

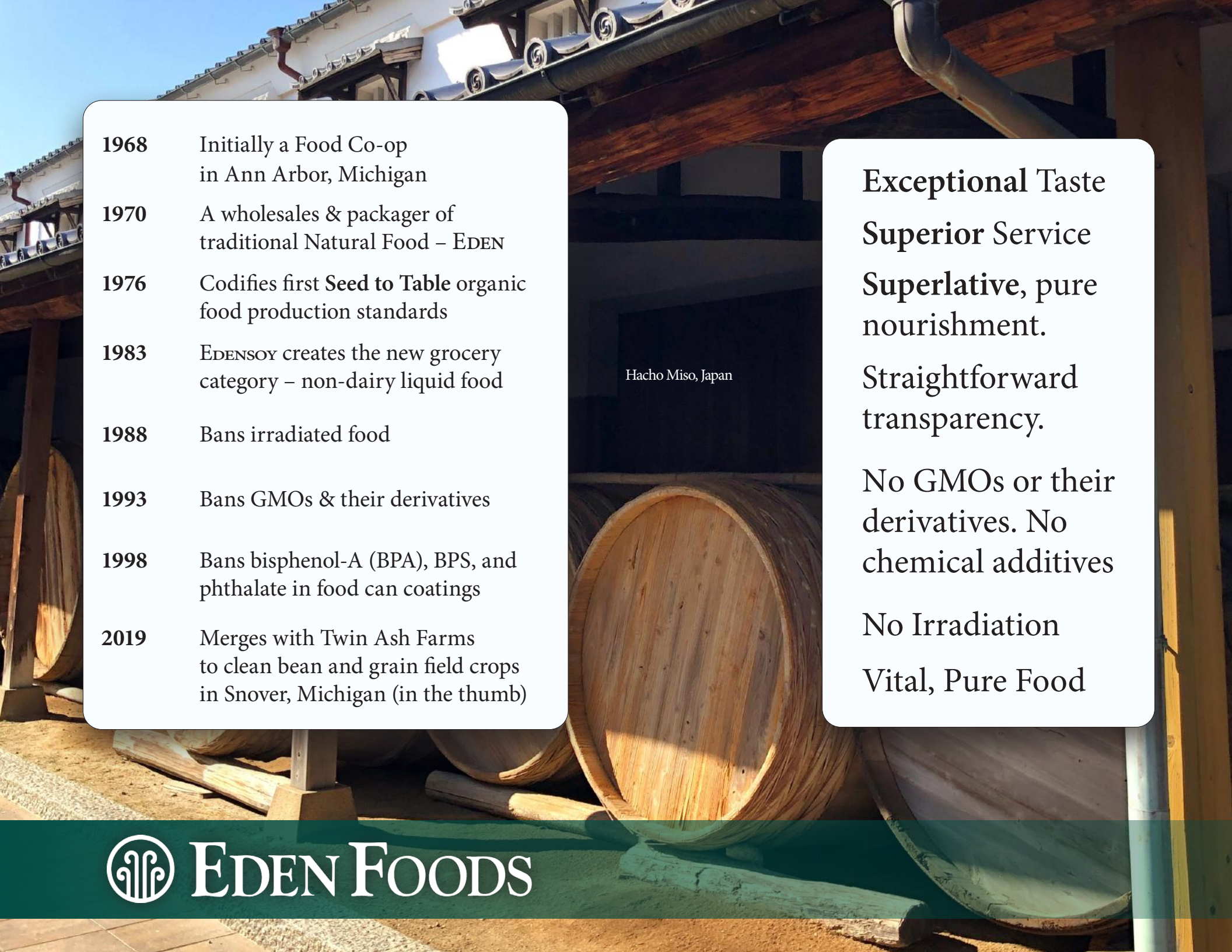


Pure, Rational, Delicious

established. 1968

October 2025

Organic Buckwheat and Oats North Dakota

- 
- 1968** Initially a Food Co-op
in Ann Arbor, Michigan
- 1970** A wholesales & packager of
traditional Natural Food – EDEN
- 1976** Codifies first **Seed to Table** organic
food production standards
- 1983** EDENSOY creates the new grocery
category – non-dairy liquid food
- 1988** Bans irradiated food
- 1993** Bans GMOs & their derivatives
- 1998** Bans bisphenol-A (BPA), BPS, and
phthalate in food can coatings
- 2019** Merges with Twin Ash Farms
to clean bean and grain field crops
in Snover, Michigan (in the thumb)

Hacho Miso, Japan

Exceptional Taste
Superior Service
Superlative, pure
nourishment.
Straightforward
transparency.

