

**glass bottles / \$6.95 each**

**or**

**bags / \$3.00 each or 4 for \$10.00**

1. **AJ's All Purpose** is just what the name implies. Sprinkle it on vegetables, poultry, and fish or mix it in ground hamburger or ground turkey. **basil, garlic, onion, oregano, paprika, celery seed, lemon peel, thyme, parsley and pepper**
2. **Autumn** is a mild blend of spices that are a complementing combination of flavors. It can be used on red meats, poultry and vegetables. **garlic, paprika, onion, thyme, turmeric, mustard, red bell pepper, chili pepper and smoked paprika**
3. **Cinnamon Delight** is perfect on sweet potatoes. Place it on the table to sprinkle on oatmeal, toast, apple sauce and fresh fruit or anywhere cinnamon is used in a recipe. **cinnamon, orange peel, ginger and nutmeg**
4. **Fish and More** – The name says it all. Use it on everything from fish and seafood to vegetables. This blend is also perfect on grilled chicken, pork or steak. **basil, oregano, garlic, onion, thyme, paprika, lemon peel, bay leaves, parsley celery and black pepper**
5. **Garlic and Herbs** is a versatile blend for the garlic lover. Use it in soups, salad dressings or on grilled meats. **garlic, basil, oregano, rosemary, onion, marjoram, pepper, thyme, parsley, sage and black pepper**
6. **House Seasoning** is perfect on everything. Sprinkle it on fries, steaks, chicken, chops, burgers and vegetables. **basil, garlic, onion, oregano, bay leaf, dill, marjoram, savory, celery, thyme, turmeric, paprika, parsley, lemon peel and black pepper**
7. **Lemon Pepper** is an all-purpose seasoning that can be used on fish, chicken, beef, eggs and anywhere you would like a lemony flavor with a kick. **lemon peel, black pepper, onion, celery, orange peel, turmeric, savory and parsley**
8. **Mediterranean** is an essence of the Mediterranean regional cuisine. This French style seasoning will add a complexity of flavor to grilled or roasted meats and vegetables. **oregano, garlic, rosemary, fennel, thyme, sage and black pepper**

9. **Seasoning One** – Try it on poultry, beef and fish. This blend of all-purpose spices is hand mixed for extra boldness that will taste good on just about everything, even on potatoes. **onion, garlic, rosemary, thyme, oregano, paprika, orange peel, cumin, black pepper**
10. **Southern Chicken** is a traditional Southern-style seasoning that includes a hint of sage. **basil, celery, garlic, onion, oregano, black pepper, parsley, sage, paprika, cinnamon and spices**
11. **Taco Seasoning** is a blend of zesty authentic Mexican spices that will give your food a fiesta of flavor. **cumin, chili, garlic, onion tomato, paprika, oregano, cilantro, mustard, and cayenne**
12. **Tuscan** – The aroma of this Tuscan blend will take you on a trip to Italy. Use it on chicken, salmon, steaks, lamb, or in pasta, salad dressings and dips. **oregano, basil, marjoram, thyme, parsley, garlic, sage, rosemary and black pepper**

### **Seasoning Assortments**

**bags / \$3.00 each or 4 for \$10.00**  
**(can be ordered in glass jars)**

13. **Blackened Spice** be used on anything you think can think of including fish, steaks, chicken, pork or grilled vegetables. Don't stop there, use it to season soups, rice and eggs. **paprika, cayenne, black pepper, garlic, coriander, onion and lemon peel**
14. **Curry** is great to flavor any curry dishes such as stews, scrambled eggs, sauces, and more. **coriander, turmeric, cumin, fenugreek, cayenne, black pepper, mustard, ginger, cinnamon, cardamom, cloves and nutmeg**
15. **Dill Supreme** has a light and sweet flavor that will taste good on eggplant, zucchini, tomato, poultry, fish and salmon. **dill weed, cilantro, garlic black pepper, lemon peel and onion**
16. **Garlic Pepper** - Sprinkle Vera's Vittles Garlic Pepper Seasoning on poultry, hamburger, steak, vegetables or pasta and never eat another bland meal again. **garlic, black pepper, red bell pepper, parsley and celery seed.**
17. **Greek Seasoning** – This unique blend of seasonings can be easily made into a salad dressing or just sprinkle on vegetables and your choice of meats. **oregano, garlic, dill, cinnamon, peppermint, chili flakes and nutmeg**

18. **Herbed Pepper** – You will fall in love with Herbed Pepper for your roasts, chicken wings and kabobs. **basil, garlic, onion, thyme, paprika, marjoram, black pepper, chili pepper, rosemary, cayenne**
19. **Jamaican Jerk** will give your dishes a rhythm of flavors that come from spices that are original to the Island area. Use on any meat or vegetables where you want a little heat. **mustard, thyme, cinnamon, orange peel, ginger and nutmeg**
20. **Mystery** is a blend of all the spices and herbs that are used in all the Vera's Vittles Salt-Free Seasoning Line. Try it on everything you eat from asparagus to zucchini. Sprinkle on beef, poultry, fish or pork and be surprised by the flavor.
21. **Poultry Seasoning** is not just for turkey, but pork, fish, chicken or seasoning gravies and sauces. **thyme, sage, marjoram and rosemary**

