



ORGANIC SPICE & TEA BLENDS:

- * Small Batch
- * Responsibly Sourced
- * FDA Certified Facility
- * Artisan Blended
- * Only available from Fennel and Fire
- * Not on Amazon
- * Certified Organic Ingredients
- * Gluten-Free
- * Woman Owned
- * Clean Ingredients: No MSG, No preservatives, No additives, No anti-clumping agents and No fillers.
- * Just pure organic high quality ingredients

Mission:

- * Provide High-Quality Organic Goods
- * Make Them Easy To Use
- * Make Them Usable for Today's Modern Kitchen

Excite  Taste
your buds,
naturally!

Fennel & Fire Spring 2023 Spice Blends

2-1-23

ORGANIC SIGNATURE BLENDS

Organic. Gluten Free No Chemicals No Additives

COWBOY RUB

This organic blend was inspired by the amazing flavor combination of coffee, chilis, and cocoa. Just like the west, this dynamic trio will have you saddling up, cooking over the campfire and craving more. Use on steaks, burger, rubs, briskets, pork, chili and even in brownies.

DELTA DUST BBQ

Just like a great Southern tradition, this Delta dry rub gives you award winning BBQ meat. It has sweet and heat just like the South! It won a 6th place finish in a Southeastern BBQ Contest that had participants from all across the South. Rub on ribs, pork loin, chicken, or any meat. Grill, slow cook, pressure cook, or smoke for a wonderful flavor that will excite your tastebuds.

FAJITA

Spice up your chicken, shrimp, steak, or vegetables with this classic blend. Organic garlic, mesquite salt and the the perfect blend of organic ancho, chipotle and chili peppers with no msg, no sugar, no preservatives, no additives, no fillers, makes this a well used spice. Just like all our spices it's gluten-free.

FIRE SALT

Our Fire Salt blend adds just enough heat and salt, that you will find yourself reaching for this blend often to finish your dish. Excellent on avocado, baked or roasted potatoes, salads, soups, corn on the cob, popcorn, snack mix, really just about everything! A blend of certified authentic world salts, a mix of pepper and organic spices make up not only a well balanced blend but a beautiful blend for your table.

GRILLING

Whether it is steak, chicken, pork, hamburgers, or vegetables, this will soon become your go-to grilling spice. Made with our organic proprietary pepper blend along with mesquite sea salt, organic coriander, organic herbs, organic chilis, and other spices, it will make you the king or queen of the grill!

LITA'S PERUVIAN

Named in honor of the many grandmothers of Peru that kept true to the region's traditional flavors and made sure they were passed down to the next generation. This rich spice blend created by Fennel and Fire will soon be one you will be passing down. It's simple to use, extremely versatile, and adds terrific flavor to traditional, modern, and vegetarian meals. Visit our recipe page to see some wonderful recipes with this blend. Get creative and enjoy it with all that fall has to offer.

PASTA TOSS

Pasta Toss is quickly rivaling our Veggie Heaven as a top seller. Inspired by the beautiful herbs of Southern Italy and the nostalgic Shakey's Pizza Co. spice blend that graced every table After months of experimentation and flavorful exploration, Pasta Toss was born. You will experience the flavors of Italy in every bite. Use on pastas, breads, vegetables, chicken, steak, fish, bread dipping oil to name a few.

PERFECT SALMON

Season it, grill it, sauté it, or bake it for the best tasting salmon you have ever eaten. This complex delicate blend adds the perfect flavor enhancement that won't overwhelm the fish but adds just the right delightful taste on your salmon, shrimp or steelhead trout.

SPICY CHICKEN

Inspired by the famous "Nashville Hot" chicken, this blend was created with some heat and just enough honey-sweet to bring a little Nashville into your home. Sprinkle on before cooking or use at the table side to "Kick Up" your meals.

STEAK

This incredible blend melts into your just grilled steak adding the perfect spices to enhance the flavors to thrill all steak lovers. Rich in cracked and crushed peppercorn, smoked salts, organic herbs & spices, we are sure it will make any steak lover happy. Steak blend is great to use on mushrooms, or roasted potatoes for a plant based diet or a meatless Monday meals.

TUNA CHICK

We made it simple... just mix in a few teaspoons of TunaChick Seasoning and have a quick tuna or chicken salad that will have you craving more. Our dried herbs that include Fennel, Tarragon, Dill and Celery seed really bring life to your tuna or chicken salad. Also great on Fish, Chicken, Shrimp salad, potato salad, and deviled eggs.

