jimlongsgarden.blogspot.com

Preserve your Bountiful Harvest Series Make Your Own Hot Sauce

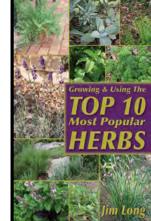


If you like growing peppers, and like hot sauce, you will love Jim's recipes. (Hot sauce is not the same as salsa. Hot sauce is used by the drop for seasoning, while salsa is used for dipping.) Jim's recipes give you the option to make mild sauces, like Tabasco, or sizzlingly hot ones for the real pepper lover.

40 pages.

Make Your Own Hot Sauce ... \$6.95

The Top 10 Most Popular Herbs



This is an excellent book for gardeners who want to know how to grow and use the herbs experts consider essential. Jim conducted an extensive survey of plant sellers across the United States & Canada, and this book is the result. With each herb you will find growing information, best varieties, potential pests, growing tips and recipes for using what you grow. This book is popular with beginners and people who have been growing herbs for decades!

36 pages, with 4 color pages inside. Top 10 Herbs ... \$6.95

Herbs Just For Fun

Herbs 101 gives the basics of growing herbs

for a culinary garden, fragrance garden and

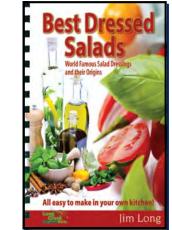
in a garden or containers. Jim offers plans

more, along with detailed instructions for

propagating, growing and using herbs. He

has also included lots of recipes to get you

started using the herbs you grow.



This book was the result of a question at dinner one night, "What's Cobb salad and where did it come from?" That prompted Jim to research not only Cobb salad, but led him into the histories of some of the world's most famous salads and their dressings. This is an interesting read, as well as a cookbook stuffed full with 188 easy dressings you can make in minutes in your own kitchen!

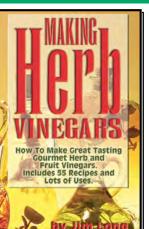
The Best Dressed Salad

104 pages, spiral bound.

The Best Dressed Salad ... \$10.95

NEW COVER

Making Herb Vinegars



In this book you will find information about the kinds of vinegar to use and which method for making vinegar best suits your needs. There are 55 recipes for making herb and fruit vinegars, including recipes for the bath, for hair rinses and face splashes, along with tips for using vinegars for salad dressings, for first aid and lots more.

36 pages.

Making Herb Vinegars ... \$5.95

Recipes and Food from the Era of the Civil War

American Herbal History Series

Soldier" lectures.

36 pages.

Herbal Medicines of the Civil War

Civil War doctors were not all surgeons.

Many were local country doctors and folk healers who were brought into the war to

help with the wounded. Herbs and plants

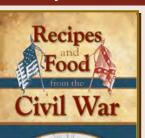
played a big part in medicine of the 1800s and this is a look at the plants that were used

for healing. A valuable reference for anyone

interested in historical plant medicines.

Taken from Jim's "Healing the Wounded

Herbal Medicines of the Civil War ... \$6.95



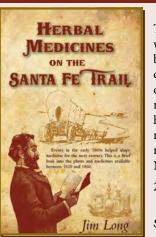
Herbal Medicines

This is one of Jim's first books on the history of herbs and their uses in the United States, and it remains a best seller. Popular with Civil War reenactment groups, gardeners, theme cooks and herbalists, this little book is informative and amusing.

30 pages.

Recipes, Cooking Practices and Food from the Era of the Civil War ... \$5.95

Herbal Medicines on the Santa Fe Trail



The Santa Fe Trail was seminal to the westward expansion of the United States, but that expansion would likely have been delayed decades had it not been for the discovery of quinine and a few other simple remedies. Popular with re-enactors and history buffs alike, this book documents many of the healing plants, practices and medicines of the 1840s up to the Civil War. Nicely illustrated.

26 pages.

Herbal Medicines on the Santa Fe Trail ...

"It will do no harm to try it"

Sensational Salsas, from Apple to Zucchini



Fabulous

Sorbets

Fresh salsas are not just for dipping. Jim's included lots of easy, fast and tasty recipes, many of which are delicious as both dips and as side dishes for holiday meals. Tart apple salsa (serve it with roast turkey), banana salsa, Evil Jungle Prince salsa - there are 55 wonderful recipes for any time of

36 pages.

36 pages.

Herbs 101 ... \$5.95

Sensational Salsas ... \$5.95

Fabulous Herb & Flower Sorbets

use and Jim's fabulous recipes.

Make ... \$5.95

How to Make Romantic Bentwood Garden Trellises

decorative fences.

