



# ITS EASY TO GO SALT-FREE

*with Frontier Bulk Seasoning Blends*



UPC	Item #	Description	Organic	Salt-Free	Suggested Use
<b>SALT-FREE SEASONING BLENDS</b>					
1	0-89836-00365-2	365 All Purpose Seasoning Blend		SF	A tasty, healthy seasoning alternative to salt
2	0-89836-00701-8	701 Apple Pie & Dessert Spice Blend		SF	Add to puddings, fruit crisps, cobblers or cakes
3	0-89836-00218-1	218 Bar-B-Quick BBQ Seasoning Blend		SF	Add to catsup or tomatoes for a quick barbecue sauce or use to season potatoes, rice, and meat dishes
4	0-89836-00351-5	351 Cajun Blackened Fish/Meat Seasoning Blend		SF	Use in cooking blackened meat dishes
5	0-89836-00280-8	280 Cajun Seasoning Blend		SF	Adds Louisiana flavor to rice, beans and meat dishes
6	0-89836-02833-4	2833 Cajun Seasoning Blend <b>ORGANIC</b>	o	SF	Adds Louisiana flavor to rice, beans and meat dishes
7	0-89836-00324-9	324 Chili Powder Blend Hot		SF	Use when looking for some extra special "kick" in your chili.
8	0-89836-02770-2	2770 Chili Powder Blend <b>ORGANIC</b> ★	o	SF	Use to season chili and other "Tex-Mex" dishes
9	0-89836-00262-4	262 Chili Powder Blend Salt Free		SF	Use to season chili and other "Tex-Mex" dishes
10	0-89836-00125-2	125 Chili Powder Fiesta ★		SF	Use to season chili and other "Tex-Mex" dishes
11	0-89836-00249-5	249 Chinese Five Spice		SF	Slightly sweet, aromatic, pungent flavor, use to season meats and sauces.
12	0-89836-02903-4	2903 Chinese Five Spice <b>ORGANIC</b>	o	SF	Great in marinades, stir-fries, rice dishes and for grilling
13	0-89836-02919-5	2919 Cider Mate Mulling Spice <b>ORGANIC</b>	o	SF	A traditional, spicy blend for mulling cider, juice or wine
14	0-89836-00237-2	237 Cider Mate Original Spice		SF	Use to mull cider, wine and juice.
15	0-89836-00139-9	139 Curry Powder ★		SF	Adds Indian flavor to any meat or vegetable dish.
16	0-89836-02650-7	2650 Curry Powder <b>ORGANIC</b> ★	o	SF	Adds Indian flavor to any meat or vegetable dish
17	0-89836-00310-2	310 Curry Powder, Lemon		SF	Excellent for chicken, seafood and lamb dishes.
18	0-89836-00138-2	138 Curry Powder, Muchi		SF	A spicy blend used in meat and vegetable dishes
19	0-89836-00364-5	364 Dash O'Dill Blend		SF	Try in potato salad, cream soups and sauces
20	0-89836-02773-3	2773 Fajita Seasoning <b>ORGANIC</b>	o	SF	Use to make delicious fajitas.
21	0-89836-00277-8	277 Fines Herbs Blend		SF	Exceptional for flavoring soups, white meats and egg dishes
22	0-89836-00283-9	283 Garam Masala		SF	All purpose spicy Indian seasoning.
23	0-89836-02722-1	2722 Garam Masala <b>ORGANIC</b> ★	o	SF	All purpose spicy Indian seasoning.
24	0-89836-00295-2	295 Garlic N Herb Blend		SF	Use as a salt-free replacement for garlic salt.
25	0-89836-02769-6	2769 Garlic Pepper <b>ORGANIC</b>	o	SF	Zesty all-purpose blend of garlic and pepper with a lemon twist
26	0-89836-00353-9	353 Greek Seasoning Blend		SF	Seasons lamb, chicken and sauces.
27	0-89836-02306-3	2306 Gumbo File Ground		SF	Seasons and thickens gumbos
28	0-89836-02327-8	2327 Herbal Seasoning Blend		SF	A tasty salt substitute! Try it on salads and eggs
29	0-89836-00275-4	275 Herbes de Provence Blend		SF	Adds a Southern France flair to all types of meats & vegetables, ideal in dips and dressings
30	0-89836-02900-3	2900 Herbes de Provence Blend <b>ORGANIC</b>	o	SF	Gives a hearty, savory flavor to soups, stews, vegetables and meats
31	0-89836-00155-9	155 Italian Seasoning Blend Whole		SF	Adds Italian flavor to pasta, pizza and breads
32	0-89836-02649-1	2649 Italian Seasoning Whole <b>ORGANIC</b> ★	o	SF	Adds Italian flavor to pasta, pizza and breads
33	0-89836-02738-2	2738 Jamaican Jerk Blend <b>ORGANIC</b>	o	SF	All purpose Caribbean meat and seafood seasoning
34	0-89836-00215-0	215 Lemon Pepper Blend		SF	Seasons meat, fish, beans, grains, vegetables and sauces
35	0-89836-02825-9	2825 Lemon Pepper Blend <b>ORGANIC</b>	o	SF	Seasons meat, fish, beans, grains, vegetables and sauces
36	0-89836-00214-3	214 Mexican Seasoning Blend		SF	A natural for flavoring enchiladas and tamales
37	0-89836-00360-7	360 Oriental Seasoning Blend		SF	Add to marinades, stir-fry dishes and sauces
38	0-89836-02740-5	2740 Oriental Seasoning <b>ORGANIC</b>	o	SF	Add to marinades, stir-fry dishes and sauces
39	0-89836-00325-6	325 Peppermill Gourmet 3-Pepper Blend		SF	A peppery burst of flavor for your favorite dishes
40	0-89836-02902-7	2902 Peppermill Blend <b>ORGANIC</b> ★	o	SF	A colorful blend for grinding fresh in your peppermill