No GMOs or their
derivatives. No
chemical additives

No Irradiation
Vital, Pure Food

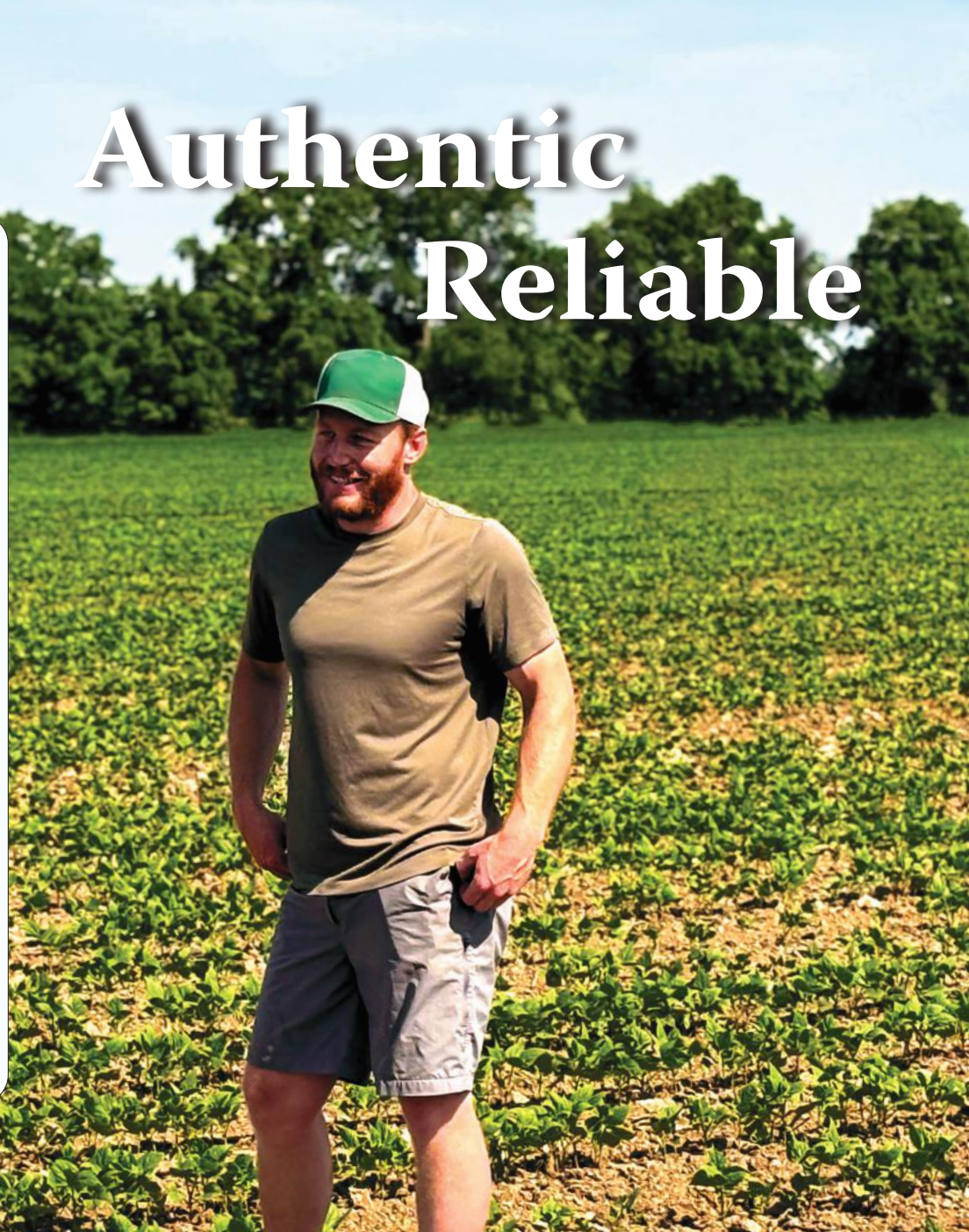
Authentic Reliable

A Principled Natural Food Company

Guided by principles of macrobiotics and the Precautionary Principle since 1968.

A trusted source of real-organic dry grocery – whole grain, beans, traditional specialty food, canned food, whole grain pasta, condiments, unrefined oils and vinegars, non-GMO, non-irradiated food. Relations with 400+ organic farms, 100,000 plus acres of vital organic farmland

Michigan HQ & Fremont, California
Warehouses – Indiana cannery – Detroit
Pasta Factory – Grain and Bean Crop
Cleaning in Michigan's thumb



Almonds, CA

Pure Food People



EDEN FOODS

Righteous Common Sense

Eden Foods banned genetically engineered GMOs, GEOs, and their derivatives from its food in 1993.

Eden Foods' President served as a founding director and first Treasurer for 14 years of the Non-GMO Project (The Project). It became essential as organic natural food companies and organic certifiers did not test to avoid GMOs. The Project required third party non-GMO verification at all levels of the food supply. It oversaw testing for non-GMO marketed food. The goal was a reliable, alternative food chain which contains no GMOs or their derivatives.

The Project became a necessity because, "If you do not test, you do not know."

USDA and 'organic' industry trade groups ignored this.

Real People Growing Real Food




Non-GMO Project



Meridian Foods bean cannery merged with Eden Foods in 1994.

Known for the "Best Fill and Finish" in the industry since 1964.

OCIA certified organic  pareve
British Retail Consortium (BRCGS) monitored, inspected, and certified.

