



Look Good. Feel Good.



Recipes!

As you're preparing your various meals next week, why not boost the flavor and the nutrition? Check out our recipes for everything from short ribs to salad dressings; from deviled eggs to chili and soups; from pork fried rice to popcorn. And don't miss our famous Mermaid Bloody Mary! Cheers! [>>> GO TO RECIPES NOW](#)

Our Best Offer Yet for Land & SEAsoning

We have such a great deal for you! Purchase one combo set (for \$17.50) of our best-selling Land & SEAsoning, and get one free! Use this 2 for 1 to buy the combo as a holiday gift (or stocking stuffer), then keep the other combo for yourself!

An all-purpose seasoning, Land & SEAsoning can be used on your favorite salads, vegetables, meats, eggs or seafood. Its ingredients detailed below will boost flavor and add nutrition to whatever you put it on (many of our customers love to shake it on popcorn!):

- Organic seaweed powder
- Himalayan sea salt
- Dried Hawaiian seaweed
- Raw nori flakes, Mushroom blend
- Onion powder, Turmeric, Cumin
- Coriander, Garam masala blend
- Roasted red chili powder

The Land & SEAsoning Shaker (normally \$15.00 by itself) can be used as table seasoning (move over salt and pepper!) and the 2 ounce packet (normally \$6.75) is great to use in the kitchen for meal prep. Combined cost for both is \$17.50 (reflects a 20% discount). You can also use the packet to refill the shaker. **BONUS: Receive 3 packets of one ounce Nori Flakes with each combo purchase!**

2 for 1!
(Good through 12/25/20)



**Buy Now! Use Promo Code:
CYBER at check-out**

Festival 2021 Date Announced

The Midwest Mermaid Muse, along with Somerset Ridge Vineyard & Winery will be co-hosting the Kansas City Nutrition & Wellness Festival on July 18, 2021 (rescheduled from this past June due to the Covid-19 pandemic). OUR GOAL is to provide our community with a fun and casual event to learn about a variety of nutrition and wellness resources and products available to support their journey to better health. And we have further exciting news, the Festival will take place from 12 to 5 at the beautiful grounds of the Somerset Ridge Vineyard & Winery in Paola, KS.

Seeking Speakers, Sponsors & Vendors

We are seeking nutrition, health and wellness related organizations to join the Festival as a sponsor or a vendor. We also invite local farmers to bring their produce and home-made food items to the Festival for our Mini Farmer's Market. If interested, check out the website (in the process of being updated) and send an email to kathleen@midwestmermaidmuse.com.



KANSAS CITY
NUTRITION & WELLNESS

Festival



For more information go to:
kcwellnessfest.com



Kathleen Foland The Midwest Mermaid Muse

Kathleen Foland makes small batch, all natural topical and culinary products in Kansas City. A certified health coach, her products take a dual approach to wellness and beauty, both inside and out. The all-natural skincare and food products contain seaweed and/or healing medicinal mushrooms. In her blog "Musings," Kathleen shares her thoughts on superfoods, wellness and health tips, inspirational stories, recipes, and ideas for using many of her products. So [take a look](#) back to pick up some insight for your own personal self-care.

Let's Be Social!



MidwestMermaidMuse.com
816-804-3126

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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