup of coffee or tea. They can also be eaten as candy or used in desserts.

c.a.n.e sugars are all-natural and gluten-free. They contain no preservatives.



3-SQUARE G.I.F.T SETS

"Gourmet Essentials" G.i.f.t Set



Roasted Garlic Sea Salt, Pink Himalayan Mineral Salt-fine and Tuscan Farmhouse Blend



2141 .63 oz

5-SQUARE G.I.F.T SETS

"Foodie Collection" G.i.f.t Set



Steakhouse Seasoning-fine, Charmane's Bread Dip, Pink Himalayan Mineral Salt-fine, Dragon's Breath Rub and Hickory Smoked Sea Salt



2172 5.5 oz

4-SQUARE G.I.F.T SETS

"Everyday Gourmet Dips" G.i.f.t Set



Charmane's Bread Dip, Chimichurri Bread Dip, Salsa di Parma Bread Dip and Smoky Italian Bread Dip

Instructions

For Dip: Mix ¼ cup extra virgin olive oil with 1 tablespoon of your choice of bread dip. Add 1 tablespoon freshly grated parmesan cheese. Serve with slices of warm crusty baguette bread.

For pasta dressing: Mix ¼ cup extra virgin olive oil with 2 tablespoons of your choice of bread dip. Mix with 1 lb cooked and drained pasta. Stir in your favorite fresh vegetables. Top with ½ cup freshly grated parmesan cheese. Serve as a side dish or add cubes of cooked chicken breast for a main entrée.

For best flavor, let the dip set for 1 hour at room temperature.



2116 1.95 oz

"Gourmet Collection" G.i.f.t Set



Sel Gris Sea Salt-fine, Key West Rub, All-Purpose BBQ Rub, Tuscan Farmhouse Seasoning and Applewood Smoked Sea Salt



2173 3.4 oz

"Rocking Rubs" Blends G.i.f.t Set



Key West Rub, All-Purpose BBQ Rub, Honey Glaze Rub and Dragon's Breath Rub



2115 2.5 oz

"The Salty Dog" Sea Salts G.i.f.t Set




Pacific Ocean Sea Salt, Pink Himalayan Mineral Salt-fine, Sel Gris Sea Salt-fine, and Hawaiian Black Sea Salt-fine



2112 4.4 oz

Caprese Burgers



If you enjoy a good caprese salad, you will enjoy this basil-infused burger. Serve with a fruit salad for an easy summer meal.

- 1.5 to 2 lbs ground sirloin
- 1 heaping teaspoon Tuscan Farmhouse h.e.r.b. Blend
- 4-5 basil leaves, chopped + more for top of burger
- 2 cloves of garlic, chopped
- 4 thick slices of fresh mozzarella
- 2 tomatoes, thick sliced
- 4 hamburger buns
- 2 to 3 pats of butter
- olive oil
- red wine vinegar

Turn on broiler to 500 degrees and move the oven rack to middle of the oven. While oven is warming, line a broiler pan with foil or brush with a little olive oil. In a large bowl, mix the ground sirloin with the Tuscan Farmhouse h.e.r.b Blend, chopped basil and garlic. Mix gently but do not overmix or the burgers will be tough. Form mixture into 3 to 4 patties. Place patties on the prepared broiler pan and broil 6 to 8 minutes on each side for a medium well burger.

While the burgers are cooking, butter the hamburger buns and put them on a cookie sheet with the inside of the bun facing up. Once the burgers are done let them rest on the pan and put the buns under the broiler to toast. Watch them carefully as they can quickly turn from toasty brown to burnt. When the buns are golden brown, remove and assemble the sandwich starting with a burger on the bottom bun, a slice of mozzarella, thick slice of tomato and more fresh chopped basil. Drizzle each of the burgers with a little olive oil and red wine vinegar over the top and place the remaining bun on top.

For a low-carb version, try these burgers without a bun. Drag pieces of the burger through the oil and vinegar drizzle for yummy, delicious flavor.