Eden Foods pioneered BPA, BPS, and phthalate free cans in 1999 causing the removal of the toxins from all thermally processed food cans in the U.S.

BRCGS

Food Safety

CERTIFICATED

Meridian Foods – Indiana

BPA, BPS, and phthalate Free

Slow dried organic
Japanese noodles.



Made in a dedicated
Gluten Free facility.



Third generation
family made.



Traditional roll and cut noodles
for a smooth, firm texture.
Superior grain for great taste.



**NON
GMO**

Udon & Soba Noodles *Real Organic*

Shiitake whole & sliced
Immunity boost. Tastes Great. Oak log forest grown, hand tended. Essential for dashi broth. Bright and rewarding. Phytonutrients

**NON
GMO**

Morel

Wild, hand harvested from Northern forests, not cultivated. Smoky, savory, superlative taste

Maitake

U.S. organic family grown. The King Mushroom per researchers. Immune Strengthening

LION'S MANE Dried Mushroom



NET WT 0.88 OZ 25g

Lion's Mane

Powerhouse of bioactive phytonutrients. Strengthening, healing. Mental and Mood Goodness

Mushrooms, dried

 pareve

EDEN
**MAITAKE
MUSHROOM**
Dried Slices • Organic

EDEN
Shiitake
DRIED WHOLE MUSHROOMS

Real organic, whole Brown Sesame Seed.
A delicious and versatile source of protein,
vitamins, minerals, phytonutrients, antioxidants,
beneficial fat, and fiber.

Real organic, whole Black Sesame Seed,
prized worldwide as a superfood.
Empowering nourishment. Sesame is
highly nutritious with an
exceptional amino acid profile.



Great taste. Versatile, sodium free,
concentrated nourishment.



Brown & Black Sesame Seed Unhulled





Two-years fermented in wooden casks. Exclusively Japan origin organic soybeans, wheat, sea salt, and Shinsen Mtn. Spring Water used. Ⓚ kosher. The finest ingredients and ancient methods.

Unique koji fermentation, organic, non-GMO, with no untoward additives. Masterfully brewed in Japan.

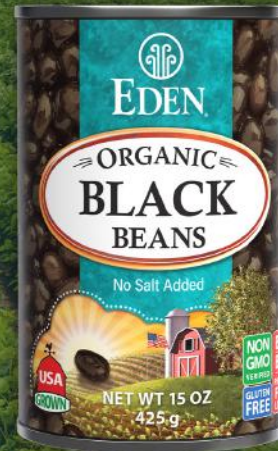
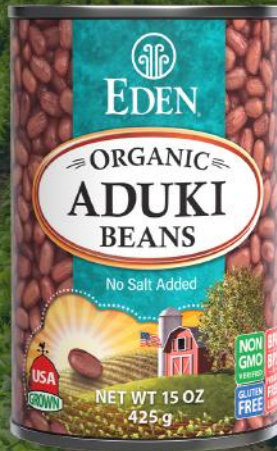


Slow koji brewed in wooden barrels from whole beans & wheat. Natural koji fermentation enrich the soybeans and wheat for easy assimilation and enhanced values.



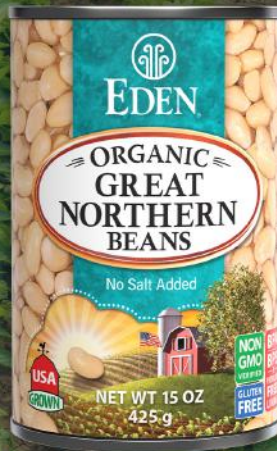
Shoyu Soy Sauce

Kombu sea vegetable for best taste, texture, and value.



No calcium chloride, disodium EDTA, or additives, whatsoever

U.S. vital organic soil



Innovated BPA, BPS, & phthalate free cans in the U.S. in 1999.



15, 29, & 108 ounce cans



Soaked overnight & pressure cooked. Best fill and finish in the canning industry.

Beans water and kombu – No salt



Eden supports independent, real organic family farms.

No calcium chloride, disodium EDTA, or untoward additives.

Kombu sea vegetable for better taste, texture, and overall value.



Soaked overnight & pressure cooked. Best fill and finish in the canning industry.

Brought BPA, BPS, and phthalate free cans to all.



**NON
GMO**

 pareve

Real organic cooked Beans in 108 oz. (# 10s) cans

1 lb. boxes
Dry Beans

Common sense
growing and
handling.
No additives.

Cooking
instructions
on back of box.

EDEN Beans
exceed USDA
No. 1 grade

Recycled
paperboard
box

U.S. organic
family vital
soil & food

Packaged
or Bulk



GLUTEN
FREE



NON
GMO

Dried Beans

pareve

**NON
GMO**

Heat, Stir,
Serve

50% less sodium
100% better taste

Complete protein –
vegetal.
Hearty fare.
Delicious purity.

U.S. farmers –
Eden selected

No added fat, TVP,
untoward chemicals,
or GMOs

Beans & Whole Grain
No mystery meat.



