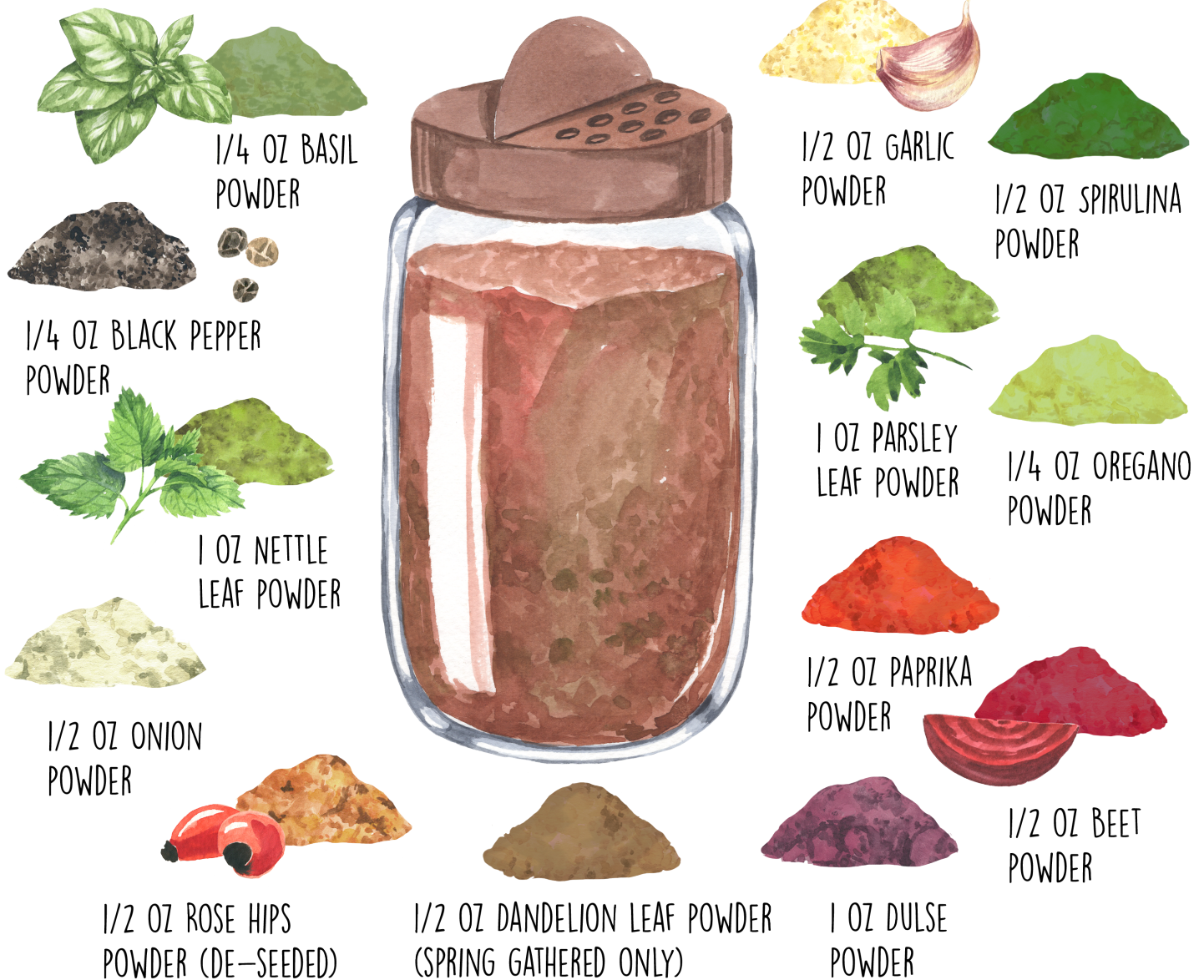


Green Powder Spice Blend

BY DAVID WINSTON



A flavorful, nutrient dense spice blend to sprinkle on eggs, cooked grains, soups, stews, salads, cooked greens, and other savory dishes.

YIELD: 7 oz

SHELF LIFE: 6-12 months as long as it is kept in a dark, dry, and cool cabinet.

1. Fully blend powders together, put in a spice jar with a shaker lid, label, and cap tightly.

2. Use to taste.

HINT: If moisture gets in, the blend can clump together and get hard. If this happens, put it in a Cuisinart grinder and blend until powdered again.



HERBS
with ROSALEE

David Winston

David Winston, RH (AHG) is an Herbalist and Ethnobotanist with 54 years of training in Chinese, Western/Eclectic, and Southeastern herbal traditions. He has been in clinical practice for 47 years and is an herbal consultant to physicians, herbalists, and researchers throughout the USA, Europe, and Canada. David is the founder/director of the Herbal Therapeutics Research Library and the dean of David Winston's Center for Herbal Studies, a two-year training program in clinical herbal medicine. He is an internationally known lecturer and frequently teaches at medical schools, professional symposia, and herb conferences. He is the president of Herbalist & Alchemist, Inc., a manufacturer that produces herbal products that blend the art and science of the world's great herbal traditions.

In addition, David is a founding/professional member of the American Herbalist Guild, and he is on the American Botanical Council and the American Herbal Pharmacopoeia Advisory Boards. He was a contributing author to *American Herbalism*, published in 1992 by Crossings Press, and the *American Herbal Pharmacopoeia* (AHP), 2000-2018; the author of *Saw Palmetto for Men & Women*, Storey, 1999 and *Herbal Therapeutics, Specific Indications For Herbs & Herbal Formulas*, HTRL, 2014 (10th edition); and the co-author of *Adaptogens: Herbs for Strength, Stamina and Stress Relief*, Healing Arts Press, 2007 & 2019 2nd Ed, and *Winston and Kuhn's Herbal Therapy and Supplements; A Scientific and Traditional Approach*, Wolters Kluwer/Lippincott, 2008. David has also published hundreds of articles in medical and botanical medicine journals and conference proceedings. He is also a member of the AHPA Expert Advisory Council that created the second edition of the *Botanical Safety Handbook*, CRC Press, published in 2013 (3rd edition in press).

In 2011 David was a recipient of the AHPA Herbal Insights award. In 2013 he received the Natural Products Association Clinicians award and was awarded a fellowship by the Irish Register of Herbalists. In 2018 he was the Mitchell visiting scholar at Bastyr University and in 2019 he was awarded an honorary DSc degree from the National University of Natural Medicine (NUNM) in Portland, OR.

You can find more from David on his website, HerbalStudies.net.

You can also find David at Herbalist-Alchemist.com and on Twitter: [@DavidWinston](https://twitter.com/DavidWinston).

