

ORGANICALLY SPEAKING

Bridgewood Organics Newsletter

VOLUME 1

Our First Newsletter

We're excited to share with you our very first newsletter! Each newsletter will be packed with new product announcements, tips, recipes, education moments, specials and more. Let us know how we are doing.

Our goal is to provide you with useful information that will help you improve your health and enjoyment of life. If you have any ideas on future topics, products, tips, etc. that you would like to see, let us know. We certainly will value your input.

Your source for safe and healthy Organics

With rising concerns for health safety, increased 'go-green' consciousness and growing consumer awareness, demand for organic products has gone global. Bridgewood Organics carefully screens and researches every product we sell. Buying organically grown products—free of harmful chemicals, bursting with more nutrition, taste, and sustainable sustenance—is a direct vote for immediate health and the hopeful future of generations to come.

Benefits of using organic products include: avoiding dangerous and toxic pesticides; avoiding the effects of antibiotics, drugs, and growth hormones in food and products; helps preserve our ecosystem; reduces pollution and protects water and soil; preserves agricultural diversity; protects our environment; and keeps our children and future safe!



**Organic Cane Sugar
Naturally Flavored
in its purest form.**

**Simply two ingredients:
All Natural
Delicious**

"I love, love, love Lemon Rosemary Salt! I use it on everything from salads (and dressings) to veggies to meats. I haven't found anything that can't be made more deliciously savory with its addition."

- Candace Anderson

In This Issue

- Delicious Recipe
- Essential Oils
- New Products Showcase
- Tea Time
- Coming Up

DELICIOUS



BAKED GARLIC PARMESAN POTATO WEDGES

Yummy Recipe

3 potatoes – slice into wedges (8 per potato)

Put unpeeled slices into bowl

4 tbs. olive oil – blend with potatoes

½ cup parmesan cheese – blend

In separate bowl:

Salt – you add whatever you want to season

2 tsp **Bridgewood Organics** Italian Seasoning

2 tsp Garlic Powder

2 tsp Paprika

Mix together

Add mix to potatoes and blend together

Lay seasoned potatoes on aluminum foil (keep small space between them)

BAKE 400 degrees for 40 minutes

Top with chopped parsley for color

Serve on tray with small dish or ketchup and/or tartar sauce

So good!

GREEN TIPS OF THE DAY

• Lemons have antibacterial qualities and will leave your kitchen smelling fresh. Tough stains on countertops can be removed by simply leaving lemon juice on the stain for a few minutes, and then wiping it away with a wet cloth.

• To maintain a sparkling clean toilet, use a mixture of baking soda and vinegar rather than harmful bleach.

Essential Oils

We only use *Therapeutic-grade Essential Oils* in our premium Organic Personal Care product line. Unlike 'fragrance oils' which are synthetically produced, 'essential oils' are derived or made from the essence of flowers, spices, woods, and even herbs. It's a costly and a time-consuming process. Additionally, essential oils can be limited, and may vary based on the weather, the crop itself, and even the temperatures used in distillation.

Therapeutic-grade is the highest quality essential oil and is pure, without additives. Unlike Fragrance oils, essential oils have great health benefits. We will explore more of these benefits in a future newsletter.



For more information, go to our website, click the Learning Center button, and choose 'Personal Care' from the pull-down menu,



Personal Care Products

NEW PRODUCT SHOWCASE



Our all-natural Premium Oil Hair and Beard Oil promotes a healthy beard. Pre-blended with essential oils, it is PERFECT for any bearded man! It smells fantastic.

Our premium-quality beard oil will soften your facial hair, moisturize the skin, reduce itching and create the conditions for healthy beard growth. Many hair and beard oils retail for as much as \$25.00 for a 1oz. bottle. We offer you a premium-grade, completely-natural 1oz bottle for only \$14.95!

A single 1-oz bottle should last a normal customer 6-8 weeks.

Ingredients:

Fractionated Coconut Oil (MCT), Golden Jojoba Oil, Hemp Seed Oil, Tea Tree Essential Oil, Orange Bitter Essential Oil, Peppermint Supreme Essential Oil .

MORE
NEW PRODUCTS

Sweet!



Clove Sugar



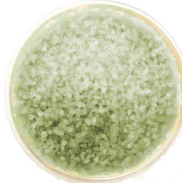
Dark Cocoa Sugar



Espresso Sugar



Lemon Sugar



Lime Sugar



Raspberry Sugar



Strawberry Sugar



Vanilla Bean Flavored Sugar



Wild Blueberry Sugar

Order these online at our website
www.bridgewoodorganics.com

Only \$7.50
per bottle

9 Delicious Flavors!

Organic Cane Sugar Naturally Flavored

In this issue we introduce a new line of products in our culinary line. With our naturally flavored sugar, we use organic, fair-trade certified pure cane evaporated sugar combined with all-natural flavors to create our cane flavored sugars. They are great for sprinkling, baking, hot and cold drinks, or anywhere else you need a touch of sweetness and flavor! Available in 4-oz spice jars and bulk-packed.

We offer 9 delicious sweet flavors: Clove, Dark Cocoa, Espresso, Lemon, Lime, Raspberry, Strawberry, Vanilla Bean, and Wild Blueberry. They are perfect for food service, gourmet kitchens, restaurants, bakeries, cocktail bars, coffee shops and serious home cooks. Check out our website for use ideas.

Example: Red Oregon Raspberries are the star ingredient in this beautiful, fuchsia colored sugar. The natural color alone makes our Raspberry sugar perfect for topping sweets. Raspberry sugar has a phenomenal real fruit flavor.

Sweet: Top lemon bars, sugar cookies or chocolate cake.

Fresh: Add a dash of raspberry sugar to a mixed greens salad with balsamic dressing.

Savory: Sprinkle Raspberry sugar on scallops while grilling for a caramelized glaze.

Liquid: Rim a glass of cold champagne - or simply a tart glass of lemonade.

Twist: Use Raspberry sugar to add some personality to your morning oatmeal!

All of our **Organic Teas & Herbal blends** are on sale. We are offering a 15% discount. This is a great opportunity to test some of our wonderful and delicious teas! The two most popular sizes are our 'Sample Pack' (good for one pot or 2-3 cups) and the 2-oz size (20-25 cups).

Enter Coupon Code: TEA15OFF after clicking on Shopping Cart icon



Who says you have to spend a lot of money for high-quality organic products?

Contact Us

Give us a call for more information about our services and products

Bridgewood Organics
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(253) 486-2125

Visit us on the web at
www.bridgewoodorganics.com

Coming Up in Next Issue:

- Health benefits of Essential Oils
- Bad Mary Jane vs Good Mary Jane
- Intro to our Bath Salts

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PLACE
STAMP
HERE