

Rebate coupon inside



# Taste the Flavour of Nature



Natural fine sea salt infused with organic fresh herbs and vegetables.

www.avogel.ca or 1-800-361-6320

## Table salt or sea salt?

The main difference between conventional table salt and sea salt stems from the chemical processing that it undergoes. The purification phase of table salt, in order to obtain its pristine colour, also eliminates all of the nutrients originally found in sea salt (calcium, magnesium, trace elements, other minerals...).

## 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 minerals 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 time.

The herbs and vegetables 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, enzymes and other active ingredients from the plants. For all intended purposes, the fresh, tasty plants are then 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® Sea Salt A unique, natural and organic recipe

Herbamare's secret lies in its mixture, cleverly obtained from sea salt infused with 12 freshly harvested, organically grown herbs and vegetables. It's unique taste enhances the flavour of any recipe. Use it to replace table salt for seasoning vegetables, meat, poultry, fish and seafood.



### 1.00\$ REBATE on the purchase of Herbamare Original or Zesty 250g.

Limit of one coupon per purchase. Unauthorized reproduction of this coupon is unlawful. Not valid with any other offers. Offer valid only in Canada.

Expires December 31<sup>st</sup>, 2014

Herbamare is available in grocery stores, organic sections and all natural food stores.



REDEMCO INC.  
C.P. 128, Longueuil, Quebec  
J4K 4X8.

## Original

### Fresh garden flavour

By far the most popular of the A.Vogel seasonings, **Herbamare® Original** has been a staple for decades. Use it as a condiment to perk up your recipes or with every meal to salt your food the healthy way.



## Zesty

### A little bit of kick

A touch of red pepper and horseradish, **Herbamare® Zesty** peps up your dishes with taste and refinement. Its a unique taste enhancer for your sauces, vegetables, grills and other meats.



## Sodium-free

### A salt without salt

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



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## Stuffed potatoes with egg & chive sauce

Serves 4

- 4 baked potatoes
  - 2 zucchini, coarsely grated
  - 200 g cream cheese
  - 4 hard-boiled eggs, finely chopped
  - 2 bunches of chives, finely chopped
  - 360 g natural yoghurt
- Herbamare® Original



Preheat oven to 180°C (350°F), wrap the potatoes in foil - cook for 1 hour, turning at the halfway. Cut the potatoes in half and scoop out to an edge of about 1 cm thick. Mix the removed potato with zucchini and cream cheese, season with **Herbamare® Original**. Pour the mixture into the potato halves.

Bake the potatoes at 180°C (350°F) for approximately 30 minutes. In the meantime mix eggs, chives and yoghurt, season with **Herbamare® Original**. Serve the baked hot potatoes with the sauce.

## Wheat Spaghetti with goat cheese and cherry tomatoes

Serves 4

- 600 g cherry tomatoes, halved
  - 400 g wheat spaghetti
  - 1 bunch green onions, sliced
  - 6 tablespoons olive oil
  - 1 bunch basil, leaves plucked off
  - 80 g goat cheese
- Herbamare® Zesty



Season the cherry tomatoes with **Herbamare® Zesty**. Cook the spaghetti in boiling water until al dente. Braise the green onions lightly in the olive oil. Add tomatoes and 5 tbsp water and let it cook for 3 minutes. Drain the spaghetti, add immediately together with the basil leaves to the tomatoes. Mix together, then serve in warmed plates. Spread the goat cheese in small pieces on top.