**BPA
BPS
&
PHTHALATE
FREE
LINING**

14.5 & 29 oz. Beans & Whole Grain

 pareve

Ready Meals
No compromise.
Heat, stir, & serve.



Rational
Complete
Protein



EDEN organic
U.S. grown food

Traditional recipes
properly prepared
at Eden Foods'
Indiana cannery.



**BPA
BPS
&
PHTHALATE
FREE
LINING**

**NON
GMO**

**GLUTEN
FREE**

 **pareve**

Rice & Beans - Short Grain Brn Rice

Men's Health
Awarded
"Best in Flavor
& Nutrition"

Prepared at Eden Foods'
organic, BRCGS, and 
cannery in Indiana.

50% less sodium
100% better taste

Bean purée
with whole
pieces added

Eden trusted
U.S. growers

EDEN organic
Herbs, Spices,
& Vegetables



Refried Beans

 pareve

**NON
GMO**

**GLUTEN
FREE**

**BPA
BPS
&
PHTHALATE
FREE
LINING**

EDENSOY[®]

Proper for People

Superb
Organic
Taste

Whole Bean
Complete Protein

Twist On
& Off Cap

Easy to Assimilate



EDENSOY

Pure & Purifying[™]

NON
GMO

Ⓚ pareve

EDENSOY the ORIGINAL original

July 1983, this profound liquid food was imported from Japan.

USA made since November 1985.

One-third American, Japanese, and Swedish engineering, the finest ingredients, and a miso maker's soy protein preparation know-how.

America's first non-GMO verified liquid food.

Complete Protein

No refined sugar, soy isolate, or untoward additives

No toxic flavor masker chemicals

Omega 3, 6, and 9 essential fatty acids (EFAs), complete protein – all 18 essential amino acids, and isoflavones

Only U.S. organic family whole soybeans and whole grain

1 Soyfood in North America on www.cornucopia.org/soy, scoring 955 out of 1000 – a 5-Bean Hero





 kareve



Nagata Co-op Sencha Green Tea, 48 years of growing **organic tea**. Exceptional Green Tea, Green Tea with herb blends, and a Chamomile Flower Tea.

Unbleached Manila fiber tea bag in a paper envelope. No plastic epichlorohydrin, glue, or staple. Crimped. Reclosable pouches of Mu 16 tea bags.

Loose Sencha Green Tea. Loose Kukicha Twig Tea. 16 tea bags per box Chamomile Tea, Green Tea blends. Peppermint, Spearmint, Indian Spices, Moroccan Rose Petals, Bulgarian Rosehips, Tanzanian Ginger

Green Tea & Chamomile Tea Pure Packaging - No Plastic





© pareve

Matcha Green Tea – hand picked, hand deveined, and stoneground. Simply the Best Matcha in America.

A delightful tonic – Tea is usually discarded after steeping. Matcha is entirely consumed after whisking.

EDEN Matcha – early Spring, shade grown leaf, tender and bright.

Immediately steamed at harvest to preserve its green chlorophyll by preventing oxidation.

Purify · Soothe · Delight · Uplift
Invigorate · Concentrate

Matcha - Powdered Green Tea

Pure, sweeter, more nourishing fruit. No chemicals or genetically engineered enzymes.

Cloudy juice contains 400% more antioxidants.

U.S. organic family orchards

Traditionally grown, pressed, and lightly filtered

Amber Glass protects taste and nutrients.

Ⓚ pareve

NON
GMO



Pure Fruit Juice

Kettle-Cooked heirloom Apples. No refined sugar, or toxic additives.

Great Lakes heirloom apples are Sweet Tart

Delicious, energizing snack, side, or dessert

Organic Cinnamon



... in the *San Francisco Chronicle's* Hall of Fame



Montmorency Tart Cherries, Strawberries, Cinnamon, for apple sauce variety.

Apple Sauce



Organic U.S. Fruit –
Healthy soil, trees, and
vines grow good fruit.

Vegetarian Times Reader's Fave
Foodie Award winner, Apple Cherry
Butter is 84% apple, 16% tart cherries

No refined sugars or
chemical additives

Traditional Fruit Butter
slowly kettle cooked



Pure Fruit Butter

NON
GMO

GLUTEN
FREE

 pareve

American Authentic
Organic Whole Grain

Breakfast, lunch,
dinner, and snack

Gas-fire roasted and
stainless steel rolled

Versatile, fast cooking
whole grain flakes

Lasting energy,
hot or cold

Whole grain is a necessity
of good health, and
key to opening intuition.

Flakes

 pareve

**NON
GMO**



5 Grains – Spelt, Kamut, Oat,
Rye, & Short Grain Brown Rice

Reclosable standing pouches

Organic cereal flakes. U.S. Oat, Rye, and Spelt, kiln roasted and rolled with dried Cranberries, Raisins, lowbush Blueberries, Pumpkin and Sunflower Seed. Pure, delicious Müesli Cereal

Any time soothing energy



NON
GMO

Ⓚ pareve


Müesli

Millet and Buckwheat are U.S. family grown. White and Red Quinoa are family grown at over 12,000 feet in the Andes mountains. Wild Rice is traditionally hand harvested by Native Americans in canoes, as required by law. Not a hybrid. EDEN Organic.