### **New: Maple Cinnamon Sprinkle**

Maple Cinnamon Sprinkle is perfect for coffee, pancakes, French toast, cinnamon toast, cinnamon rolls or apple pie. Place it on the kitchen table to sprinkle anytime on oatmeal, toast, apple sauce or anywhere you may want a little sweetness. **Organic Ingredients:** maple syrup granules, cinnamon, orange peel, ginger, nutmeg, allspice and cloves

### **Seasoning Maintenance**

- Store all seasonings properly from heat, light, moisture and air.
- Do not store seasonings near a heat source such as over a stove, dishwasher, refrigerator, microwave, or near a sink or a heating vent.
- Do not sift seasoning over direct cooking dishes; pour in dry hand and then add to avoid moisture from getting into the jars and causing loss of flavor or mold.
- Often, the clumps are quite fragile--tapping the container in your hand a few times and shaking the bottle or using the fork twist will often free the seasoning.
- Pour extra virgin olive oil into the seasoning bottle to make a paste or rub and always use a dry measuring spoon when measuring from the seasoning bottle.

**4 – 4 oz metal tin boxed sets: \$16.95 each**

### **Spicy Set**

**Blackened Spice** seasoning can be used on anything you can think of including fish, steaks, chicken, pork or grilled vegetables. Don't stop there; use it to season soups, rice and eggs. ***paprika, cayenne, black pepper, garlic, coriander, onion and lemon peel***

**Spicy Garlic** gives you the flavor of garlic intensified. Add it to your barbeque chicken or any meat or vegetable for that extra bold flavor. ***garlic, smoked paprika, black pepper and cayenne pepper***

**Jamaican Jerk** will give your dishes a rhythm of flavors that come from spices that are original to the Island area. Use on any meat or vegetables where you want a little heat. ***organic ingredients: mustard, thyme, cinnamon, orange peel, ginger and nutmeg***

**Thai Spice** may become your new go-to seasoning for roasted vegetables, chicken or steaks. Make marinades or rubs as an inspiration to make old dishes new. ***chili powder, coriander, garlic, lemongrass, lemon peel, ginger, star anise, cilantro, onion, basil, cumin, cayenne, white pepper, cinnamon***

### **Pepper Set**

**Lemon Pepper** is an all-purpose seasoning that can be used on fish, chicken, beef, eggs and anywhere you would like a lemony flavor and kick. ***lemon peel, black pepper, garlic, onion, celery seed, savory, turmeric, orange peel and parsley***

**Herbed Pepper** – You will fall in love with Herbed Pepper for your roasts, chicken wings and kabobs. ***basil, garlic, thyme, oregano, paprika, black pepper, chili pepper, cayenne and turmeric***

**Garlic Pepper** will be your favorite for chicken, fish, beef and roasted vegetables. Enhance any meal with the favorite flavors of ***garlic, black pepper, parsley, red bell pepper and celery seed***

**California Pepper** – This savory blend of salt-free spices will enhance the flavor of your fish, chicken, turkey and hamburgers, whether grilled or baked. ***red bell pepper, black pepper, onion, garlic and parsley***

### **Starter Set**

**Fish and More** – The name says it all. Use it on everything from fish and seafood to vegetables. This blend is also perfect on grilled chicken, pork or steak. ***basil, oregano, garlic, onion, thyme, paprika, lemon peel, bay leaves, parsley, celery and black pepper***

**Poultry Seasoning** is not just for turkey, but pork, fish, chicken or seasoning gravies and sauces. ***thyme, sage, marjoram and rosemary***

**Tuscan** – The aroma of this Tuscan blend will take you on a trip to Italy. Use it on chicken, salmon, steaks, lamb, or in pasta, salad dressings and dips. ***oregano, basil, marjoram, thyme, parsley, garlic, sage, rosemary and black pepper***

**Cinnamon Delight** is perfect on sweet potatoes. Place it on the table to sprinkle any time on oatmeal, toast, apple sauce and fresh fruit or anywhere cinnamon is used in a recipe. ***cinnamon, orange peel, ginger, allspice, cloves and nutmeg***

**Vera's Vittles Seasonings are blended by hand with organic spices and herbs.**

**No Salt  
No GMO's  
No Preservatives**



**Buy Vera's Vittles Seasonings at:**

#### **Sweet Dixie**

246 N Sycamore St  
Petersburg, VA 23803  
(804) 722-0905

**And**

#### **Good Food's Grocery**

3062 Stony Point Rd  
Richmond, VA 23235  
804-320-6767

## **Vera's Vittles**

**Salt-Free**

## **Seasonings**



1728 Young's Road  
Petersburg, VA 23803  
Web: Vvseasonings.com  
Phone: 804-677-5133  
Contact: Vera Grant, M.Ed., PhD

### **Spice-up Your Everyday Favorites**

**Shake** on Vera's Vittles Salt-Free Seasoning to season foods without adding additional salt.

**Rub** (dry) is used to rub flavor on meats to lock in moisture adding an outside crust. Try mixing Vera's Vittles Salt-Free Seasoning to grated cheese, nuts, grated citrus peels such as lemon, lime or orange for that extra zest.

**Rub** (wet) is used to add flavor with a wet ingredient adding moisture and salt-free flavor. Mix Vera's Vittles Salt-Free Seasoning with vinegar, mustard or oil before rubbing.

**Stir** Vera's Vittles Salt-Free Seasoning into yogurt, mayonnaise and/or sour cream, for dips or vinegar and olive oil for salad dressings.

***Enjoy!***