A hearty meal of great northern beans and barley in rich chili sauce. Cooks up mildly sweet, light, and fluffy in just 30 minutes. For ‘dashi’ broth and soup stock - a nutrient and flavor enhancer. First hand picked Spring green tea leaves. 12 kinds - serve Hot or Cold. Large, sweet, WG rolled flakes - hot cereal, in soup, stew, and baking. A heathy meal of great northern beans and barley in rich chili sauce. A hearty meal of great northern beans and barley in rich chili sauce.