Reclosable Standing Pouch

NON
GMO

 pareve



Whole Grain

Quick, Versatile Organic Whole Grain

America's favorite
snack is a whole grain!
Rich in polyphenol
antioxidants.

Purpose minded protective
handling of the kernels
ensures large, fluffy popcorn.



Reclosable 20 oz
standing pouch



GLUTEN
FREE

pareve

NON
GMO

Popcorn


Sesame Salt – whole brown and black organic sesame, dry roasted and ground with EDEN sea salt.

Glass jar with a flip cap for a pour or sprinkle.



Replaces table salt. Low sodium.

All essential amino acids and delicious taste.

 pareve

Nourishing, Delicious Gomasio Sesame Salt

 pareve

Organic, raw, Apple Cider Vinegar, EDEN Sea Salt, and EDEN organic Spices.

Whole Yellow or Brown organic mustard seed from High Plains, vital, Canadian soil. Stoneground with organic apple cider vinegar, organic spices, and aged.

**NON
GMO**


**GLUTEN
FREE**



Glass jar & a BPA, BPS, and phthalate free squeeze bottle.

How mustard is supposed to taste! Over 120 years of experience, pure mustard seed and ingredients.

Mustard

 pareve

Exceptional protein
& amino acid profile,
superb essential fat.

Tahini – light roasted, hulled, ground
organic sesame seed is a creamy paste.

Black Sesame Butter –
light roasted, whole, ground
black organic sesame seed



Sesame Tahini & Black Sesame Butter

Traditional old-world Kraut

Three Varieties – Plain,
Kimchi, and Three Onion

Authentic, Pure,
traditional fermentation.
Superb Taste & Efficacy.

Ⓚ pareve

Lactic acid fermented and
aged with EDEN Sea Salt

Cleansing, Bracing, Soothing, Energizing



Sauerkraut

NON
GMO

French Celtic and Portuguese Atlantic Ocean Sea Salt

Ancient tidal salt flats farmed

Complete Trace Mineral Range

Absolutely no additives

Smooth & mellow, they make food taste remarkably better when used.

Portuguese Sea Salt – southern Provence Algarve supplied Phoenician, Greek, and Roman cultures with sea salt. Hand harvested. Triple seawater washed makes it whiter.

French Celtic Sea Salt – from Noirmoutier Isle, Brittany France. Famously popular. Hand farmed, stone-ground, only ancient Celtic methods.

Ⓚ pareve



Sea Salt

Cold-pressed to protect taste, nutrients, and aroma. The color and bouquet of the oilseed remains.

Unrefined, Pure, Beneficial Fat

Essential Fatty Acids
omegas 3, 6, & 9
w/ Antioxidants

No chemical solvents or GMOs.

Amber Glass protects
taste and nutrients.



NON
GMO

®
pareve

Unrefined Vegetable Oil

No additives or GMO
derived enzymes used

Raw Vinegar w/ Mother

Amber Glass protects
taste and nutrients

 pareve



Traditional brews,
long fermentation

NON
GMO

Raw Vinegar

Spectacular organic tomatoes with exceptional taste.

Italian Roma and Napoli heirloom tomatoes – 5th generation family grown in vital organic soil.

Amber Glass protects taste and nutrients

All ingredients dutifully declared

Hand cultivated and cooked within hours of harvest.

Ⓚ pareve



No sugar added.

Tomatoes

NON
GMO

No untoward additives or processing.

Complete trace mineral nourishment.

14 wild & cultivated varieties.
The finest Japanese grades.

The world's finest
Culinary Sea Vegetables

Their trade supports
traditional culture & values.

Macrobiotic Quality
sea vegetables since 1968.

Arctic current grown, hand harvested,
seashore dried, traditionally handled

**NON
GMO**



Real Japanese Sea Vegetables

Miso – fermented beans & grain, basically predigested.

Ancient methods, non-GMO organic whole soy and grain fermented into miso. Superlative taste. Bracing nourishment.

Live culture, unpasteurized miso, non-GMO and koji fermented. Traditionally made since 1854 by a trusted Japanese miso maker.

Supreme Comfort Food to soothe, heal, and strengthen. No chemicals. Authentic miso will vitalize and renew.

Fermentation pre-digests miso ingredients into easy to assimilate nourishment.



Protein converted to amino acids; carbohydrates to simple sugars. Potent, food concentrate.

 pareve

NON
GMO

Miso

Bracing food that soothes and satisfies with beneficial nutrients. Traditional Japanese natural foods and condiments.

Macrobiotic artisan food supports local culture, supply, and good health.

Ancient, traditional practices with no untoward chemicals, irradiation, or shortcut techniques.



NON
GMO

Traditional Japanese

Artisan *koji* brews. The finest ingredients. Non-GMO organic whole soy skillfully koji fermented.

