

## ROMAS ARE PREFERRED

EDEN® Tomatoes and Sauces are exclusively made of fresh Roma tomatoes. Romas are preferred for deep color, low acidity, and a sweeter, fuller flavor. Fewer seeds and firmer fruit make them ideal for canning, and they are the chef's choice for tomato sauces.

EDEN Tomatoes are organically grown on over 800 acres of the third generation Kerr family farm in the Thames River Delta of southern Ontario. Bob Kerr's practiced tending and rich, vital organic soil produce deep red, firm Roma tomatoes that taste splendid indeed, when cooked and canned.

Harvested perfectly red ripe, EDEN Tomatoes travel only 45 miles to the local cannery where they are washed, hand sorted, cooked, and packed within hours of harvest for maximum nutrients, aroma, and fresh flavor.

## PURITY • VALUE • SATISFACTION

These EDEN Tomatoes are very similar to what our grandmothers would can; fully red ripe, bursting with flavor, and never adulterated with chemicals. EDEN Sauces, Diced Tomatoes, and Crushed Tomatoes are made from fresh, unpeeled tomatoes for absolutely the best taste and most nutrients. EDEN Whole Tomatoes have their skins removed with hot water and brushing instead of the commonly used lye. This mechanical skinning is essential if your goal is to protect the tomato's flavor. EDEN Tomato Sauces come seasoned with Eden's finest sea salt, and Eden selected organic herbs and organic spices. EDEN Diced and Crushed Tomatoes are made with no salt added. All are free of GMO derived citric acid, calcium chloride, and preservatives, with all ingredients dutifully declared. EDEN brand is the much healthier, much tastier choice for superior value, purity, and satisfaction. Keep them in your pantry for the best tasting tomatoes the year-round. There is no finer choice.



Bob & Moira Kerr  
Eden organic growers Ontario, Canada

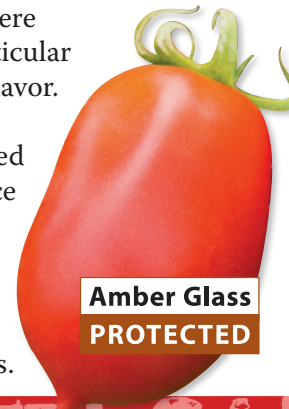
## FAR MORE BENEFICIAL

EDEN Tomatoes have up to 14.4 mg of antioxidant lycopene per serving. And lycopene outperforms the over 600 known plant pigment carotenoids in antioxidant efficacy. Cooked tomatoes are a better source of lycopene than raw, as lycopene becomes more bio-available when cooked, especially when cooked with a little fat. Cooking with a bit of oil, like the organic extra virgin olive oil that we use, increases lycopene absorption. Yes, lycopene is beneficial, but not so much so in its supplement form. Nature designed lycopene to work in concert with all of the phytonutrients in whole tomatoes, and every phytonutrient has its own efficacy. Don't assume supplements are better.

## AMBER GLASS PROTECTED

EDEN Crushed Tomatoes and Sauces are the first and only tomatoes in the U.S.A. offered in amber glass that protects flavor and nutrients from photo-oxidation light damage that is systemic in food stores where fluorescent lighting in particular reduces food quality and flavor.

Another driving force at Eden for amber glass packed tomatoes was the avoidance of bisphenol-A (BPA) in high-acid food cans, and the dismal failure of can manufacturers to make BPA free cans for tomatoes.



Amber Glass  
PROTECTED

## SPAGHETTI SAUCE

### Original & No Salt Added

Organic Roma Tomatoes cooked with organic Extra Virgin Olive Oil and an Italian blend of organic Herbs and organic Spices. 14.4 mg of lycopene per serving. Rich in vitamins A and C. 25 oz. amber glass



## PIZZA PASTA SAUCE

Organic Roma Tomatoes, organic Extra Virgin Olive Oil, and organic seasonings cooked into a rich spreadable sauce. 7.2 mg of lycopene per serving. Rich in vitamins A and C. 14 oz. amber glass & 15 oz. cans