VEGGIE HEAVEN

Our #1 best seller! Veggie Heaven is one of the most versatile, all natural, organic spice blends available. It's great on rice, chicken, bread, tuna salad, fish, corn on the cob, popcorn, chowder, and of course, vegetables. But don't limit yourself with these choices. You can try Veggie Heaven on virtually everything. See 34 ways you can use Fennel and Fire Veggie Heaven. Please share with us the 35th use when you discover it!

Organic Seasonal Blends

CAJUN

We have taken the sophisticated flavors from the French and the exciting flavors from Louisiana and combined them to give you a Cajun Blend that will become your favorite! Its depth is like no other Cajun blend you've tried.

HERBES DE PROVENCE

Found on my visit to the South of France, I fell in love with this beautiful spice blend. Ours is all organic and has the addition of supreme lavender and bay to make it one of the best Herbes de Provence you can find. Try in stews, coq au vin, potatoes, fish, lentils, soups, pasta, salmon, and salads. Our Herbs de Provence is salt-free, sugar-free

I LOVE YOU SALT & PEPPER BLEND

Say "I Love You" year round with this beautiful salt & pepper blend. Perfect for the table and perfect for every application. This blend of organic pink peppercorn, pink world salts, organic white pepper, and sea salts from around the world will grace any table and bring a touch of flavor and love! This is like our Pink & Pink in table size.

LAVENDER & SEL GRIS

This is a unique blend, but one you will find adds a unique and delightful flavor. Sprinkle on just-out-of-the-oven toast w Butter and Honey. Also, use on asparagus and Snap Peas, baked goods, and vegetables. Characteristics: Very Aromatic, Floral, and Beautiful, Finish just before serving Integration: French Grey Sea Salt & Organic French Lavender Supreme Uses: Finishing Salt. Best For Desserts, Chocolates, Bread, Pasta, Salads, Vegetables Origin: France

LEMON THYME

We took two cooking classics, organic lemon peel, and organic thyme. We added a bit of organic black pepper, organic onion, organic garlic, organic rose hip and other organic spices to give you the classic spice blend that stands the test of time... and there is a reason it does! Excellent on chicken and fish. Great in Soups and Stews!

TURMERIC DUST

Turmeric Dust was made to use as a dusting on cauliflower before roasting. But we have found many other uses for it: Roast Chickpeas, Use in Lentils, Dust on Potatoes before Roasting, Sprinkle in Rice Dishes, Dust Corn on the Cob after Buttering, Sprinkle on Chicken before cooking. Roasted Cauliflower: drizzle oil over cauliflower, dust with our Turmeric Dust. Roast cauliflower at 400 degrees for 25-35 min.

WILD GAME

We hit the mark with this one. The flavors make this blend like no other including organic juniper berries, organic herbs, mesquite smoked sea salt, cracked black pepper, Hawaiian red sea salt, maple sugar, a touch of chipotle, and spices. Use on Meats and Vegetables. Great on bison steak, beef steak, and elk. For plant-based meal rub some on a large portobello and grill it, or sauté a mushroom mix with onion and wild game! Get ready to experience a flavor you will soon crave.

Organic Seasonal Speciality Blends

BE BERRY HEALTHY

This syrup kit is a great and economical way to make your own elderberry syrup. Besides a Tbsp a day, I put it on my oatmeal, pancakes, pour in my ice tea, over ice cream with a brownie. This special blend of ingredients that has all the right nutrients needed to help you keep healthy throughout the year. The elderberry and echinacea are known for antiviral and immune-boosting properties. The rose hip gives you a boost of vitamin C. The spices are considered warming spices that stimulate digestion and circulation. The bilberry is not only good for the eyes but also improves circulation. I have selected the very best organic quality of these berries and spice

Organic Spirit Spice Infusions

Infuse your favorite sipping spirit with our Spirit Spice Infusions. Each 750 ml liquor bottle has been custom blended just the right amount of spice to give you the perfectly balance of spice to alcohol for infusion. These look great on the shelf, sparking interest and curiosity to the customer. They are great sellers around the holidays; valentines, mothers day, fathers day, campouts, birthdays, Thanksgiving, Christmas, and Chanukah. Directions: Simple add a favorite unflavored vodka to the bottle with spices. Place cork back on and gentle rotate every day or so. In two to three weeks your liquor will be infused and ready to strain. Strain spices from liquor, add liquor back to bottle, cork and enjoy!

#3 SPICED RUM

#4 HIBISCUS VODKA

#5 COWBOY WHISKEY

#6 LAVENDER VODKA



Organic Signature Blend Grinder Collection

CITRUS PEPPERCORN

Bring the sunshine to your meal with this citrus pepper blend. It's a great salt free choice for adding flavor to your meals. Great on salad, broccoli, vegetables, soups, & sauces. It's like sunshine on a plate!