10 oz Soy Sauces w/ Amber Glass protects taste and nutrients.



Deliberate, Authentic
No untoward additives.



NON
GMO

Soy Sauce, Mirin, Ponzu

A Strengthening,
Celebratory food

Short Grain
Sweet Brown Rice

It's not Mochi, if
it's not pounded.

EDEN.
Organic Sprouted Brown Rice

Mochi

Steamed, Pounded Sweet Brown Rice

Gluten
FREE
Whole
GRAIN

OCIA certified organic sweet
brown rice & black soybeans.

EDEN. Organic Brown Rice
& Black Soybean

Mochi

Steamed, Pounded Sweet Brown Rice

NET WT 10.5 OZ 300g

Gluten
FREE
Whole
GRAIN

Packages of Six shelf stable,
vacuum sealed pieces.

EDEN.
Organic Sweet Brown Rice

Mochi

Steamed, Pounded Sweet Brown Rice

NET WT 10.5 OZ 300g

Gluten
FREE
Whole
GRAIN

NON
GMO

GLUTEN
FREE

Mochi Pounded Sweet Brown Rice



Organic, sprouted
Whole Grain Sweetness
U.S. grown and malted.

Two ingredients,
whole grain organic malting
barley and pure water

For baking,
sweetening,
& cooking.

Non-diatstatic,
Midwest made.



Sprouted grain is roasted,
water extracted, and
concentrated to syrup.

Barley Malt

NON
GMO

Ⓚ pareve

Snacks

Simply the Best
real-organic Taste.
Pure, clean nourishment.

1 oz Pocket Snacks
4 oz reclosable Pouches
Delicious, pure variety.

A wealth of
pleasurable benefit.

Snack, bake, cook,
garnish, and travel
with pure energy.
Share at will.

Finest organic Nuts, Seeds,
and Dried Fruit to be found.

NON
GMO

GLUTEN
FREE



EDEN Organic Pasta

NON
GMO

Ⓚ pareve

Pure, real-organic
whole grain.
Exceptional, superb taste.
Long-Lasting Satisfaction

8 varieties – including
spelt, kamut, buckwheat,
durum, and quinoa.

The finest grain, time honored
methods, slow air drying, and
vintage Italian equipment.



Made in Detroit

5, 10, 25, and 50 pound bags.
2000 to 2200 pound totes.
Truckloads available. Allow
time for suitable arrangements.

