

## Rose and Thistle celebrates Earth Day with class

Celebrate Earth Day with the magic of bitters and medicines from the earth during Rose & Crown Apothecary's "Herbs for Digestion, Weight Loss & Metabolism," class on April 22 from 10:30 a.m. to noon.

"Incorporating bitter herbs into our diet has many benefits including decreased sugar cravings, healthier digestion, increased nutrient absorption and weight loss," said Apothecary Co-founder & Herbalist Patricia Immel. "We have a fun, informative class prepared for you with many herbs to sample and recipes for you to try. Celebrate Earth Day with the gifts of wild medicine."

When we taste bitter our digestive system is activated. Enzymes and hormones are released for optimal digestion reducing gas, bloating, heartburn, indigestion and stomach upset.

Research shows that bitters reduce appetite, consumption and waistlines. Bitters are also effective to lower blood sugar and cholesterol levels.

Our liver also responds to bitter. Bitter enhances the



COURTESY PHOTO

Patricia Immel (L) and her daughter Sarah Butte own and manage The Rose and Crown Apothecary, inside the Wellspring Clinic, located at 1845 Highway 126, Suite H.

flushing of inflammatory compounds and irritating substances from our body.

The liver detoxification function is optimized, blood is cleansed and inflammation is reduced.

This is why bitter herbs are recommended to alleviate headache, pain, fatigue, allergies, asthma and skin conditions including acne.

The Rose & Crown Apothecary is an expansion of

the Wellspring Clinic.

It is a special place to learn about herbs, medicine making and to enjoy a hand-selected variety of organic bulk herbs and teas.

This working apothecary also specializes in custom tea blends and herbal consultations with Immel and Horticulturist Sarah Butte.

You'll also find handcrafted organic skin-care products and distinctive gift items.

At the heart of the apothecary are Immel and her daughter, Butte. Together, they create botanically based products to enhance health, beauty and vitality.

They personally grow and carefully wildcraft many of the medicinal plants used in Rose & Crown products.

The class is free for Rose & Crown Herb Society members and \$20 for non-members.

Call 541-902-8860 to reserve a spot in this popular class.

Rose & Crown Herb Society classes take place inside Rose & Crown Apothecary at 1845 Highway 126, Suite G, Florence, Ore.

## Voting for Best NW Small Town ends April 24

Florence, Oregon, has been nominated for USA Today's 10 Best Readers' Choice travel award.

The national media company's panel of experts selected Florence as a contender for Best Northwestern Small Town.

An online poll is accepting votes through April 24.

"We are super excited to be nominated to this list of great places, and want everybody who has ever enjoyed Florence to vote right away, and vote daily," says Bettina Hannigan, executive director of the Florence Area Chamber of Commerce.

Voters may vote once per day until polls close on Monday, April 24, at noon eastern.

"Last year, Florence was named Expedia's Most Beautiful Town and received the Reader's Choice for Best Coastal Getaway from the state's largest media source," Hannigan stated. "We would be very grateful to have another national recognition as we build our identity as Oregon's Coastal Playground, and as a great place to live and work."

To vote in the Poll go to [www.10best.com/awards/travel/best-northwestern-small-town/florence-oregon](http://www.10best.com/awards/travel/best-northwestern-small-town/florence-oregon).

## FRAA's Big Wave Poetry Festival seeks Haikus

Attention all poets, would-be poets, or just folks who love poetry.

The Florence Regional Art Alliance's (FRAA) Big Wave Poetry Fest is coming to Florence May 12-13. Part of the Festival is a Tsunami of Haiku — 3 line poem, written in a 5-7-5 syllable format.

FRAA is asking everyone in Florence to think about what they love best about our town. Is it the beach, the river, Old Town, or a favorite coffee shop?

Then describe your favorite

thing in the Haiku format, sign it (or make it anonymous) and send it via email to [bigwave-poetry@gmail.com](mailto:bigwave-poetry@gmail.com).

Or entries can be dropped off at the Siuslaw Public Library on Ninth Street or at the FRAA Art Center, 120 Maple St.

FRAA members will print it, decorate it and hang the Haiku's all around town beginning May 1.

Share what you think is best about Florence, in the Haiku format, and have fun expressing your inner poet.

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### Native Oregonians ...



**ELECT FRANK EISELE**

for **Port Commissioner**

**Make your vote count on May 16th!**

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## FRESH CRAB



GARLIC BUTTER SALMON IN FOIL

**Ingredients**

- 1/2 cup unsalted butter, melted
- 1 tablespoon brown sugar
- 1 tablespoon lemon juice
- 3 cloves garlic, minced
- 1/2 teaspoon dried oregano

**Directions**

1. Preheat oven to 375 degrees F. Line a baking sheet with foil.
2. In a small bowl, whisk together butter, brown sugar, lemon juice, garlic, oregano, thyme, rosemary, salt and pepper, to taste.
3. Place salmon onto prepared baking sheet and fold up all 4 sides of the foil. Spoon the butter mixture over the salmon. Fold the sides of the foil over the salmon, covering completely and sealing the packet closed.
4. Place into oven and bake until cooked through, about 15-20 minutes. Depending on thickness of salmon, should flake easily when done.
5. Serve immediately, garnished with parsley, if desired. Serves 4.