NEW COVER

Wonderful recipes for simple, easy frozen

desserts using herbs and flowers. These are

sooo good! Covers methods for making easy

frozen desserts and sorbets, edible flowers to

Fabulous Herb and Flower Sorbets You Can

NEW COVER

Easy Homemade Crackers. Using Herbs

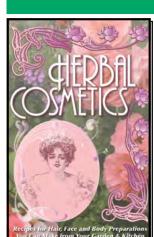


Some customers who have tried the recipes in this book ask us how store bought crackers ever became so popular! Here you will find instructions, tips and lots of recipes for making your own homemade crackers. Many of the recipes use fresh or dried herbs; All of them are easy, delicious and fun to

36 pages.

Easy Homemade Crackers, Using Herbs ... \$6.95

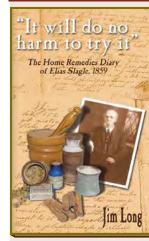
Herbal Cosmetics



Want to find even more uses for the herbs growing in your garden? Herbal Cosmetics contains detailed recipes for making hair rinses, body oils, bath blends and lots more; all from the garden and kitchen. Bountifully illustrated with Jim's drawings and old, antique prints.

28 pages.

Herbal Cosmetics ... \$5.95

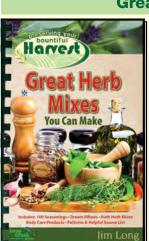


Elias Slagle began his diary in 1859 when he was 18 years old, living in Ohio. He began recording herbal and folk remedy formulas, word for word, from doctors and healers he encountered. From a humorous "cure" for rattlesnake bites to distemper in "Doggs," Slagle gives us a vivid glimpse into plant medicines, life and lifestyles of the mid-1800s. This collection of healing formulas is a colorful addition to any library of plant and folk medicines of the 19th century.

68 pages.

"It will do no harm to try it" ... \$9.95

Great Herb Mixes You Can Make



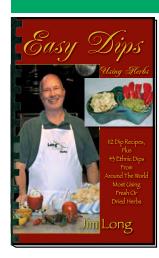
Hundreds of our favorite herb formulas, along with herb craft projects to make, seasonings, body and pet products and lots, lots more. Also information about how to price your product, resources and lots of information for the small business person. (This is also great for selling to customers who grow their own herbs and want to know how to make seasonings for gifts and their own use.)

102 pages, spiral bound.

Great Herb Mixes You Can Make ... \$10.95

New cover summer 2014!

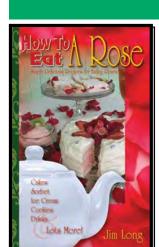
Easy Dips, Using Herbs



This is a great collection of Jim's favorite party dips. You'll find 112 delicious dips for entertaining and also 43 ethnic dips that Jim has collected from his world travels, including dips from Thailand, India, Mexico, Italy and Indonesia. You'll find vegetarian dips, nondairy dips and low calorie ones, as well as lots of traditional ones, including seafood, layered and creamy dips. Entertaining can be quick and easy and the recipes you'll find here make it fun!

104 pages, spiral bound. Easy Dips, Using Herbs ... \$10.95

How To Eat A Rose



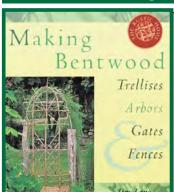
Simply Delicious Recipes for Using Roses In this book you will find a wealth of recipes for making easy, simple, elegant and exciting foods using fragrant roses as the primary ingredient.

36 pages.

How to Eat a Rose ... \$5.95

A Storey Publishing **Best Seller!**

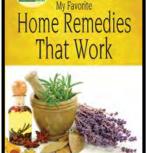
Making Bentwood Garden Trellises



Color illustrations of our gardens and trellises, plus chapters on how to make trellises, fences, gates, arbors, along with Jim's great recipes. There's also information about finding wood, what kinds of vines to grow and lots of sources.

This is the best book for a wide range of trellis, gate, fence and arbor projects. 144 pages.

Making Bentwood Garden Trellises ... \$19.95



Make Your Own

Romantic

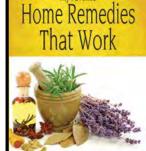
Bentwood Trellises

Jim Long has spent a lifetime collecting

35 pages, alphabetized and indexed.

Home Remedies That Work ... \$6.95

Home Remedies That Work



favorite home remedies from family, friends, medical professionals and other herbalists. This book contains lots of Jim's favorite recipes and tips for safe, inexpensive, herb and natural remedies for healthy living.

