



## **Pacific Crest Trail Hike July 29-August 3, 2024**

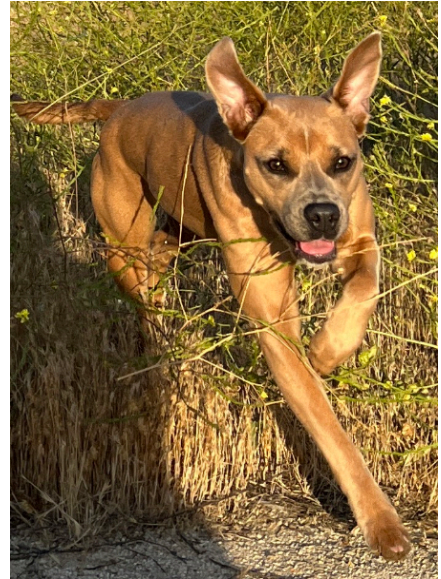
Dear Swedish Falls patrons, It has been a delight to meet many of you this summer at the Koroneberg Festival or our Corona Tearoom. For those of you that came from Scandinavia, sourcing products you remember from your homeland has helped us greatly expand our selection of herbal teas, berries, canned fish, and other delicacies from the Nordic forests and seas. Inspired by the stories we heard of foraging for Lingonberries and Cloudberryes, and making new Swedish recipes with those we imported, my son and I will attempt a long planned 40 mile hike on the Pacific Crest Trail to finish out our summer.

We will be taking along a variety of Swedish Falls products for sustenance, including our Rosenmuller cookies with Nordic berries, trail mix, herbal teas, canned fish, as well as some new mushroom cocoa mixes and dried vegetable soup mixes. Each food is chosen to give us the most complete nutrition per pound and some great flavors to enjoy on our 5 day hike from Anza to the peak of Mount Jacinto, and back down to Idylwild.

You can see pictures of our progress and any additional herbs we forage on Instagram at [#swedishfalls](#), and can also come visit our tea room August 3 to see more pictures and enjoy a smorgasbord of soups and cookies, hot cocoa (with mushroom powders), Swedish meatballs, Smoked Salmon and Herring Sauce on rye. We will of course have a variety of white, green, black, oolong, flower, and herbal teas to smell and taste. [Click here to RSVP for the Aug 3 event.](#)



Our energetic dog Bea will be joining us on the hike as well. She has been training with us all summer and will take rattlesnake training in Idyllwild to keep herself and us safe from snakes on the trail. We have been researching other potential hazards along our planned route and emergency escape routes. We will document whether the water sources others have found on the route are still flowing in August and carry enough water for several days of hydration if they are dry. We are also packing a solar water heater to sterilize the water and make soups, hot cocoa, and tea along the way.



We hope to invite some of you to join us on future hikes as well, on this section of this Pacific Crest Trail or other routes any of you might recommend. While I will resume teaching High School Biology, Chemistry, and Environmental Science this fall we hope to see many of you in our Corona tearoom on Saturdays or at one of the events we plan to be vendors again in this fall. Right now, we plan to join the Viking Festival in Vista September 21-22, The SWEA Christmas Fair in Huntington Beach, and the SWEA Christmas Fair in Santa Monica December 2.

I have highlighted a few of the newly stocked teas and foods we now have in stock and will be selling in our tea room, online, and at these events above. You can click on any of the links to read more about them or order them online. If there is another product you would like us to source please e-mail us at [office.swedishfalls@gmail.com](mailto:office.swedishfalls@gmail.com) so we can try to obtain it for you.

Sincerely,  
Bert Johnson

### Current Stock of Select Products

Description	SKU	Price	Stock
<a href="#">King Oscar Sardines</a>	4z3	\$5.00	8
<a href="#">Smoked Herring Filets</a>	4z5	\$6.00	7
<a href="#">Abba Fishballs in Lobster Sauce</a>	4z6	\$10.00	8
<a href="#">Cloudberry Jam</a>	2ai	\$10.00	7
<a href="#">Berry Forest Herbal Tea Tin (Caffeine Free)</a>	4ds	\$13.00	2
<a href="#">Sörgårdste Rhubarb &amp; Passionfruit</a>	2a8	\$13.00	8
<a href="#">Himlagott Peach Tea</a>	2a7	\$13.00	8

<a href="#">Midsummer Night Herbal Tea Tin (Caffeine Free)</a>	4dt	\$13.00	1
<a href="#">Cloudberry Tea (Caffeine Free)</a>	2a6	\$13.00	3
<a href="#">Mint &amp; Rooibos Jar</a>	4ja	\$17.00	8
<a href="#">Cloudberry Angelica Nettle Herbal Teabags (Caffeine Free)</a>	4da	\$17.00	3
<a href="#">Cranberry Spruce Nettle Herbal Teabag (Caffeine free)</a>	1ab	\$17.00	3
<a href="#">Elderflower, Peony, Peach &amp; Mango Jar</a>	4j9	\$17.00	5
<a href="#">Lapland Nut &amp; Berry Pound Sampler</a>	2a9	\$17.00	1
<a href="#">Licorice Lemon Balm Herbal Teabags (Caffeine Free)</a>	4dd	\$17.00	3
<a href="#">Sir John Blend Caddy</a>	4d2	\$17.00	4
<a href="#">Söderblandning Large Caddy</a>	2d1	\$37.00	2