

These labels correspond to the labels in the September 2013 issue of Herbal Roots zine, "Breathing Easy Much Faster with New England Aster." Print this sheet onto a full sheet sticky page, cut out and apply them to your jars. If you do not have sticky paper, you can print on regular computer paper and use clear packing tape to tape the labels on to your jars. Using the tape will also keep the labels from getting wet.