Corn Bread



This simple corn bread has a light cake-like texture with a hint of sweetness and citrus flavor. A great side dish for any meal.

- 2 (8.5 oz) boxes corn muffin mix
- 2 eggs
- 2/3 cup milk
- 1 1/2 cups multi-grain mini club crackers
- 1 tablespoon Key West Seafood r.u.b.s
- zest of 1 lemon
- 2 (14.5 oz) cans creamed corn

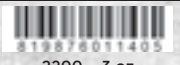
Preheat oven to 400 degrees. Use softened butter to grease a 2.5 quart casserole dish. In a medium size bowl, mix all ingredients together and pour into the casserole dish. Cover and bake in the oven for 30 minutes. After 30 minutes, remove the cover and bake for another 15 to 20 minutes until golden brown on top and surface is firm to the touch. Slice and serve with butter.



Tulip Spice Grinder



Ideal size for grinding spices. Grinds salt, pepper, herb blends, or oily herbs.
Measures 5" tall and 2 3/4" in diameter.



2200 3 oz

Salt & Pepper Mini Traveler



Toss it in your purse or briefcase and take our unrefined goodness with you wherever you go!
Ingredients: Pink Himalayan Mineral Salt, fine and finely ground black pepper.



2300 .6 oz



Package 1 (SKU 2521)

Classic s.a.l.t.

- 4 Applewood Smoked Sea Salt, 3 oz
- 4 Pink Himalayan Mineral Salt, fine, 5 oz
- 4 Sel Gris Organic French Sea Salt, coarse, 5 oz
- 4 Hawaiian Red Sea Salt, fine, 5 oz
- 4 Hawaiian Black Sea Salt, coarse, 5 oz

Flavored s.a.l.t.

- 4 Black Truffle Sea Salt, 2 oz
- 4 Roasted Garlic Sea Salt, 2 oz
- 4 Spanish Rosemary Sea Salt, 2 oz
- 4 Lime Fresco Sea Salt, 1.5 oz
- 4 Habanero Heat Sea Salt, 2 oz

h.e.r.b

- 4 Tuscan Farmhouse Blend, 2.5 oz
- 4 Herbes de Provence, 2.5 oz
- 4 Mojo Seasoning, 3 oz
- 4 Steakhouse Seasoning, fine, 4 oz
- 4 s.a.l.t. sisters Blend, fine, 4 oz

r.u.b.s.

- 4 Key West Seafood Rub, 3 oz
- 4 All-Purpose BBQ Rub, 2.5 oz
- 4 Dragon's Breath Rub, 3 oz
- 4 Memphis BBQ Rub, 3 oz
- 4 Honey Glaze Rub, 3 oz

b.e.a.n

- 6 Vanilla Infusion Kit, 1.3 oz

**Price is subject to change based on market prices.*

m.o.r.e

- 6 Salt & Pepper Mini Traveler, .6 oz

Package 2A (SKU 2531)

The difference between Packages 2A and 2B is the variety of dips offered.

Classic s.a.l.t.

- 4 Applewood Smoked Sea Salt, 3 oz
- 4 Pink Himalayan Mineral Salt, fine, 5 oz
- 4 Sel Gris Organic French Sea Salt, coarse, 5 oz
- 4 Hawaiian Red Sea Salt, fine, 5 oz
- 4 Hawaiian Black Sea Salt, coarse, 5 oz

Flavored s.a.l.t.

- 4 Black Truffle Sea Salt, 2 oz
- 4 Roasted Garlic Sea Salt, 2 oz
- 4 Spanish Rosemary Sea Salt, 2 oz
- 4 Lime Fresco Sea Salt, 1.5 oz
- 4 Habanero Heat Sea Salt, 2 oz

h.e.r.b

- 4 Tuscan Farmhouse Blend, 2.5 oz
- 4 Herbes de Provence, 2.5 oz
- 4 Mojo Seasoning, 3 oz
- 4 Steakhouse Seasoning, fine, 4 oz
- 4 s.a.l.t. sisters Blend, fine, 4 oz

r.u.b.s.

