TAKE TO GROCERY BULK BINS OR ORDER ONLINE

The Under-$45 6-Herb Pantry Shopping Checklist

Buy small 2–4 oz cut-and-sifted bags so every jar stays aromatic and gets finished within 6–12 months—zero wasted 1-pound sacks.

1. Core 6 Culinary Dried Herbs ($32–$44 Locally • Allow ~$8–$12 Online Shipping)

Got	Culinary Herb (Botanical)	Exact Cut	Bag Size	Est. Local	Refresh Window
[ ]	**German Chamomile** (*M. recutita*)	Whole flowers	2 oz (57 g)	$5.50–$7.50	9 months
[ ]	**Peppermint** (*M. × piperita*)	Cut & sifted leaf	2 oz (57 g)	$4.50–$6.50	9 months
[ ]	**Dried Ginger Root** (*Z. officinale*)	Cut & sifted root	4 oz (113 g)	$5.50–$7.50	12 months
[ ]	**Lemon Balm** (*M. officinalis*)	Cut & sifted leaf	2 oz (57 g)	$6.00–$8.00	6 months
[ ]	**Culinary Thyme** (*T. vulgaris*)	Dried whole leaf	2 oz (57 g)	$4.50–$6.50	9 months
[ ]	**Hibiscus Petals** (*H. sabdariffa*)	Cut dried calyx	4 oz (113 g)	$6.00–$8.00	12 months

2. Simple Kitchen Gear Check

- [ ] Wide fine-mesh basket infuser (skips cramped tea balls)
- [ ] Regular 8–12 oz mug + small saucer lid
- [ ] Small covered 1–2 qt saucepan (for ginger root)
- [ ] 6 clean, bone-dry 8 oz glass jars (reuse jam jars first)
- [ ] Optional: Raw liquid honey for Page 3 weekend jar

3. 3 Bulk-Bin Quality Checks

- **Skip fine powders:** Always pick *cut & sifted (C/S)* or whole flowers so tea strains crystal-clear.
- **Smell & color check:** Leaves should look green (not dusty brown) and smell bright when pinched.
- **Yield math:** 16 oz total brews ~135–180 blended mugs (~$0.18–$0.32/cup vs. $0.45+ tea bags).

Safe Sourcing Rule: Buy only clearly labeled food-grade culinary dried herbs from reputable suppliers (`mywellnessnow.org/go/bulk-herbs` — affiliate link). Never wild-forage unfamiliar plants. Educational reference only; not medical advice.