You're Invited to a Special Event!

You are invited to come check out the new Sears Home & Life Store in Overland Park - it was just one of three stores across the U.S. that had grand openings this past May. The store is a new concept from Sears, and will focus on selling mattresses; major appliances, such as washers, dryers, refrigerators and stoves; as well as small kitchen appliances, and connected-home products.

The Midwest Mermaid Muse, Kathleen Foland will be kicking-off a series of events to be held at the new store to help generate awareness and education on achieving better healthy eating habits. She will be discussing the importance of plant-based nutrition in diets, and will be offering her culinary products and how they came to be as part of her own personal wellness journey. Take-home tips and recipes will be provided.

Sears Home & Life
Cooking Workshop for Wellness Journey
June 26th // 6:00-7:30PM
6327 W. 119th Street, Overland Park, KS

Come to the workshop to hear about putting more health and nutrition in you family meals, and then take a look at this great new store concept. For more information, call the store at 913/274-8014.

Tasty Watermelon Gazpacho
Mermaid Style
Gazpacho is such a healthy and tasty summer treat for lunch, or as a dinner appetizer. This watermelon variation is the perfect combination of savory and sweet and it's full of all-natural fresh ingredients. This is based on more traditional Spanish-style, with olive oil, sherry vinegar and a little
Ladies’ Night at Belvoir Winery
You don’t want to miss this! Come visit Midwest Mermaid Muse and many other vendors for an evening of shopping, giveaways, cash bar and more! Belvoir Inn and Winery is a family owned winery and event center located in the Odd Fellows Historic District off 291 Highway in Liberty, MO. Belvoir, French for ‘beautiful view’, is set on 170 acres with breath-taking vistas.

June 25th - 5:30-8:30pm
Belvoir Winery & Inn
1325 Odd Fellows Road
Liberty, MO

Don’t forget to register for your FREE ticket to receive your FREE raffle ticket upon check-in!

Enter Our Recipe Contest
We want to hear about ways you are using our Land & SEASONing spice mix. Or do you think you have an idea on how to use it to change up one of your favorite recipes? Enter our recipe contest and you’ll have a chance to win a gift box of selected products from Midwest Mermaid Muse, plus have your recipe published on our website and in an upcoming newsletter.

How to Enter:
1. Type up the recipe and include the ingredients, the Instructions, and how many it will serve
2. Must use Land & SEASONing in the recipe in some capacity (small packets can be purchased in our store)
3. Include a photo of the finished dish.
4. Send both to: info@midwestmermaidmuse.com with your name, address and email
5. Enter by July 31, 2019.

We look forward to receiving all of your yummy, ingenious ideas!

Spice Up Grilled Corn on the Cob
Fresh corn makes us so happy! As you are grilling corn this summer, shake a little of our Land & SEASONing on it. Add a little Ghee (or butter), chopped parsley for freshness and squeeze with a little bit of lime. Or fix it Mexican Street Corn style - still...
Buy the Land & SEAsoning Shaker ($15.00) to use as table seasoning and to sprinkle on meats, fish and veggies when grilling, and get the 2 ounce packet (normally $6.72) for just $2.50. Combined cost is $17.50 (reflects a 20% discount).

Celebrate the Ocean!
Celebrate and learn about our world oceans during National Ocean Month and World Oceans Month throughout the month of June. The NOAA has a wonderful website full of information about oceans and ocean life, ocean trivia, factoids, issues, opportunities, and resources such as how to explore the ocean from your own computer.
Saturday, June 29 (6245 Brookside Boulevard) from 10AM to 3PM. Come by any time - we'll have some tasty nibbles, samples of our products and you can enter to win a Midwest Mermaid Muse prize package for stopping by. We hope to see you then!

Our new Clovelly Tea makes a wonderful iced tea, but is also so good for you - packed with ingredients known to help thyroid problems, achy joints, digestive problems and a few other conditions. Plus it's loaded with antioxidants and tastes good, with a slight hint of pineapple. Take advantage of our special - buy one packet, get a second for 50% off! (One packet makes 2 large cups of brewed tea, just pour over a big glass of ice!)

Purchase Clovelly Tea

Free Plexus!
As a certified health coach, some of Kathleen’s customers need help with weight management. Being an Ambassador for Plexus products she has helped many of them with a foundation and resource to get a jump start on losing and controlling their weight while enhancing nutrition. But Plexus products are more than just weight management tools, they help you look better, eat better, focus better, and live better. For our Midwest Mermaid Muse customers, order any combination of our products and we'll send you a free Plexus product!

We will send with your order a FREE Plexus product when you purchase $20 worth of Midwest Mermaid Muse products (any combination). That's a value of $22 or more!

Shop Now!
Just an FYI:
You are receiving this email from Midwest Mermaid Muse because you either subscribed to it via our website, signed up for it at one of our events, or you are someone we thought would be interested in our products and our POV on various health and beauty topics. You won't hurt our feelings if you decide to unsubscribe (click on the unsubscribe link below). If you would like to continue to receive future emails from us, no need to do a thing, you'll remain on our list.

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