## DICED TOMATOES

### Original, Basil, Green Chili, and Roasted Onion & Garlic

Organic Roma Tomatoes, unpeeled and fancy diced. No salt added. A convenient addition to soups, salads, marinades and more. 4.55 mg of lycopene per serving. 14.5 oz. & 28 oz. cans



## CRUSHED TOMATOES

### Original, Basil, and Roasted Onion & Garlic

Organic Roma Tomatoes, unpeeled. Great for soups, stews, sauces, and casseroles. No salt added. 1.28 mg of lycopene per serving. 14 oz. & 25 oz. amber glass, 15 oz. & 28 oz. cans

## WHOLE TOMATOES

### Original & Basil

Whole hot water peeled Roma tomatoes. No salt added. Ideal for quick chunky marinara sauce, hearty soups and stews. 5.2 mg of lycopene per serving. 28 oz. cans



- Third generation Midwestern family organic, vital soil
- Cooked and sealed within hours, fresh red ripe Roma tomatoes
- Amber glass jar offerings
- Deliciously, purely seasoned, and no salt added tomatoes
- 100% organic herbs and spices
- All ingredients dutifully declared
- No preservatives or chemical processing
- Ⓚ pareve



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## GAZPACHO - CHILLED TOMATO SOUP

Serves 5 Prep 1 hour, 10 minutes

- 1 jar or can, 14 or 15 oz. EDEN Crushed Tomatoes w/ Basil or any EDEN Crushed Tomatoes
- 1 can, 14.5 oz. EDEN Diced Tomatoes, do not drain
- 1 cup water
- 1 medium green bell pepper, diced
- 1 medium red bell pepper, diced
- 2 medium cucumbers, peeled and chopped
- 1 cup green onions, thinly sliced
- 2 cloves garlic, pressed
- 3 Tbsp EDEN Red Wine Vinegar
- 1 Tbsp EDEN Shoyu Soy Sauce, or to taste, or 1 tsp EDEN Sea Salt
- 1 tsp ground cumin or ground coriander
- 3 Tbsp lemon juice, freshly squeezed
- 3 Tbsp lime juice, freshly squeezed
- 2 tsp dried basil
- 2 tsp dried dill

Combine all ingredients and chill for at least 1 hour before serving. Great with a whole grain bread.

Per serving 94 Calories, 0g Fat (4% calories from fat), 4g Protein, 18g Carbohydrate, 5g Fiber, 0mg Cholesterol, 215mg Sodium

## QUINOA TABOULI SALAD

Serves 10 Prep 10 minutes Cooks in 20 minutes

- 2 cups any EDEN Quinoa, washed and drained
- 3 cups water
- 1 can, 14.5 oz. EDEN Diced Tomatoes, drained
- 1 medium cucumber, peeled, seeded and diced
- 1 cup green onions, chopped
- 1 Tbsp dried mint leaves or 5 minced fresh mint leaves
- 2 Tbsp EDEN Extra Virgin Olive Oil
- 1 Tbsp EDEN Ume Plum Vinegar, or to taste
- 2 cloves garlic, pressed
- ¾ cup fresh parsley, finely chopped

Cook quinoa according to package directions. Remove and toss to cool. Combine quinoa, parsley, tomatoes, cucumber, garlic, green onions, and mint. Mix well. Combine olive oil, ume plum vinegar, and garlic. Mix into the salad.

Per serving 199 Calories, 6g Fat (27% calories from fat), 7g Protein, 29g Carbohydrate, 11g Fiber, 0mg Cholesterol, 215mg Sodium



## GRILLING BEANS

Serves 7 Prep 5 minutes Cooks in 10 minutes

- 1 Tbsp EDEN Extra Virgin Olive Oil
- 1 cup diced onions
- 1 can, 15 oz. EDEN Baked Beans w/ Sorghum
- 1 can, 15 oz. EDEN Chili Beans
- ¼ cup EDEN Crushed Tomatoes
- ½ tsp EDEN Brown Mustard
- ½ tsp EDEN Apple Cider Vinegar
- 2 tsp organic maple syrup

Heat oil in a medium skillet and sauté onions for 2 to 3 minutes. Add all remaining ingredients and bring to a boil. Reduce flame to medium-low and simmer 5 to 7 minutes. Serve hot or chilled.