**Eden Ensures
Pure Food**

email cs@edenfoods.com

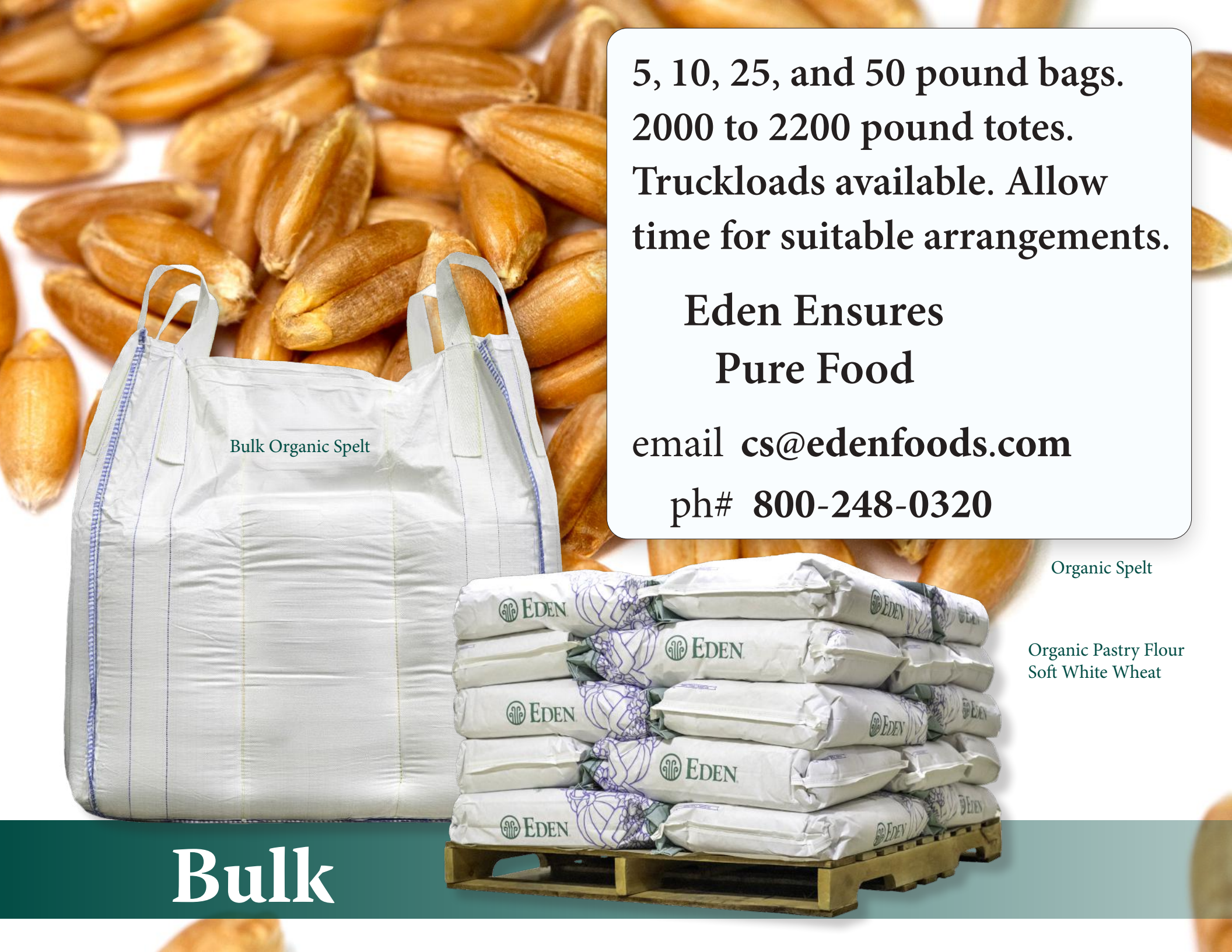
ph# 800-248-0320

Bulk Organic Spelt

Organic Spelt

Organic Pastry Flour
Soft White Wheat

Bulk





Shoyu is *koji* brewed in wooden barrels from whole soy & wheat. Slow fermentation opens the soybean nutritional storehouse for easy assimilation and great taste.



Tamari, Artisan *koji* made. The finest ingredients. Non-GMO organic whole soy skillfully brewed.

Real organic, no untoward additives, masterfully made.



Shoyu & Tamari Soy Sauce 52.8 & 55 gal.



Common sense growing and handling.
No additives. Protected for People

EDEN Beans exceed USDA No. 1 grade

Real organic small farm vital soil – vital life.

Organic Chickpeas (Garbanzo Beans), Black Turtle Beans, Pinto Beans, Navy Beans, Green Lentils, Black Soybeans, Dark Red Kidney Beans, Cannellini Beans, Aduki Beans, Small Red Beans, Great Northern Beans, Black Eyed Peas, and Split Peas.

Stocked in **25lb bags**. 10lb or 50lb bags are readily arranged when requested.

 pareve

**NON
GMO**

**GLUTEN
FREE**



Dried Beans better taste and nutrition

Ⓚ pareve



11 lbs 5 kilo



Soothing, refreshing tea of gas fired cauldron roasted tea twigs and mature leaves, aged over two years after roasting.

NON
GMO



13.2 lbs 6 kilo



Organic Sencha hand-picked early spring green tea leaf, steamed and twice rubbed to capture its green chlorophyll and taste.

Sencha Green Tea & Kukicha Twig Tea



 pareve

**NON
GMO**

U.S. family grown pure whole grain and pearled barley. White and Red

Quinoa are family plot grown at over 12,000 feet in the Andes mountains.

Wild Rice – traditionally hand harvested by Native Americans in canoes as required by law. Not a hybrid.

EDEN organic flour is U.S. grown and milled at Eden Foods in Michigan.

Wild Rice, Red Quinoa, White Quinoa, Popcorn, Short Grain Brown Rice, Medium Grain Brown Rice, Buckwheat, Millet, Pearled Barley, Hard Red Winter Wheat, Hard Red Spring Wheat, Soft White Winter Wheat, Kamut Flour, Buckwheat Flour, Spelt Flour, Quinoa Flour, Amber Durum Wheat, and Short Grain Brown Rice Flour.

Available or upon request in: 25 & 50 lb Bags

Whole Grain & Barley 25 lb. & 50 lb.

French Celtic and Portuguese Atlantic Ocean Sea Salts

Ancient tidal salt flat farmed

Complete Trace Mineral Food

No additives whatsoever

Smooth & mellow, they make food taste remarkably better when used.

Portuguese Sea Salt – southern Provence

Algarve supplied Phoenician, Greek, and Roman cultures with sea salt. Hand harvested. Triple seawater washed makes it whiter.

French Celtic Sea Salt – from

Noirmoutier Isle, Brittany France.

Famously popular. Hand farmed, stone-ground, only ancient Celtic methods.

© pareve

55 lb 25 kilo



55 lb 25 kilo



Sea Salt 55 lb.



Available in 52.3, 55, or 58 gallon drums, 5 gallon cubitainers, and 1 gallon jug. Select EDEN unrefined cooking oil and raw vinegar.

Sesame Oil, Black Sesame Oil, Olive Oil, Safflower Oil, Hot Pepper Sesame Oil, Toasted Sesame Oil, Apple Cider Vinegar, Red Wine Vinegar Brown Rice Vinegar, and Ume Plum Vinegar.