- 4 Key West Seafood Rub, 3 oz
- 4 All-Purpose BBQ Rub, 2.5 oz
- 4 Dragon's Breath Rub, 3 oz
- 4 Memphis BBQ Rub, 3 oz
- 4 Honey Glaze Rub, 3 oz

d.i.p.s

- 3 Charmane's Bread Dip, 1 oz
- 3 Chimichurri Bread Dip, .7 oz
- 3 Dragon's Breath Dip, 1 oz
- 3 Mediterranean Dip, 1 oz
- 3 Salsa di Parma Bread Dip, 1 oz
- 3 Savannah Seafood Dip, 1 oz
- 3 Sesame Citrus Dip, 1 oz
- 3 Smoky BBQ Dip, 1 oz
- 3 Smoky Italian Bread Dip, 1 oz
- 3 Southwest Ranch Dip, 1 oz
- 3 Tuscan Ranch Dip, 1 oz
- 3 Zesty Mexican Dip, 1 oz

c.a.n.e

- 4 Rock Crystal Cane Sugar, 4 oz
- 4 Organic Cane Sugar, 4 oz

t.e.a.s

- 4 Perfectly Peach Rooibos Tea, 1.5 oz
- 4 Beauty Rooibos Tea, 1.5 oz
- 4 Zumie Rooibos Tea, 1.5 oz
- 4 Paradise Rooibos Tea, 1.5 oz
- 4 Orchard Herbal Tea, 1.5 oz
- 4 Dragonfly Rooibos Tea, 1.5 oz

b.e.a.n

- 8 Vanilla Infusion Kit, 1.3 oz

m.o.r.e

- 12 Salt & Pepper Mini Traveler, .6 oz

S.A.L.T. SISTERS

is committed to providing all-natural and gluten-free products with no MSG or preservatives.

about OUR PACKAGES

These packages are designed for a new customer to get started and represent the top products in each category. Prices are subject to change.

Package 2B (SKU 2532)

The difference between Packages 2A and 2B is the variety of dips offered.

Classic s.a.l.t.

- 4 Applewood Smoked Sea Salt, 3 oz
- 4 Pink Himalayan Mineral Salt, fine, 5 oz
- 4 Sel Gris Organic French Sea Salt, coarse, 5 oz
- 4 Hawaiian Red Sea Salt, fine, 5 oz
- 4 Hawaiian Black Sea Salt, coarse, 5 oz

Flavored s.a.l.t.

- 4 Black Truffle Sea Salt, 2 oz
- 4 Roasted Garlic Sea Salt, 2 oz
- 4 Spanish Rosemary Sea Salt, 2 oz
- 4 Lime Fresco Sea Salt, 1.5 oz
- 4 Habanero Heat Sea Salt, 2 oz

h.e.r.b

- 4 Tuscan Farmhouse Blend, 2.5 oz
- 4 Herbes de Provence, 2.5 oz
- 4 Mojo Seasoning, 3 oz
- 4 Steakhouse Seasoning, fine, 4 oz
- 4 s.a.l.t. sisters Blend, fine, 4 oz

r.u.b.s.

- 4 Key West Seafood Rub, 3 oz
- 4 All-Purpose BBQ Rub, 2.5 oz
- 4 Dragon's Breath Rub, 3 oz
- 4 Memphis BBQ Rub, 3 oz
- 4 Honey Glaze Rub, 3 oz

d.i.p.s

- 6 Charmane's Bread Dip, 1 oz
- 6 Salsa di Parma Bread Dip, 1 oz
- 6 Southwest Ranch Dip, 1 oz
- 6 Tuscan Ranch Dip, 1 oz
- 6 Zesty Mexican Dip, 1 oz
- 6 Dragon's Breath Dip, 1 oz