Fresh In The Case THIS WEEK:

- Salmon**
- Crab**
- Oysters**
- Steamer Clams**
- Smoked fish**
- and more...**

THE KRAB KETTLE

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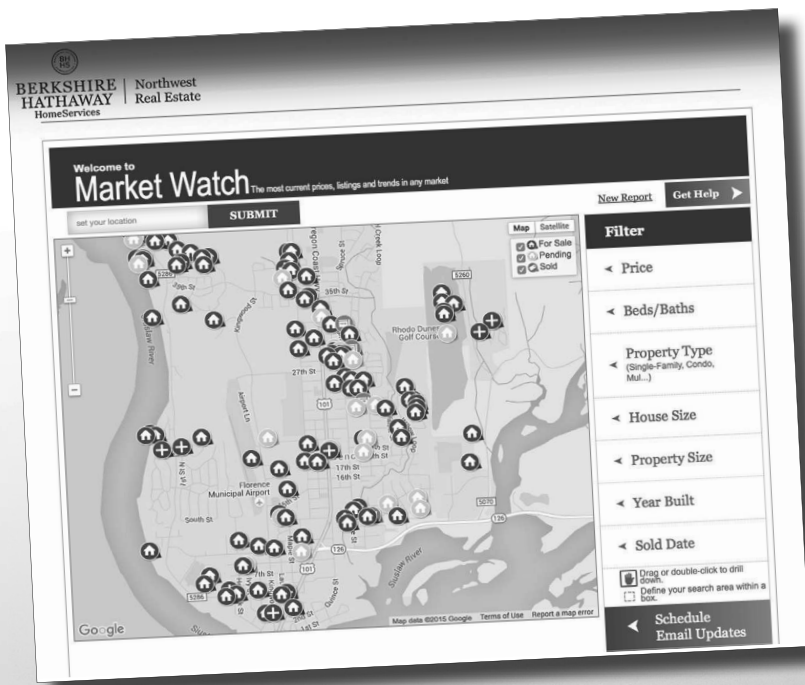


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**NEW LISTING**  
Like new lakefront with private dock. Pad for RV or boat parking  
3 Bdrm, 2 Ba 1976 sq ft  
**\$479,900** BH7449 ML#17178364



**NEW LISTING**  
Enjoy views of the Siuslaw River from this exceptional, one level condo with spectacular updates  
2 Bdrm, 2 Ba 1104 sq ft  
**\$299,000** BH7450 ML#17163329



**NEW LISTING**  
Great corner lot in Fawn Ridge East. Underground city utilities and sewer available. Desirable area of fine homes. Hiking trail to beach close by.  
.28 acre  
**\$62,000** BH7454 ML#17162003



**NEW LISTING**  
Time to build your dream home? Don't miss this corner lot in beautiful gated subdivision of fine homes. Underground utilities and sewer available .30 acre  
**\$64,500** BH7456 ML#17400658



**FEATURED LISTING**  
Greentrees East, 14' wide singlewide with dining area tip out, sunporch, carport and guest quarters with full bath plus shop and covered deck.  
2 Bdrm, 2 bath 784+ sq ft  
**\$75,000** BH7438 ML#17660701



**FEATURED LISTING**  
Priced to sell! Lot 61 at Heceta Reserve. Cleared, amazing lake views! Underground utilities, Heceta Water available, septic approval. Ready for your custom home!  
.24 acre  
**\$67,500** BH7377 ML#16425618



**FEATURED LISTING**  
GoldenWest immaculately cared for home in gated community, dbl garage & 40-50 ft RV garage with shop behind, 30 amp, dumpsite, 220 heater  
3 Bdrm, 2 Ba 2167 sq ft  
**\$379,900** BH7445 ML#17033969



**FEATURED LISTING**  
GoldenWest beauty on corner lot facing greenbelt. Common area across the street. Upgraded kitchen.  
42' RV pad w/dump & hookups  
3 Bdrm, 2 Ba 1/2 1760 sq ft  
**\$259,900** BH7446 ML#17424444



**FEATURED LISTING**  
Shelter Cove gated upscale subdivision in town. Corner location, fireplace, mint condition. Covered back deck & front porch. Double garage.  
3 Bdrm, 2 Ba 2211 sq ft  
**\$435,000** BH7395 ML#17196889