**NON
GMO**



Oils & Vinegar drums, cubes, & jugs



35.2 oz 1 kilo

The world's finest
Culinary Sea Vegetables



35.2 oz 1 kilo

Complete Trace Mineral Food



50 Sheets 4.4 oz



35.2 oz 1 kilo

Arctic current grown, hand harvested,
seashore dried, traditionally handled



35.2 oz 1 kilo



Hand Harvested Japan Sea Vegetable

Miso – fermented bean and grain paste. Powerfully nutritious and beneficial food.



22 lb 11 kg

Ancient methods, non-GMO organic whole soy and grain, koji fermented. Superlative taste. Bracing nourishment.

Fermentation predigests the miso ingredients so it is very easy to assimilate.



22 lb 11 kg

Proteins are converted to amino acids, carbohydrates to simple sugars. A famous source of strength and phytonutrients.

 pareve

**NON
GMO**

Artisan Organic Miso

Macrobiotic artisan food that supports local culture and traditional lifestyles.



22 lb



11 lb

Protective food that satisfies with beneficial nutrients and taste. Traditional Japanese health food.



2.2 lb

Ancient, traditional preparation with no chemical additives, and only traditional handling.



Pure, Traditional Japanese



Available in 10 lb. bags. Some in 10 lb. boxes.

Seven Snack varieties of good food.

OG Dried Montmorency Tart Cherries,

OG Roasted Salted Pumpkin Seed,

OG Spicy Pumpkin Seed, OG Dried Blueberries,

OG Tamari Roasted Almonds,

OG Dried Cranberries, OG Spicy Berry Mix,

OG Wild Berry Mix, OG Quiet Moon,

and OG Shelled Roasted Salted Pistachios.

May be available in various sizes. Please inquire.



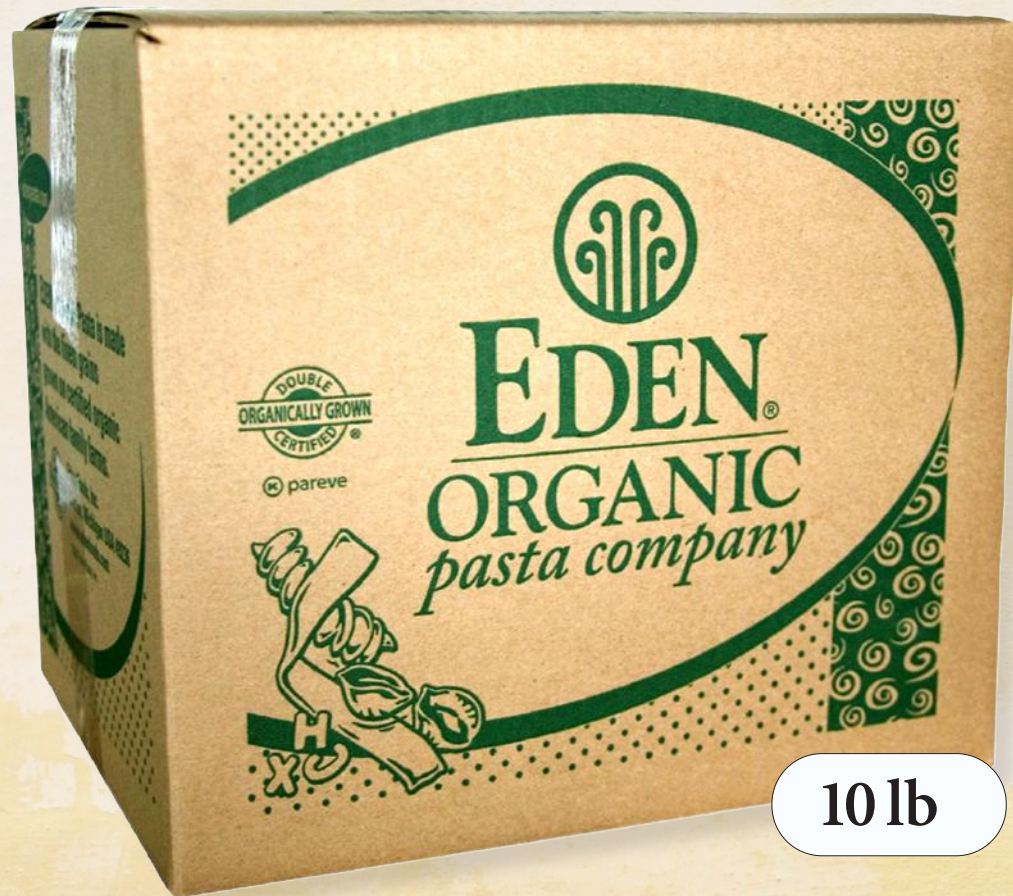
Ⓚ pareve

NON
GMO

GLUTEN
FREE

Snacks

Organic Vegetable Spirals



10 lb

NON
GMO

Ⓚ pareve

Four color spirals / fusilli of organic red beet, orange carrot/annatto, green spinach, and golden grain from the U.S. high plains.

Pure, real-organic whole grain and vegetables. Exceptionally superb taste. Deep satisfaction.

The colors brighten when cooked. Each color is separately made.

Crafted on vintage Italian equipment with brass dies and slow air drying.



edenfoods.com



Eden Foods

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