

Everything HERBAL by Cheryl Jabz

BUBBIE'S THOUGHT

Family Traditions

A little reminder from Bubbie...

Family recipes carry more than ingredients.

They hold familiar voices, cherished memories, and stories from those who came before us. Write them down, share them often, and keep those special traditions alive for the generations still to come.

WRITE THEM DOWN • SHARE THEM OFTEN • KEEP THEM ALIVE

"Teach them to your children and to their children after them."

Deuteronomy 4:9 (NIV)

Herbs for the Body • Peace for the Soul
Live Well Naturally Every Day

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**HERBS
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FOR A
GENTLER LIFE



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