Step by step directions for making full-sized

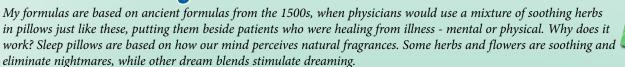
garden trellises, and miniatures for the desk

planter. Includes simple gates, arbors and

How to Make Romantic Bentwood

Garden Trellises ... \$5.95

Enjoy Better Sleep with our Ready-made Dream Pillows



Each pillow is hand-sewn with my dream blend formula inside, along with a bit of fiberfill to make the pillow soft. Simply remove the pillow from the package and place it anywhere inside your pillowcase. Instructions are included. \$8.95 each or 4 for \$32, specify Restful or Pleasant.

Restful Sleep Pillow

Nightmares? Difficulty sleeping? PTSD or flash-back nightmares? Restful Sleep is a formula I learned from a pharmacist friend 2 decades ago. Over the years I've seen this blend ease flash-back nightmares of Veterans and calm nightmares in children. If you have trouble sleeping, have nightmares or PTSD, or simply want better sleep with no dreaming, choose this blend.

Pleasant Dreams Pillow

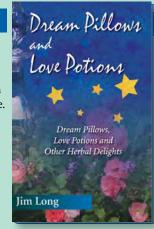
Want just an enjoyable good dream that you will remember? Pleasant Dreams Sleep formula is a mixture of herbs that give you pleasant dreams, with special herbs to help you remember the dream (and often dreams in color, too). Choose this blend for an all-around good dream you

Making Herbal & Dream Pillows



Beautifully illustrated, full of dream pillow formulas and Jim's recommendations for using Dream Pillows. This book is a real treasure. Autographed upon request.

Hardcover ... \$14.95 Order two for \$28 and save \$1.90



Dream Pillows & Love Potions

This is the book that started it all! Jim Long's first little book on dream pillows, taken from workshops the past 20 years, gives a brief history of dream pillows and how they work, along with some recipes and formulas. Give copies of this interesting book when making dream pillows for gifts!

Dream Pillows & Love Potions ... \$4.95

Doggie Cookie Kit For making doggie cookie treats. Includes recipes, cute cookie cutters and a packet of mint (for doggie oreath) with an attractive neader tag. Your doggie will love you for this. Good project for kids, too! Doggie Cookie Kit ... \$4.95 Cookie Kit for Cats

imilar to the doggie cookie kit, but with tasty cat treat

Cookie Kit for Cats ... \$4.95

recipes and a little packet of catnip for flavoring. Lots of fun for adults or kids and the cats love it, too!

Buy any 2 (Dog or Cat Kit) for \$8 save \$1.90



Molly & Jim **Purr-fect Catnip Pillows Pure Entertainment for**

Great packaging! The pillow is 5 x 5 inches, with pretty cat design material, filled with fiberfill and our great super-strong catnip. Customers tell us it's so powerful that cats have chewed through the shipping box to get to the pillow! Packaged in easy to display window box that shows the cloth pillow inside.

Purr-fect Catnip Pillow ... \$6.95 Buy 2 Pillows for \$12 save \$1.90

Everything you need is included in each kit!

To read more about Dream Pillows go to: jimsdreampillows.blogspot.com

Introducing our new Sleep Therapy Kits A fun activity for groups of all ages.

(Nursing homes, support groups, sleep overs, scouts or party favors.)

Each Kit includes enough Dream Pillow blend, cotton drawstring bags and dream folders to make 10 Sleep Therapy packets. (The Dream blend goes into the drawstring bags, then you enclose each in our special Dream Pillow folder, tie them closed and give them as gifts or sell them at your next craft fair. No sewing required! Complete instructions are included, along with a copy of my first book on dream pillows, Dream Pillows & Love Potions.

Specify Restful Sleep or Pleasant Dreams Kit \$24.95; or order two Kits for \$44.95.

No Sewing Required in any of our kits.



Treat Fungus Problems Naturally Nail Fungus Soak





Jim Long

This is the amazing herb formula that Jim Long created over 25 years ago for his own fungal problem. Complete directions are enclosed for mixing with 4 cups of inexpensive apple cider vinegar which you provide. One box lasts about 2 months. The average customer should begin to see improvement in their nail fungus in about 5-6 weeks as new nail growth occurs. Keep soaking until the new nail is completely

It works! Guaranteed.

Have Questions? Check our Questions and Answers page on our website.

Nail Fungus Soak....\$14.95 Order two for only \$28 and save \$1.90

- Best Buy -

Order 1 each of Nail Fungus Soak and Fungus Fighter Tincture,

a \$27.90 value, for only \$24.95 and save \$2.95

Fungus Fighter Tincture

(An herbal dietary supplement)

Used in combination with Nail Fungus Soak on tougher fungus problems. The manufacturer recommends taking Fungus Fighter Tincture internally each day, in water or juice. It can be used topically, if you prefer.

