



# BENEFICIAL SATISFACTION WHOLE GRAIN



## PURIFYING

Whole Grain  
A Key to Well Being

Organic family grown  
& wild harvested

Complex carbs provide  
sustaining energy

Versatile Goodness

## Cream of the Crop



**B**uckwheat • Millet • Red Quinoa • White Quinoa • Wild Rice

EDEN whole grain is real, deliciously beneficial, guaranteed to purify, strengthen, and rejuvenate. Nutritional integrity is enhanced and protected in organic agriculture and proper handling. The ancient is new – whole grain tastes delicious, is reliable satisfaction, soothes, and heals.

Whole grain has been central in human diet for millennia, now being replaced with more profitable food. Pure EDEN grain deserves appreciation. Popcorn is whole grain and America's favorite snack, the precursor of modern breakfast cereals.

Whole Grain & Beans provide Complete Protein.

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Variety / Ingredient	UPC Code	Case Pack UPC
<b>Popcorn</b> U.S. organic family grown. Superior popping qualities are protected in handling by not scratching the outer layer to retain moisture. Essential whole grain provides protective polyphenol antioxidants in balanced nourishment proportions. Non-GMO. <b>Ingredient</b> Yellow Popcorn, organic	<b>20 oz</b> 	<b>12 / 20 oz</b> 
	<b>50 lb</b> 	
<b>Buckwheat</b> U.S. organic family gluten free whole grain. Buckwheat is nature's best source of rutin, a valuable antioxidant. Every American town used to have a buckwheat mill. Protein, B vitamins, and zinc. <b>Ingredient</b> Hulled Buckwheat, organic	<b>16 oz</b> 	<b>12 / 16 oz</b> 
	<b>50 lb</b> 	
<b>Millet</b> U.S. organic family yellow millet. First dry pan toasting gives it better taste. Cooks up light & fluffy. A rare alkalizing, bracing whole grain. Protein, B vitamins, iron, and zinc. <b>Ingredient</b> Yellow Millet, organic	<b>16 oz</b> 	<b>12 / 16 oz</b> 
	<b>50 lb</b> 	
<b>Red Quinoa</b> Bolivian organic family ancient grain from over 12,500 ft. in the Andes. Helps sustain native culture. Versatile as rice with sought after taste that is a little sweeter than white quinoa. Good protein, B vitamins, magnesium, iron, and zinc. <b>Ingredient</b> Red Quinoa, organic	<b>16 oz</b> 	<b>12 / 16 oz</b> 
	<b>25 lb</b> 	
<b>White Quinoa</b> Bolivian organic family ancient grain from 12,000 ft. in the Andes. Helps sustain native culture. Versatile as rice, mellow sweet taste. Protein, B vitamins, magnesium, iron, and zinc. <b>Ingredient</b> White Quinoa, organic	<b>16 oz</b> 	<b>12 / 16 oz</b> 
	<b>25 lb</b> 	
<b>Wild Rice</b> Hand harvested by Ojibwe Native Americans in canoes, as required by law. It supports mystical traditions of the Native American culture. Poplar wood fire parched to dry and prepare to store. <b>Ingredient</b> Real Wild Rice, hand harvested	<b>7 oz</b> 	<b>12 / 7 oz</b> 
	<b>25 lb</b> 	