c.a.n.e

- 4 Rock Crystal Cane Sugar, 4 oz
- 4 Organic Cane Sugar, 4 oz

t.e.a.s

- 4 Perfectly Peach Rooibos Tea, 1.5 oz
- 4 Beauty Rooibos Tea, 1.5 oz
- 4 Zumie Rooibos Tea, 1.5 oz
- 4 Paradise Rooibos Tea, 1.5 oz
- 4 Orchard Herbal Tea, 1.5 oz
- 4 Dragonfly Rooibos Tea, 1.5 oz

b.e.a.n

- 8 Vanilla Infusion Kit, 1.3 oz

m.o.r.e

- 12 Salt & Pepper Mini Traveler, .6 oz

Package 3A (SKU 2541)

The difference between Packages 3A and 3B is the variety of dips offered.

Classic s.a.l.t.

- 4 Applewood Smoked Sea Salt, 3 oz
- 4 Pink Himalayan Mineral Salt, fine, 5 oz
- 4 Sel Gris Organic French Sea Salt, coarse, 5 oz
- 4 Hawaiian Red Sea Salt, fine, 5 oz
- 4 Hawaiian Black Sea Salt, coarse, 5 oz

Flavored s.a.l.t.

- 4 Black Truffle Sea Salt, 2 oz
- 4 Roasted Garlic Sea Salt, 2 oz

- 4 Spanish Rosemary Sea Salt, 2 oz
- 4 Lime Fresco Sea Salt, 1.5 oz
- 4 Habanero Heat Sea Salt, 2 oz

h.e.r.b

- 4 Tuscan Farmhouse Blend, 2.5 oz
- 4 Herbes de Provence, 2.5 oz
- 4 Mojo Seasoning, 3 oz
- 4 Steakhouse Seasoning, fine, 4 oz
- 4 s.a.l.t. sisters Blend, fine, 4 oz

r.u.b.s.

- 4 Key West Seafood Rub, 3 oz
- 4 All-Purpose BBQ Rub, 2.5 oz
- 4 Dragon's Breath Rub, 3 oz
- 4 Memphis BBQ Rub, 3 oz
- 4 Honey Glaze Rub, 3 oz

c.a.n.e

- 4 Rock Crystal Cane Sugar, 4 oz
- 4 Organic Cane Sugar, 4 oz
- 4 Cinnamon Cane Sugar, 4 oz
- 4 Dark Cocoa Cane Sugar, 4 oz
- 4 Raspberry Cane Sugar, 4 oz
- 4 Vanilla Bean Cane Sugar, 4 oz

d.i.p.s

- 3 Charmane's Bread Dip, 1 oz
- 3 Chimichurri Bread Dip, .7 oz
- 3 Dragon's Breath Dip, 1 oz
- 3 Mediterranean Dip, 1 oz
- 3 Salsa di Parma Bread Dip, 1 oz
- 3 Savannah Seafood Dip, 1 oz
- 3 Sesame Citrus Dip, 1 oz
- 3 Smoky BBQ Dip, 1 oz
- 3 Smoky Italian Bread Dip, 1 oz
- 3 Southwest Ranch Dip, 1 oz
- 3 Tuscan Ranch Dip, 1 oz
- 3 Zesty Mexican Dip, 1 oz

t.e.a.s

- 4 Perfectly Peach Rooibos Tea, 1.5 oz
- 4 Beauty Rooibos Tea, 1.5 oz
- 4 Zumie Rooibos Tea, 1.5 oz
- 4 Paradise Rooibos Tea, 1.5 oz
- 4 Orchard Herbal Tea, 1.5 oz
- 4 Dragonfly Rooibos Tea, 1.5 oz

