

# Herbamare®

Sea salt with fine organic herbs

## Salt less, salt best!



A.Vogel

Pioneer in Natural Health  
— since 1923

A. Vogel

### Fantastic tasting sea salt with great benefits

**Herbamare®** is made of sea salt, which is a naturally occurring complex of sodium chloride, including major minerals such as calcium and magnesium and over **80 essential trace minerals**. Minerals are known for their great health benefits. For example calcium prevents osteoporosis and is necessary to maintain bone health; magnesium is beneficial to your heart, and trace mineral are essential for enzymes to do their work. Our body is designed to utilize natural sea salt. Plants, animals and humans have used it since the beginning of life.

**Herbamare®** can tastefully and healthfully replace standard table salt. You will not believe how much better it tastes! Regular table salt is highly refined, iodized, chemically cleansed, and unfriendly to the human body. It is composed of 99.9% sodium chloride and 0.1% additives such as aluminium and sugar. Excess consumption of table salt is one of the major causes of hyperthyroidism and a known trigger for Graves' disease. It is also associated with stomach cancer and hypertension.

The sea salt in **Herbamare®** comes from the Mediterranean, where the climate is ideal for salt making. Techniques of salt making remain unchanged since the early Middle Ages when the Arabs introduced the method of successive shallow basins where seawater evaporates until the salt crystallizes and can be harvested.



The herbs in **Herbamare®** seasonings are all **organic** and **fresh**. Within 8 hours of being harvested, the herbs and vegetables are chopped and mixed with the salt in a proportion of 1 to 2. This blend is left to macerate from 4 to 12 months, depending on the variety. During this time, the salt crystals are impregnated with all the essential oils, aromas, and enzymes and other active ingredients from the plants. For all intended purposes, the fresh, tasty plants are sealed in the salt. This process is what ensures the full flavoured taste. The macerate is then dried in a vacuum at a maximum heat of

40°C (104°F) to preserve all the delicate flavours. The herbed salts are then combined according to Alfred Vogel's own recipes.

Each **Herbamare®** seasoning sea salt also contains Kelp, a plentiful source of a wide variety of minerals. Of course, these delicious seasonings are GMO and MSG free.

**Herbamare®** offers a variety of delicious alternatives to table salt, including sodium free **Herbamare®** diet which is perfect for those on salt restricted diets.



#### Provencale

##### Salads and pastas

Brings sunshine to your plates and the taste of summer vacation to every meal! Its taste stems from the freshness of Southern France's finest vegetables. Perfectly suited for seasoning your salads, raw and cooked vegetables and tomato sauces.



#### Spicy

##### Zesty seasoning

Add a touch of chilli to your meals. Great for barbecues, Mexican dishes and Caesar cocktails.



#### Bombay

##### Spices from India

An exotic culinary delight. A splendid blend of herbs and spices with a light touch of curry. Perfectly suited for your potatoes, sauces, grills, lamb and other meats.

#### Ocean

##### Fish and seafood

This delightfully perfumed recipe carries you into the depths of the sea. Perfect for your fresh fish, shellfish, fish marinades and court bouillon.



#### Original

##### Fresh garden flavour

By far the most popular of the A.Vogel seasonings, **Herbamare®** Original has been a staple in Europe for decades. It brings your dishes to life and gives them that fresh garden taste throughout the year!



#### Diet

##### Sodium free

**Herbamare®** diet is the right choice for those on sodium-reduced diets or for those who do not use salt at all. In the making of **Herbamare®** diet, the sea salts are replaced by potassium chloride. This unique blend will bring out the flavor of your meals like you have never experienced.



Available in health food stores and selected grocery chains. Info: [www.avogel.ca](http://www.avogel.ca) or 1-800-361-6320.

### Summer zucchini velouté

2 large zucchinis  
1 onion  
Chicken or vegetable broth  
**Herbamare®** Provencale  
Pepper  
½ cup (125 ml)  
of plain yogurt

Coarsely chop zucchini and onion. Cover with broth, bring to a boil and let simmer until vegetables are tender. Once cooked, season with **Herbamare®** Provencale and pepper to taste. In the mixer, reduce to creamy texture. Let the soup cool down and mix in the yogurt. Serve chilled with croutons and fresh chives.

### New Orleans potatoes

3-4 cups (750 ml – 1 l)  
of cubed unpeeled potatoes  
1 ½ tbsp (25 ml)  
of extra virgin olive oil  
½ tsp (2.5 ml) each of  
**Herbamare®** Spicy,  
cumin, chilli powder,  
paprika, oregano,  
pepper

Preheat oven to 220°C (425°F). In a large mixing bowl, combine the oil with the spices and herbs to form a paste. Add potatoes and mix to coat them with the oil-spice mix. Place on a roasting pan in a single layer and cook 25 minutes. Turn once during cooking time.

### Black Olive Cheese Melts

1 cup (250 ml) pitted  
black olives  
½ cup (125 ml) thinly  
sliced green onions  
1 cup (250 ml) of arugula  
1 ½ cup (375 ml) shredded  
strong cheddar cheese  
½ cup (125 ml) mayonnaise  
1 tsp (5 ml) curry powder  
2-3 drops of hot sauce  
1 tsp (5 ml) of **Herbamare®**  
Original

Mix all ingredients. Spread on pita breads or toasted English Muffins and bake in 450°F (230°C) oven for 10 minutes and then broil until cheese melts.

### Fish on the Cue

Brook trout filet  
Lemon  
**Herbamare®** Ocean  
Fresh dill

Cut pieces of aluminium foil big enough to wrap each filet. In the foil, place slices of lemon at the bottom and a filet on top of it. Season with **Herbamare®** Ocean and fresh dill. Wrap foil around the fish and cook on the barbecue, in medium heat for 7 to 10 minutes depending on the thickness of your filet.

### Dandelion salad à la Lyonnaise

1 cup (250 ml) dandelions  
or watercress  
½ cup (125 ml)  
tofu cubes  
1 egg soft boiled,  
finely chopped  
2 tbsp (30 ml) olive oil  
1 tbsp (15 ml) wine vinegar  
or lemon juice  
1 tsp (5 ml) Natur®  
almond butter  
1 pinch **Herbamare®** Diet

Mix oil, almond butter and egg. In a frying pan sauté tofu in olive oil, add vinegar or lemon juice. Put dandelion (or watercress) in a salad bowl, add tofu and pour sauce over it. Toss well before serving. Garnish with garlic croutons, cashews, pine nuts or clementine wedges.

### Fall Comfort soup

1 butternut squash  
1 onion  
1 red apple  
**Herbamare®** Bombay  
Vegetable broth

Peel and cut vegetables and apple. Cover with broth, bring to boil and let simmer until squash is tender. Once cooked, season with **Herbamare®** and reduce to cream with a mixer. Garnish with croutons and freshly ground pepper.