## SALT-FREE SEASONING BLENDS *(continued)*

41	0-89836-00258-7	258	Peppermill Gourmet 4-Pepper Blend ★	SF	Adds a colorful gourmet touch to your table
42	0-89836-02958-4	2958	Peppercorn Blend Smoked <b>ORGANIC</b>	o SF	Use this colorful pepper blend to add a smoky touch to meats and veggies
43	0-89836-00238-9	238	Pickling Spice Mild Sweet	SF	A mild blend suitable for making sweet pickles and flavoring hearty stews
44	0-89836-02901-0	2901	Pickling Spice <b>ORGANIC</b>	o SF	An all purpose blend for pickling cucumbers and all types of vegetables
45	0-89836-00185-6	185	Pickling Spice Original Spicy	SF	A spicy, hot traditional pickle seasoning
46	0-89836-00232-7	232	Pizza Seasoning Blend	SF	Livens up homemade, takeout or frozen pizzas
47	0-89836-02725-2	2725	Pizza Seasoning <b>ORGANIC</b>	o SF	Try on pizza, cheese dishes, breads or pasta
48	0-89836-00187-0	187	Poultry Seasoning Blend Ground	SF	The traditional seasoning for poultry and stuffing
49	0-89836-02724-5	2724	Poultry Seasoning <b>ORGANIC</b>	o SF	Try in bread, sausage, casseroles and gravy
50	0-89836-00700-1	700	Pumpkin Pie Spice Blend	SF	Flavors pumpkin pies, custard and eggnog
51	0-89836-02739-9	2739	Pumpkin Pie Spice <b>ORGANIC</b>	o SF	Try with squash, breads, cakes and anything pumpkin
52	0-89836-00367-6	367	Salad Sprinkle Blend	SF	Adds crunchy flavor to salads and vegetable dishes
53	0-89836-00285-3	285	Seafood Boil Blend	SF	Boil with shrimp, crab and other seafood
54	0-89836-02143-4	2143	Popcorn Seasoning, Cheddar Cheese	SF	A tangy cheese flavor with a hint of garlic
55	0-89836-02150-2	2150	Popcorn Seasoning, Cheddar & Spice	SF	Adds a cheesy flavor to plain popcorn.
56	0-89836-02147-2	2147	Popcorn Seasoning, Nacho Cheese	SF	Gives popcorn a spicy, south-of-the-border.
57	0-89836-02152-6	2152	Popcorn Seasoning, Sour Cream/Onion Flavored	SF	Rich, creamy onion flavor great on party popcorn
58	0-89836-00384-3	384	Spaghetti Seasoning	SF	Seasoning blend for making pasta sauce
59	0-89836-00347-8	347	Taco Seasoning Blend ★	SF	Taco seasoning for meat, beans or soy protein
60	0-89836-02778-8	2778	Taco Seasoning <b>ORGANIC</b> ★	o SF	Adds taco flavor to meat, rice, beans, dips and breads
61	0-89836-00387-4	387	Thai Seasoning Blend	SF	Adds tart, robust flavor to seafood, soups, and rice and noodle dishes
62	0-89836-02967-6	2967	Thai Seasoning Blend <b>ORGANIC</b>	o SF	Adds tart, robust flavor to seafood, soups, and rice and noodle dishes
63	0-89836-00366-9	366	Veggie Pepper Blend	SF	Sprinkle on pasta, vegetables, tofu, or meat
64	0-89836-02748-1	2748	Veggie Pepper <b>ORGANIC</b>	o SF	Sprinkle on pasta, vegetables, tofu, or meat