b.e.a.n

- 12 Vanilla Infusion Kit, 1.3 oz

m.o.r.e

- 12 Salt & Pepper Mini Traveler, .6 oz

g.i.f.t

- 3 Gourmet Essentials 3-Square Gift Set
- 2 The Salty Dog Sea Salts 4-Square Gift Set
- 2 Rocking Rubs Blends 4-Square Gift Set
- 2 Everyday Gourmet Dips 4-Square Gift Set
- 2 Foodie Collection 5-Square Gift Set
- 2 Gourmet Collection 5-Square Gift Set

s.i.p.s

- 3 Blushing Cosmo Cocktail Mixer, 5 oz
- 3 Dipped in Chocolate Martini Cocktail Mixer, 5 oz
- 3 The "Hot Latin" Mojito Cocktail Mixer, 5 oz
- 3 Sexy Sangria Cocktail Mixer, 5 oz
- 1 Free 3-pack s.i.p.s sample (one flavor)

Testers

- 26 Testers for s.a.l.t., h.e.r.b, r.u.b.s, c.a.n.e

Sample Bags

- 6 Sample bags for t.e.a.s, 3 oz
- 12 Sample bags for d.i.p.s, 2 oz

Package 3B (SKU 2542)

The difference between Packages 3A and 3B is the variety of dips offered.

Classic s.a.l.t.

- 4 Applewood Smoked Sea Salt, 3 oz
- 4 Pink Himalayan Mineral Salt, fine, 5 oz
- 4 Sel Gris Organic French Sea Salt, coarse, 5 oz
- 4 Hawaiian Red Sea Salt, fine, 5 oz
- 4 Hawaiian Black Sea Salt, coarse, 5 oz

Flavored s.a.l.t.

- 4 Black Truffle Sea Salt, 2 oz
- 4 Roasted Garlic Sea Salt, 2 oz
- 4 Spanish Rosemary Sea Salt, 2 oz
- 4 Lime Fresco Sea Salt, 1.5 oz
- 4 Habanero Heat Sea Salt, 2 oz

h.e.r.b

- 4 Tuscan Farmhouse Blend, 2.5 oz
- 4 Herbes de Provence, 2.5 oz
- 4 Mojo Seasoning, 3 oz
- 4 Steakhouse Seasoning, fine, 4 oz
- 4 s.a.l.t. sisters Blend, fine, 4 oz

r.u.b.s.

- 4 Key West Seafood Rub, 3 oz
- 4 All-Purpose BBQ Rub, 2.5 oz
- 4 Dragon's Breath Rub, 3 oz
- 4 Memphis BBQ Rub, 3 oz
- 4 Honey Glaze Rub, 3 oz

c.a.n.e

- 4 Rock Crystal Cane Sugar, 4 oz
- 4 Organic Cane Sugar, 4 oz
- 4 Cinnamon Cane Sugar, 4 oz
- 4 Dark Cocoa Cane Sugar, 4 oz
- 4 Raspberry Cane Sugar, 4 oz
- 4 Vanilla Bean Cane Sugar, 4 oz

d.i.p.s

- 6 Charmane's Bread Dip, 1 oz
- 6 Salsa di Parma Bread Dip, 1 oz
- 6 Southwest Ranch Dip, 1 oz
- 6 Tuscan Ranch Dip, 1 oz
- 6 Zesty Mexican Dip, 1 oz
- 6 Dragon's Breath Dip, 1 oz

t.e.a.s

- 4 Perfectly Peach Rooibos Tea, 1.5 oz
- 4 Beauty Rooibos Tea, 1.5 oz
- 4 Zumie Rooibos Tea, 1.5 oz
- 4 Paradise Rooibos Tea, 1.5 oz
- 4 Orchard Herbal Tea, 1.5 oz
- 4 Dragonfly Rooibos Tea, 1.5 oz

b.e.a.n

- 12 Vanilla Infusion Kit, 1.3 oz

m.o.r.e

- 12 Salt & Pepper Mini Traveler, .6 oz

g.i.f.t

- 3 Gourmet Essentials 3-Square Gift Set
- 2 The Salty Dog Sea Salts 4-Square Gift Set
- 2 Rocking Rubs Blends 4-Square Gift Set
- 2 Everyday Gourmet Dips 4-Square Gift Set
- 2 Foodie Collection 5-Square Gift Set
- 2 Gourmet Collection 5-Square Gift Set