Fungus Fighter Tincture, 1 oz. bottle \$12.95 Order two for \$24 & save \$1.90

Satisfied Customers Write:

"After years of using over the counter products and prescribed RX's for my husband's nail problem we ordered your Herbal Nail Soak. It has dramatically improved his trench foot and I'm sure is safer to use! Thanks from a happy customer on the coast of NC!"

OUR NAIL SOAK GUARANTEE

— Leigh G., North Carolina

Our Guarantee: There's enough Nail Fungus Soak™ formula in a box for about 2 months of soaking. If you have followed the directions, using the vinegar we recommend (and not digging under your nails or cutting them back close to the flesh), soaking daily, and have not seen any results, simply send us the empty box or your receipt for a one time refund. (We don't refund shipping and handling charges). This guarantee is for one box of Nail Fungus Soak™, one time, only. (We believe that you can tell by the end of 2 months of using the first box whether Nail Fungus Soak™ is working, and the guarantee is for that first box only). We offer no guarantees on Fungus Fighter Tincture, as we are not the manufacturer of that product. Our goal is to help you be rid

Fungus Fighter Tincture

of your nail fungus.

We recommend you use the Nail Fungus Soak first, by itself. Most people respond to that treatment without the addition of the tincture. But for very tough cases, the addition of the tincture may be useful.

Tips to Ensure Success While Using Nail Soak

- 1. Be sure while treating your nails to avoid cutting the nail back close to the flesh and avoid digging under the nails, either of which can loosen the tender flesh under the nails and stop or even reverse the healing. It's very important; don't tinker with your nails! Be patient; it works. Nail fungus generally takes years to grow, so give Nail Soak time to heal your nail fungus.
- 2.Be sure to soak daily. Missing a day now and then is ok, but missing several days, or stopping, then starting weeks later, will keep the Nail Soak from doing
- 3.Use only the cheap, apple cider vinegar from the grocery store (**not** something you've had sitting, open, on the shelf.) Other vinegars, including raw, unfiltered or organic vinegars will not work with our product. (They are not pasteurized, and contain live bacteria. which is good for internal use and salad dressing, but will actually help nail fungus to grow, instead of healing).
- 4. Make a fresh batch of Soak after 2 months to ensure full strength. Keep soaking until the nails are completely grown out, to be sure the nail fungus is
- 5.Sterilize (with rubbing alcohol) your nail files and trimmers to prevent re-infecting your nails or spreading the fungus to other nails (or other people's nails).
- 6.Don't give up too early! Some people expect the fungus to be gone in 3 or 4 weeks. It won't be. At about the 6 week point of daily soaking, there should just begin to be new growth showing up at the base of the nail. We recommend soaking until the nails are grown out to make sure the fungus is completely



LongCreekHerbs.com

Cultivating an Appreciation for Herbs **Since 1987**

You will need 1 quart of apple **DIRECTIONS:** cider vinegar, plus contents of 1 - Bring 1 quart (4 cups) apple cider vinegar just to a boil, using a stainless, this box. If you have a choice, glass, enamel or non-stick pan. (DO NOT USE corrosive aluminum or avoid vinegar that includes caramel coloring. It isn't harmful, but the coloring may 2 - Shut off heat and stir in the entire contents of the package of herbs. temporarily discolor the nails

Directions for Nail Fungus Soak

3 - Cover the pan with a lid and remove from heat and let the mixture cool over night.

4 - Nextday, strain out the herbs, keeping the liquid and discarding the herbs. This liquid can be reused for up to 2 months. To use: Soak affected area on hands or feet for 3 to 5 minutes daily (soaking longer

isn't necessary). Pat dry, but don't rinse, after soaking. To soak feet: Use an inexpensive plastic shoe storage box (available at most discount stores). Put the liquid into the shoe storage box and keep it next to the shower so that you can soak after bathing. Keep the box covered and out of direct sunlight. The liquid does not require

refrigeration, but might evaporate if not covered. Label and date the box so it doesn't get poured out by mistake. New, healthy nail growth or improvement generally begins to be seen in about 6 weeks. For slower growing nails, <u>look for improvement the second or third time you trim your</u> <u>nails.</u> Continue treatment until damaged nails grow out, or symptoms disappear.

Successful treatment may take more than one box.



Blue Eye, Missouri 6561[.]

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Take a VIRTUAL TOUR of our garden and check our monthly specials on our website: LongCreekHerbs.com

Permanent All-Natural Nail Files



all-natural, high quality stone nail files can be soaked in rubbing alcohol to sterilize them between uses. The files

These amazing

are made of the same stone that professional grade whetstones are made from and are extremely durable.