COFFEE TWIST

Whether sitting on the deck in the morning or baking a pie with children, this spice will make special moments even better. Just twist into your coffee grinds before brewing or add a teaspoon to coffee beans before grinding. This spice twist not only brings health benefits to your coffee but also adds a delightful flavor. It's an excellent baking component. Great on whip cream, in Cocoa, on and in cookies, pies, desserts. It also adds a richness to savory sauces made with berries.

HERB SALT

This special mix of organic herbs and spices along with the world's purest sea salt makes for a grinder that should be on everyone's table! Our Australian sea salt is harvested from the deep cold waters of the southern ocean between the edge of Australia and the icy coast of Antarctica. Because of the frigid waters and high saline content Australian Sea salt is some of the cleanest, purest salt available. Our salt has been Certified Authentic, Optically Cleaned, and Organic Compliant. Unique to our Herb Salt is the use of the green peppercorn. Green peppercorn has a brighter, fresher, and more mild flavor than a black peppercorn. It is a perfect addition to this blend that includes organic onion & garlic, along with organic herbs. It also includes a touch of organic red pepper to add a bit of pizzazz and organic lemon peel to add brightness to your meals. Great on: Chicken, Fish, Salads, Vegetables, Sandwiches, Eggs, Tunafish Salad, Chicken Salad, Potato Salad, Steak, Meat, and just about everything! Get it on your table today.

PINK & PINK

Add a little romance to the table with our Pink & Pink Grinder. Grind some of the wonderful flavors of Pink & White Peppercorn, Himalayan Pink Salt & Australian Sea Salt onto your meal in place of table salt. Use on delicate foods, such as asparagus, fish, snap peas, bread, desserts, corn, cream soups, salads, & veggie bowls.

STARTER PACKS

TOP SIX BLACK BAG COLLECTION

Our Top Six collection includes our top six best sellers in a stand up bag. A 36 pack bundle.

Collection includes: 6 Veggie Heaven, 6 Pasta Toss, 6 Fire Salt, 6 Grilling, 6 Delta Dust, and 6 Perfect Salmon

TOP SIX GLASS JAR COLLECTION

Our Top Six collection includes our top six best sellers in a glass jar. A 36 pack bundle.

Collection includes: 6 Veggie Heaven, 6 Pasta Toss, 6 Fire Salt, 6 Grilling, 6 Delta Dust, and 6 Perfect Salmon

GRINDER PACK

Grinders are a great way to add a finishing flavor to all meals. This Grinder Pack includes 20 grinder top jars. Includes: 4 Citrus Peppercorn, 4 Coffee Twist, 4 Fire Salt, 4 Herb Salt, 4 Pink & Pink.

SPIRIT SPICE COLLECTION

This is a 16 bottle collection of a 750 ml liquor bottle with spice in bottle.

Includes: 4 Spiced Rum, 4 Hibiscus Vodka, 4 Cowboy Whiskey, 4 Lavender Vodka

FENNEL & FIRE ORGANIC LOOSE TEA BLENDS

- * Small Batch
- * Artisan Blended
- * Responsibly Sourced
- * Certified Organic Teas, Flowers, Herbs and Spices Are Used
- * Loose Leaf
- * FDA Certified Facility
- * Woman owned



ORGANIC SIGNATURE TEA BLEND WHOLESALE

FENNEL & FIRE LOOSE ORGANIC TEA BLENDS DESCRIPTION

STATE OF MIND COLLECTION The Modern Collection

CALM

Stress...Craziness...Always on the go? Take a moment, sit down and relax with our organic Calm tea. A beautiful blend of Organic Jasmine, Organic Rooibos, Organic Holy Basil, Organic Passionflower, Organic Chamomile, Organic Lavender, Organic Spices and Herbs, with just a touch of honey granules will allow you to escape into a State of Calm!

ENERGY

Get energized with a blend of organic peppermint, and organic green tea. Organic ginger, organic lemongrass, organic rosemary, organic cinnamon and organic Eleuthero root (Siberian ginseng) round out this energetic tea. Excellent served cold with rosemary simple syrup.

SLEEP

A beautiful blend of organic red rooibos tea (caffeine-free) and organic chamomile flowers enhanced with organic lemon balm, organic passionflower, organic marigold, and organic lemongrass. It will send you into pleasant slumbers. Excellent with a touch of honey.

SUNRISE KISS

The sweetness from our combination of peach black tea, golden monkey tea, Yerba mate, ginger and honeysuckle blossoms will sweep you into the morning bliss. Great as an ice tea.