s.i.p.s

- 3 Blushing Cosmo Cocktail Mixer, 5 oz
- 3 Dipped in Chocolate Martini Cocktail Mixer, 5 oz
- 3 The "Hot Latin" Mojito Cocktail Mixer, 5 oz
- 3 Sexy Sangria Cocktail Mixer, 5 oz
- 1 Free 3-pack s.i.p.s sample (one flavor)

Testers

- 26 Testers for s.a.l.t., h.e.r.b, r.u.b.s, c.a.n.e

Sample Bags

- 6 Sample bags for t.e.a.s, 3 oz
- 6 Sample bags for d.i.p.s, 2 oz

d.i.p.s Package 1 (SKU 2510)

- 3 Charmane's Bread Dip, 1 oz
- 3 Chimichurri Bread Dip, .7 oz
- 3 Dragon's Breath Dip, 1 oz
- 3 Mediterranean Dip, 1 oz
- 3 Salsa di Parma Bread Dip, 1 oz
- 3 Savannah Seafood Dip, 1 oz
- 3 Sesame Citrus Dip, 1 oz
- 3 Smoky BBQ Dip, 1 oz
- 3 Smoky Italian Bread Dip, 1 oz
- 3 Southwest Ranch Dip, 1 oz
- 3 Tuscan Ranch Dip, 1 oz
- 3 Zesty Mexican Dip, 1 oz

d.i.p.s Package 2 (SKU 2511)

- 6 Charmane's Bread Dip, 1 oz
- 6 Dragon's Breath Dip, 1 oz
- 6 Salsa di Parma Bread Dip, 1 oz
- 6 Southwest Ranch Dip, 1 oz
- 6 Tuscan Ranch Dip, 1 oz
- 6 Zesty Mexican Dip, 1 oz

d.i.p.s Package 3 (SKU 2512)

- 12 Charmane's Bread Dip, 1 oz
- 12 Dragon's Breath Dip, 1 oz
- 12 Salsa di Parma Bread Dip, 1 oz
- 12 Southwest Ranch Dip, 1 oz
- 12 Tuscan Ranch Dip, 1 oz
- 12 Zesty Mexican Dip, 1 oz

g.i.f.t Set Package (SKU 2501)

- 3 Gourmet Essentials 3-Square Gift Set
- 2 The Salty Dog Sea Salts 4-Square Gift Set
- 2 Rocking Rubs Blends 4-Square Gift Set
- 2 Everyday Gourmet Dips 4-Square Gift Set
- 2 Foodie Collection 5-Square Gift Set
- 2 Gourmet Collection 5-Square Gift Set

t.e.a.s Package (SKU 2570)**t.e.a.s**

- 4 Perfectly Peach Rooibos Tea, 1.5 oz
- 4 Beauty Rooibos Tea, 1.5 oz
- 4 Zumie Rooibos Tea, 1.5 oz
- 4 Paradise Rooibos Tea, 1.5 oz
- 4 Orchard Herbal Tea, 1.5 oz
- 4 Dragonfly Rooibos Tea, 1.5 oz
- 4 Mirabelle Rooibos Tea, 1.5 oz
- 4 Beautiful Herbal Tea, .6 oz
- 4 Prestigious Peach Herbal Tea, 1.5 oz
- 4 Chai Magic Rooibos Tea, 1.5 oz
- 4 Sunset Herbal Tea, .6 oz
- 4 Orange Blossom Rooibos Tea, 1.5 oz

c.a.n.e

- 4 Rock Crystal Cane Sugar, 4 oz
- 4 Organic Cane Sugar, 4 oz



PROMOTIONAL COLLATERAL, SIGNS, ETC.

