

THE KERR FAMILY FARM

EDEN Organic Tomatoes are a prized Roma variety ideal for canning that are grown on the third generation Kerr family farm in the Thames River Delta of southern Ontario, Canada. The Kerr's excellent composting and crop rotation programs enhances its vital soil. This soil, an ideal temperate climate, and Bob's skillful tending produces deep red, firm Roma tomatoes that taste superb when cooked.

THOMAS CANNING - SINCE 1932

These flavorful tomatoes are washed, sorted, and cooked within a few hours of harvest at the Thomas Cannery just 45 miles from the Kerr's.

The cannery was established in 1932 by William "Pap" and Grace Thomas as a means of family survival during the Great Depression. They have owned, operated, and improved upon their cannery ever since. William and Grace's sons, Wilbur and Grant Thomas, carry on its operation today as a certified organic plant.

LIKE GRANDMA ENJOYED

EDEN Organic Tomatoes are much like our grandmothers canned. A fully red ripe canning variety freshly picked from the vine. They are flavorful without added salt and we'd never use processing aids or preservatives. EDEN Organic Tomatoes are rich in antioxidant vitamins C and A, and provide good amounts of potassium, B vitamins, healthy fiber, and magnesium.

Commercial canned tomatoes are toxic chemical raised, ripened by force with ethylene gas, travel hundreds of miles before processing, and are usually bathed in lye before canning. They contain chemical processing aids, preservatives, and way too much salt. EDEN Organic Tomatoes are a healthier, tastier choice. Keep them in your pantry for great tomato nourishment and pleasure year 'round.



Bob & Moira Kerr
Eden organic growers Ontario, Canada

THE HEALTHY RED

EDEN Organic Tomatoes contain up to 14.4 mg of the super healthy antioxidant lycopene per serving. Lycopene is a phytonutrient that together with other carotenoids gives tomatoes their red color. Nutritionists recommend whole cooked tomatoes as the best source of lycopene and this is what we offer. Supplements have been found not as effective. Real food sources are best for nutrition.

Among carotenoids, lycopene is rare as it is fat soluble and its bio-availability becomes amplified in the presence of small amounts of fat and when cooked. Because they are cooked with organic extra virgin olive oil, EDEN Organic Spaghetti Sauces and Pizza • Pasta Sauce have especially beneficial lycopene content.

A TOMATO IS ...

Once called 'Love Apple' by the French, the tomato is referred to as both a fruit and a vegetable. In truth the tomato is a berry, but legally it's a vegetable. In 1883 the U.S. Supreme Court ruled, "Botanically speaking, tomatoes are fruits of a vine, just as are cucumbers, squashes, beans, and peas. But in common language of the people... all these are vegetables."

Tomatoes were first brought to North America as an ornamental and medicinal plant. Thomas Jefferson and George Washington Carver worked to dispel the myth that tomatoes were poisonous due to their relation to the deadly nightshades mandrake and belladonna. On the contrary, the tomato is a most nutritious food and EDEN Organic Tomatoes are the best there is in a can and a jar.

SPAGHETTI SAUCE Organic Roma Tomatoes cooked with Organic Extra Virgin Olive Oil, and a traditional blend of organic herbs and spices with EDEN Sea Salt. 14.4 mg lycopene per serving. Rich in vitamins A and C. 25 oz glass.



PIZZA PASTA SAUCE

Organic Roma Tomatoes, Organic Extra Virgin Olive Oil, and organic seasonings cooked into a rich spreadable sauce. 14.4 mg lycopene per serving. Rich in vitamins A and C. 15 oz cans.

DICED TOMATOES

Plain, Basil, 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 lycopene per serving. 14.5 oz & 28 oz cans.



CRUSHED TOMATOES

Plain, Basil, and Roasted Onion & Garlic. Organic Roma Tomatoes, unpeeled. Great for soups, stews, sauces, and casseroles. No salt added. 1.28 mg lycopene per serving. 15 oz & 28 oz cans.

DICED TOMATOES WITH GREEN CHILIES

Diced Organic Roma Tomatoes with Diced Organic Jalapeno Peppers. Unpeeled and fancy diced. Makes superb salsa and gazpacho. No salt added. 4.55 mg lycopene per serving. 14.5 oz cans.




WHOLE TOMATOES

Plain, and Basil. Whole hot water peeled Roma Tomatoes. No salt added. Ideal for quick, chunky marinara sauces, hearty soups and stews. 5.2 mg lycopene per serving. 28 oz cans.

SPAGHETTI SAUCE - NO SALT

All of the above without the sea salt. Still providing robust flavor. 14.4 mg lycopene per serving. Rich in antioxidant vitamins A and C. 25 oz glass.



- ♦ Roma Tomatoes Cooked Fresh
- ♦ Family farm organically grown in southern Ontario, Canada
- ♦ Picked completely red ripe and canned within hours
- ♦ Seasoned and/or Unsalted
- ♦ No preservatives or chemical processing
- ♦ Vitamins A and C and lycopene
- ♦ Eden Organic  pareve



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WHOLE TOMATO RIGATONI

- 1 12 oz package EDEN Organic Kamut & Buckwheat Rigatoni or Spelt Ziti Rigati
- 2 Tablespoons EDEN Extra Virgin Olive Oil
- 3 cloves garlic, minced
- 1 cup red onion, chopped
- 1 cup EDEN Sliced Shiitake Mushrooms, soaked 5 minutes in 1 cup cold water, reserve soaking water
- 1 28 oz can EDEN Organic Whole Tomatoes with Basil, do not drain
- ¾ teaspoon EDEN Sea Salt, or to taste
- ⅛ teaspoon finely ground black pepper
- 2 Tablespoons fresh parsley, minced or 2 teaspoons dried parsley

Cook pasta as package directs, rinse, drain and set aside. Heat oil in a large skillet and sauté the garlic and onions for 5 minutes. Add all remaining ingredients, including shiitake soaking water. Cover and bring to a boil. Reduce flame and simmer 15 minutes. Remove cover and mix in the rigatoni, stirring until hot. Serve.