SWEEP AWAY COLLECTION The Simpler Times Collection. Serve Iced or Hot

BERRY PATCH

This tea sweeps me back to my younger days of picking fresh dew berries off the family farm. I can feel the sunshine, the smell of the dirt, and the ice cold tea that we sipped while feeling the wind as we sat in the back of the truck. We hope this beautiful blend of black tea flavored with organic blackberry leaf and flavoring, organic butterfly pea flower, organic hibiscus flower, organic rose hip, organic spices, flowers & berries, will sweep you into the feel of picking berries on a summer afternoon.

HIBISCUS GINGER

A perfect caffeine-free tea to enjoy, either hot or cold. It is so refreshing as a cold tea and soothing as a hot tea that it will have you reaching for it every afternoon. Naturally sweet that you will be able to enjoy without a sweetener. Our blend of organic hibiscus flowers, organic Sencha decaffeinated tea, organic ginger root, organic orange & lemon peel, organic honeysuckle, organic rosehips, and other organic teas flowers and berries will make it a favorite.

PORCH SWING

The front porch is a way to sweep away to a simple day of napping, visiting, reading and biting into a fresh ripe peach while swinging on the front porch swing. We have blended organic black tea flavored with organic peach, organic jasmine tea, organic lemon balm, organic rosehips, organic tea, organic spices, organic flowers, and organic berries to let you sweep away to the "front porch".

STRAWBERRY LEMONADE

Sweep away to dreams of simplicity and summers filled with lemonade stands, swimming pools, and riding bikes in the neighborhood. We have blended organic black tea flavored with organic flavoring, organic lemon peel, organic lemon grass, organic calendula flower, organic lemon balm, organic spices, organic flowers, and organic berries. Serve Hot or Cold.

WELLNESS COLLECTION. Historically used for wellness and health benefits. Not FDA Approved. These product are not intended to diagnose, treat, cure, or prevent any diagnosis, treat, cure, or prevent disease.

BE WELL

We created this blend for our own immunity boost use. We love it so much, we wanted to share it with you. The blend of organic gunpowder green and organic Sencha fair trade green tea give the tea a fresh sweetness full of antioxidants. To this we added: organic Amla berry (Indian gooseberry), organic astragalus root, organic elderberries, organic echinacea root, organic goji berries, organic ginger root, organic hibiscus flower, organic lemon balm, organic lemon peel, organic lemongrass, organic olive leaf, and organic rosehip What we love most about this tea: 1.) The taste is really good 2.) the sweetness from the green tea makes it satisfying without honey or sugar 3.) We know it is chalked full of antioxidants and nutrients 4.) It is a great substitute for morning coffee. 5.) It is great both hot or iced. This tea has many hard-to-find botanicals so it offer may be limited.

CLARITY

Our organic Clarity tea blend is composed of wildcrafted Chaga mushrooms, organic Pu'Erh tea, organic cocoa nibs and organic orange peel. Chaga mushrooms have historically been used for clarity and focus. This perfect balanced blend allows you to enjoy your tea with no additives or sweeteners. Enjoy a cup of clarity in the morning or midday, iced or hot to enhance focus and awaken the mind.

Notes: earthy, clean, mild with subtle cocoa flavors. Though it is made with chaga mushrooms, there is not a strong mushroom flavor.

PETALS & BERRIES

BRAMBLE BERRY

Sip this beautiful Bramble Berry tea cozied up with your best friend. You will warm up with the rich flavors of organic blackberry black tea, organic elderberries, organic black peach tea, organic honeybush tea, organic ginger, organic hibiscus, and other organic teas, fruits, and berries.

GINGER

Organic green tea, organic ginger root, organic lemon, honey granules, organic turmeric root, organic herbs and organic flowers make this a super healthy and refreshing tea.

LAVENDER

This beautiful blend of organic lavender, organic jasmine tea, organic Shu Mee white tea, and lemongrass was blended to bring on a sense of beauty and calm. Enjoy sipping hot with your favorite local honey or enjoy cold as a refreshing drink.

ROSE

Our rose is a blend of Shu Mee white tea and Sencha green tea along with hibiscus petals, rose hips, rose petals, calendula, and will bring grace and beauty to your day. Enjoy both as an iced or as a warm tea.

TEA BLENDS STARTER PACKS

STATE OF MIND: 6 Calm, 6 Energy, 6 Sleep, 6 Sunrise Kiss

SWEEP AWAY: 6 Berry Patch, 6 Hibiscus Ginger, 6 Porch Swing, 6 Strawberry Lemonade

PETALS & BERRIES: 6 Bramble Berry, 6 Ginger, 6 Lavender, 6 Rose

Thank you so much for supporting our business. Because of you as our partner, we continue to grow and share our quality product while supporting organic practices!

Jay Stratton
Founder