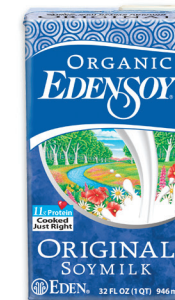
Per serving 165 Calories, 2g Fat (12% calories from fat), 8g Protein, 26g Carbohydrate, 7g Fiber, 0mg Cholesterol, 184mg Sodium



## CREAMY TOMATO TORTILLA SOUP

Serves 5 Prep 5 minutes Cooks in 5 minutes

- 2 cans of 14.5 oz. EDEN Diced Tomatoes w/ Green Chilies, do not drain
- 1 can, 15 oz. EDEN Navy Beans, do not drain
- ½ cup EDENSOY® Original or EDENSOY Unsweetened
- ¾ tsp EDEN Sea Salt, or to taste
- ½ tsp freshly ground black pepper
- 2 Tbsp fresh parsley or cilantro, minced
- 2 cups organic tortilla strips or mini tortilla chips
- 1 avocado, peeled, seeded and cubed



Place tomatoes and beans in a blender and purée until creamy. Pour into a medium saucepan, add EDENSOY, sea salt, and pepper. Turn the flame to medium, mixing frequently and bring almost to a boil. Reduce the flame to low and simmer 5 minutes. Ladle into serving bowls. Garnish each with equal amounts of parsley, tortilla strips, and avocado.

Per serving 183 Calories, 4g Fat (18% calories from fat), 9g Protein, 28g Carbohydrate, 8g Fiber, 0mg Cholesterol, 377mg Sodium



## BLACK EYED PEA SALAD

Serves 4 Prep 10 minutes

- 1 can, 15 oz. EDEN Black Eyed Peas, drained
- 1 can, 14.5 oz. EDEN Diced Tomatoes w/ Green Chilies, drained
- ½ cup organic sweet corn, fresh or frozen, blanched 1 to 2 minutes
- ¼ cup green bell pepper, diced
- ¼ cup scallions, finely chopped
- 2 Tbsp red onion, minced

### DRESSING

- 1 Tbsp EDEN Barley Malt Syrup
- 1 Tbsp organic maple syrup
- 1 Tbsp EDEN Brown Rice Vinegar
- 2 Tbsp EDEN Extra Virgin Olive Oil
- 2 tsp EDEN Ume Plum Vinegar
- 1 clove garlic, minced
- ¼ tsp dried oregano
- ¼ tsp dried basil
- 1 tsp EDEN Brown Mustard

Place black eyed peas, tomatoes, sweet corn, green peppers, scallions, and red onions in a bowl and mix. Place all ingredients for the dressing in a blender and purée. Pour the dressing over the peas and vegetables and toss to mix. Serve room temperature or chill 1 hour before serving.

Per serving 215 Calories, 8g Fat (32% calories from fat), 8g Protein, 30g Carbohydrate, 6g Fiber, 0mg Cholesterol, 372mg Sodium



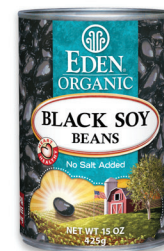
## BLACK BEAN TOMATO CHILI SALSA

Serves 4 Prep 5 minutes

- 1 can, 15 oz. EDEN Black Soybeans, drained
- 1 can, 14.5 oz. EDEN Diced Tomatoes w/ Green Chilies, drained
- ½ cup red onion, minced
- ½ cup diced yellow bell pepper
- 2 Tbsp green onion, chopped
- 3 Tbsp lime juice, freshly squeezed
- 2 tsp EDEN Shoyu Soy Sauce
- ½ tsp dried coriander
- ¼ tsp ground cumin
- ½ cup fresh parsley, minced

Toss all ingredients together in a bowl. Taste, and add extra lime juice and shoyu if desired.

Per serving 146 Calories, 5g Fat (30% calories from fat), 12g Protein, 15g Carbohydrate, 8g Fiber, 0mg Cholesterol, 228mg Sodium



# EDEN TOMATOES

Pure  
Roma  
Organic  
Cooked  
within  
Hours of  
Harvest