Prep Time 5 minutes Cooking Time 20 minutes Serves 6

BLACK EYED PEA SALAD

- 1 15 oz can EDEN Organic Black Eyed Peas, drained
- 1 14.5 oz can EDEN Organic Diced Tomatoes with 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 Tablespoons red onion, minced

Dressing

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

Place beans, tomatoes, sweet corn, green pepper, scallion and red onion in a bowl. Place all ingredients for the dressing in a blender and puree. Pour the dressing over the ingredients, toss to mix. Serve room temperature or chill 1 hour before serving.

Prep Time 10 minutes Cooking Time 2 minutes Serves 4

TOMATO GAZPACHO

- 1 14.5 oz can EDEN Organic Diced Tomatoes with Basil, do not drain
- 1 14.5 oz can EDEN Organic Diced Tomatoes with Green Chilies, do not drain
- 1 medium onion, chopped
- ½ cup fresh parsley, packed, chopped
- ¼ cup EDEN Red Wine Vinegar
- 3 Tablespoons EDEN Extra Virgin Olive Oil
- 2 cloves garlic, chopped
- 1 teaspoon EDEN Sea Salt
- 1 medium cucumber, peeled, seeded, and finely chopped
- 1 medium red bell pepper, seeded, chop fine

Place all ingredients except the cucumber and red pepper in a blender. Puree until creamy. Place in serving bowl. Mix in cucumber and red pepper. Chill for 2 hours and serve.

Prep Time 2 hours 10 minutes Serves 6



BLACK BEAN & TOMATO CHILI SALSA

- 1 15 oz can EDEN Organic Black Soybeans, drained
- 1 14.5 oz can EDEN Organic Diced Tomatoes with Green Chilies, drained
- ½ cup red onion, minced
- 3 Tablespoons lime juice, freshly squeezed
- 2 teaspoon EDEN Shoyu Soy Sauce
- ¼ cup yellow pepper, diced
- ⅛ teaspoon dried coriander
- ¼ teaspoon cumin
- ½ cup fresh parsley, minced
- 2 Tablespoons green onion, chopped

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

Prep Time 5 minutes Serves 4



CREAMY TOMATO TORTILLA SOUP

- 2 14.5 oz cans EDEN Organic Diced Tomatoes with Green Chilies, do not drain
- 1 15 oz can EDEN Organic Navy Beans, do not drain
- ¾ teaspoon EDEN Sea Salt, or to taste
- ⅛ teaspoon black pepper, finely ground
- ½ cup EDENSOY® Original or EDENSOY Unsweetened
- 2 Tablespoons fresh parsley or cilantro, minced
- 2 cups organic tortilla strips or mini tortilla chips
- 1 avocado, remove skin and seed, cubed

Place tomatoes and beans in a blender and puree until creamy. Pour into a medium saucepan, add sea salt, pepper and EDENSOY. 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 and garnish each bowl with equal amounts of parsley, tortilla strips and avocado.

Prep Time 5 minutes
Cooking Time 5 minutes Serves 5



QUICK SPICY PINTO BEAN DIP

- 1 14.5 oz can EDEN Organic Spicy Pinto Beans, drained
- 1 clove garlic, minced
- 2 Tablespoons red onion, minced
- 1 Tablespoon fresh parsley, minced
- ½ teaspoon ground cumin
- ¼ cup EDEN Organic Diced Tomatoes with Green Chilies, do not drain
- 2 teaspoons EDEN Ume Plum Vinegar

Place all ingredients in a blender or food processor, and puree until smooth and creamy. Serve with EDEN Brown Rice Chips, Sea Vegetable Chips, Vegetable Chips, Wasabi Chips, or warm organic tortillas.

Prep Time 5 minutes Serves 4

QUINOA TABBOULEH

- 2½ cups water
- 2 cups EDEN Organic Quinoa, rinsed and drained
- 1 14.5 oz can EDEN Organic Diced Tomatoes or any EDEN Organic Diced Tomatoes, drained well
- 1 medium cucumber, peeled if waxed and chopped
- 1 cup fresh parsley, finely minced
- ½ cup fresh mint leaves, finely minced
- ½ cup pitted black olives
- ½ cup red onion, finely minced
- ½ cup lemon juice, freshly squeezed
- 1 Tablespoon EDEN Ume Plum Vinegar
- 3 Tablespoons EDEN Extra Virgin Olive Oil
- 1 4 oz package EDEN Organic Pumpkin Seeds

Bring the water to a boil in a medium saucepan, add the quinoa, cover, reduce the flame to medium-low and simmer for 15 minutes or until all water has been absorbed. Place the quinoa in a large mixing bowl and fluff with a spoon until room temperature. Add all remaining ingredients and mix thoroughly before transferring to a serving bowl.

Prep Time 15 minutes
Cooking Time 20 minutes Serves 8



EDEN
TOMATOES

Pure
Organic
Roma
Cooked
within
Hours of
Harvest