ITEM #

Large Store Sign 8 1/2 x 11" Pics & Story*

SIGN1

Small Store Sign 5 1/2 x 4" Pics*

SIGN2

s.a.l.t. sisters Logo Store Sign 4 x 4"*

SIGN3

s.a.l.t. sisters Logo Store Sign 10 x 10"

SIGN4

Large Beverage Sign 8 1/2 x 11"

SIGN5

Catalog

CATA1

Recipe Tri-Fold Brochure (25)

RB001

"Your Body Needs Salt"*

SALT1

Salt Your Way to Health Book by Dr. David Bronstein

1000

Testers for all products

N/A

Vanilla Infusion Kit Tester

302T

*These items included for free with your first order. See price list for pricing.



SIGN1



SIGN2



SIGN4



CATA1



SIGN3



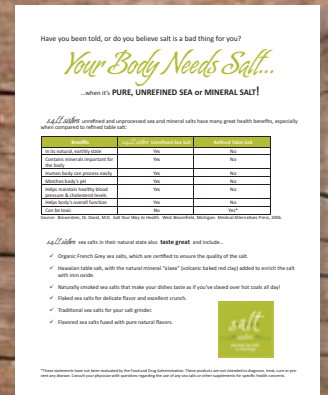
RB001



SIGN5



SALT1



about OUR PRODUCTS

Our mission is to provide the highest quality all-natural products while supporting the earth and the people who live here. Our products are processed in an allergen-free facility. We are committed to providing all-natural and gluten-free products with no preservatives.

4 ways to order

Start by going to saltsistersonline.com

Click on the Wholesale tab and sign in or create an account. (You will receive a response email within 24 hours.) This section requires a username and password. Your username will need to be specific to your company. Then you can choose an option for placing your order.

1 Wholesale E-Order Form: Download the Excel document. Fill in the blanks with the quantity of each item you want to order. Save the document and email to order@saltsistersonline.com.

2 Wholesale Printable Order Form: Print the .pdf file. Write in the quantity of each item you want to order. Fax the form to 800-950-3205 -OR- scan the form and email to order@saltsistersonline.com.

3 Call Customer Service at 574-971-8150.

4 Call Your Sales Representative.

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DOWNLOAD A PDF OF THE COMPLETE CATALOG, A PRICE LIST AND ORDER FORMS FROM THE WHOLESALE PAGE of the website each time you place an order to ensure that you have the most updated information and pricing. This is also the place to find the current product brochures and other useful information.

Opening minimum order \$150. Some products have minimums. **Prices are subject to change.**

FOR IN STORE TASTINGS

The following sample bags are available for purchase.

- 3 ounce “sample” bags of each of the t.e.a.s
- 2 ounce “sample” bags of each of the d.i.p.s
- 1 ounce “sample” bags of s.i.p.s (mix and match in increments of 4)
- “Testers” (salt shakers, filled with product & labeled)
- Vanilla Infusion Kit Tester

Minimum order is 6 units of Vanilla Infusion Kits and 12 units of s.i.p.s (mix or match the s.i.p.s). Prices are subject to change. See price list for pricing.

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INSTRUCTIONS FOR MERCHANDISE DAMAGED DURING SHIPMENT

1. Take photos of the shipping box and all damaged product. Keep damaged shipping box and damaged product until claim is handled.
 2. Email the photos to customerservice@saltsistersonline.com.
 3. Include with the photos a list of all damaged merchandise.
 4. Let us know if you would like a credit to your account or a replacement of products.
 5. Make sure to include your name, store name and contact information.
-

CUSTOMER SERVICE

Have questions or need help deciding on what to order? Contact us by calling 574-971-8150 or by emailing at customerservice@saltsistersonline.com.



s.a.l.t. sisters



100 North 8th Street
Goshen, Indiana 46528

p. (574) 971-8150
f. (800) 950-3205

saltsistersonline.com

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To schedule Charmane for an appearance contact:
customerservice@saltsistersonline.com