The fastest way to spread nail fungus from nail to nail or to other people, is by sharing nail files. While using Nail Soak, you should sterilize or clean your files after each use.

Each file is a different color stone, which corresponds to the fineness: yellow is for finishing and removing stains on nails; green is for maintenance filing, pink is for gentle sharpening and blue is medium grain filing. These files can last a lifetime under normal use.

Set of 4 All-Natural Nail Files (one of each grade/color), in clear plastic protective tube. \$8.95; 2 sets for \$16

Heel and Callus Stone

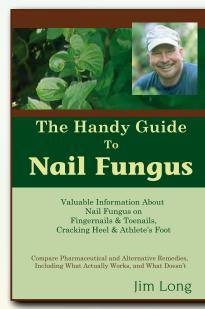


Made of pure, fine grade natural stone, this is perfect for using on rough heels and calluses. It can be soaked in rubbing

alcohol or a mild bleach solution to sterilize between uses. Use this to soften away rough heels and calluses. The all natural stone can last for a lifetime! Heel & Callus Stone \$7.95; Two for \$15.

BEST BUY! Order the Complete Set of 4 Nail Files in protective tube plus the **Heel & Callus Stone for just \$15.50** (You save \$1.40)

You might also like my helpful guide



This handy guide helps you compare pharmaceutical and alternative remedies for nail fungus on fingernails & toenails, as well as cracking heel and athlete's foot, including what actually works (and what doesn't).

Order The Handy Guide to Nail Fungus book \$6.95

See Our Helpful Video on our website



Visit the Questions & Answers page on our website for lots of tips, comments from customers and more good information that will be useful to you while using Nail Fungus Soak™. www.LongCreekHerbs.com.

We never sell, give or rent our customer files. We do not send you junk email. We are a small company that tries to treat our customers like we would like to be treated.

Fax: 417-779-4009 anytime

Phone: 417-779-5450 Mon - Fri, 8:00 am - 5:00 pm



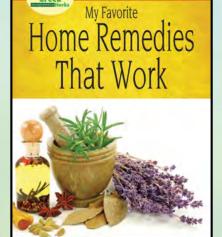
If using Nail Fungus Soak™ for feet, we strongly recommend using a plastic shoe storage box, both for keeping the liquid in, and for soaking your feet. (Pouring the liquid back and forth between a container and a soaking pan reduces the amount of liquid very quickly and it may not last the entire 2 months).

What is a shoe storage box? (Pictured above). It's a shoe-sized, plastic storage box, easily found at Dollar General, Wal-Mart or similar stores. These come in two sizes; men's, which is wider, and women's, which is narrower. We recommend using a women's size shoe storage box. Because it is narrower, the liquid will be deeper on your foot.

We recommend soaking your entire foot, not just your toes, because nail fungus is often accompanied by athlete's foot and cracking heel. Soaking the entire bottom of your feet, rather than just the toes, will help eliminate the athlete's foot and cracking heel within mere weeks. It takes longer to heal the nail fungus, simply because it has usually taken years to develop.

How to know your nails are healing: About the second or third time you trim your nails (approx. 5-6 weeks), you should just begin to see new nail growth at the base of the nail. This tells you the Soak is working. You should continue soaking until the entire nail grows out clear of the nail fungus, which may take several months, depending on how fast your nails grow and how long you have had nail fungus.

My Favorite Home Remedies that Work!



Jim Long

slightly. The best vinegar

to use is the least expensive

apple cider vinegar from the

grocery store. (We suggest you

avoid using fancy, health store

vinegars for this purpose, as

most are unpasteurized and are

not as effective). Surprisingly,

inexpensive store brands of

plain, brown, apple cider vinegar

Helpful

Video

website

work the best.

Jim Long has spent a lifetime collecting favorite home remedies from family, friends, medical professionals and other herbalists. This book contains a whole host of Jim's favorite recipes and tips for safe, inexpensive, herb and natural remedies for healthy living.

Customer Favorite

35 pages, alphabetized and indexed. \$6.95



Yes, we wholesale. Some of our best wholesale customers have found us because our satisfied customers, who used Nail Fungus $Soak^{\mathsf{m}}$, told them. Podiatrists, dermatologists, chiropractors, pharmacies, many garden seed catalogs and many other retail stores, carry Nail Fungus Soak™ and my herb books. Ask us if you have a business and are interested, or know someone who does.

LongCreekHerbs.com

Your **Order**

You can also place your orders from our website: LongCreekHerbs.com

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