## SEASONING BLENDS THAT CONTAIN SALT

1	0-89836-02968-3	2968	Adobo Seasoning Blend <b>ORGANIC</b>	o	Authentic mexican seasoning blend - great on chicken, beef and vegetables
2	0-89836-00233-4	233	All-Seasons Salt Blend		Great all-purpose blend for chicken, beef and vegetables.
3	0-89836-05663-4	5663	Berberé Seasoning Blend <b>ORGANIC</b>	o	Warm and spicy Ethiopian seasoning blend consisting of 12 different spices - perfect for berbere stew
4	0-89836-00117-7	117	Celery Salt Blend		Try in soups, stews, stuffing and breads
5	0-89836-02824-2	2824	Celery Salt Blend <b>ORGANIC</b>	o	Add to soups, stews, dressings, dips and marinades
6	0-89836-00126-9	126	Chili Powder Blend (with salt)		Traditional seasoning for chili & good in rice, meat and bean dishes
7	0-89836-00150-4	150	Garlic Salt		Flavors meat, vegetables, pasta and garlic bread
8	0-89836-02822-8	2822	Garlic Salt <b>ORGANIC</b> ★	o	Seasons meat, pasta, vegetables, sauces, marinades and bread
9	0-89836-00234-1	234	Hickory Salt Blend		Adds grilled hickory flavor to a variety of dishes
10	0-89836-00170-2	170	Onion Salt Blend		Sprinkle on meats, vegetables and breads.
11	0-89836-02823-5	2823	Onion Salt Blend <b>ORGANIC</b>	o	Seasons meat, vegetables, sauces, soups and dips
12	0-89836-02876-1	2876	Meat Rub, Poultry <b>ORGANIC</b>	o	Rub generous amount of spice on chicken, turkey or other poultry before roasting or grilling
13	0-89836-02878-5	2878	Meat Rub, Seafood <b>ORGANIC</b>	o	Sprinkle on seafood, then grill, broil or bake
14	0-89836-02783-2	2783	Seasoning Salt <b>ORGANIC</b>	o	Traditional East Coast seafood and meat seasoning
15	0-89836-02877-8	2877	Meat Rub, Steak & Chop <b>ORGANIC</b>	o	Rub into beef, pork or lamb just before grilling or broiling

