



MEKABU WAKAME

The ruffled, flowering sprout of wakame just above its base. Washed, sun-dried, misted with pure water, shredded, and dried again. *Mekabu* is wild and sustainably hand harvested.

0.88 oz each 6/0.88 oz/case
0 24182 15173 2 1 00 24182 15173 9



DULSE FLAKES

Traditional, soft, deliciously tangy crimson leaf flakes. Sun and sea breeze dried. *Dulse Flakes* are wild, hand harvested, and organic.

1.5 oz each 12/1.5 oz/case
0 24182 15170 1 1 00 24182 15170 8



WAKAME

Grown in the environmentally protected National Natural Treasure designated area of Ise Bay, Japan. Superb culinary *Wakame* leaf.

2.1 oz each 6/2.1 oz/case
0 24182 15171 8 1 00 24182 15171 5
2.2 lb bulk 6/2.2 lb bulk/case
024182151725 10024182151722



HIZIKI

Sun-dried, steamed, and dried again. Rich flavor and delicate texture. This *Hiziki* is only the tender curls from the tip of the leaf.

2.1 oz each 6/2.1 oz/case
0 24182 15079 7 1 00 24182 15079 4
2.2 lb bulk 6/2.2 lb bulk/case
024182150803 10024182150800



KOMBU

Arctic current fed off the southeast coast of Hokkaido island. Dense nourishment and famous flavor enhancer. *Kombu* is wild, hand harvested leaf.

2.1 oz each 6/2.1 oz/case
0 24182 15273 9 1 00 24182 15273 6
2.2 lb bulk 6/2.2 lb bulk/case
024182152746 10024182152743



AGAR AGAR FLAKES

Eight different seaweeds, wood fire cooked, then naturally freeze-dried during winter in the mountains over ten days on high elevation rice fields. *Agar Agar Flakes* wild, hand harvested.

1 oz each 6/1 oz/case
0 24182 15931 8 1 00 24182 15931 5



ARAME

Steamed, shredded, cooked, and sun-dried. A satisfying culinary delight. *Arame* is wild, hand harvested.

2.1 oz each 6/2.1 oz/case
0 24182 15475 7 1 00 24182 15475 4
2.2 lb bulk bags 2.2 lb bulk/case
024182154764 10024182154761



AGAR AGAR BARS

Sea vegetable gelatin of eight varieties. Wood fire cooked and naturally freeze-dried during winter in the mountains over ten days. For healthy 'gelatin treats', vegetable or fruit aspics, custards, baked goods, and pie fillings. *Agar Agar* is wild.

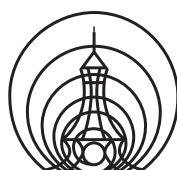
0.5 oz each 6/0.5 oz/case
0 24182 15900 4 1 00 24182 15900 1



DULSE WHOLE LEAF

Traditional, soft, deliciously tangy crimson leaf. Sun and sea breeze dried off the coast of Maine. *Dulse*, wild, hand harvested, raw, and certified organic. Sustainably harvested.

1.4 oz each 6/1.4 oz/case
0 24182 15180 0 1 00 24182 15180 7



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EDEN SEA VEGETABLES

THE BEST OF EACH KIND



Pursuit of EXCELLENCE

Eden has supplied the natural food industry with macrobiotic quality sea vegetables from Japan since 1968. North Atlantic dulse was introduced in 2005.

Helping to ensure the finest of each seaweed at Eden Foods is a keen consumer interest, thorough due diligence, and good knowledge about all possible sources.

EDEN Sea Vegetables are renown for

purity, a delicious taste, and mighty nutritional value. Wild and cultivated varieties are hand harvested from environmentally protected areas; most from a National Natural Treasure designated area.

Each one is uniquely prepared using ancient methods and artisan skill. EDEN Dulse is wild North Atlantic grown and hand harvested off the coast of Maine.

Naruto Strait



- Arctic current grown, hand harvested, traditionally handled
- Complete trace mineral and other rare nourishment of vitamins, minerals, anti-oxidants, and polysaccharides
- Traditional artisan care and skill
- Radionuclide free, multi-tested
- 14 wild & cultivated varieties
- Cleansing & Bracing

Pure & Purifying



RARE, Crucial NUTRIENTS

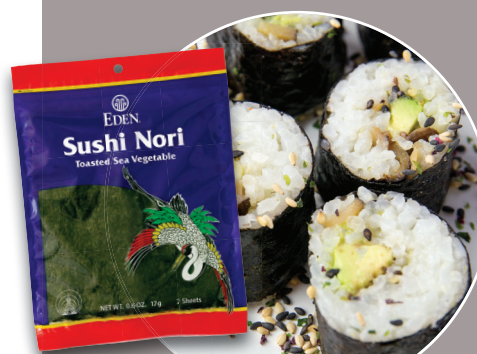
Sea vegetables have profound impact on human nourishment and are alkalizing! A complete set of imperative trace minerals not found in land vegetables is offered. Other rare, crucial nutrients are concentrated in sea vegetables as well. Every mineral in the ocean, in the same proportions found in human blood, are in them. Studies confirm that even a few grams of them per day have great value.

Our taste buds cannot distinguish between potassium and sodium, and a salt craving is usually a misplaced craving for minerals like potassium.

Authentic, pure & purifying EDEN Sea Vegetables are the best way to take adequate trace minerals and nutrients to fortify and strengthen one's constitutions.



Cucumber Wakame



Avocado Shiitake Nori Maki



Udon Hiziki Vegetables

Free recipes at edenfoods.com



Cleansing

Sea vegetables help cleanse us of heavy metals and radionuclide toxins. This is invaluable. The polysaccharide, alginic acid, abundant in brown sea vegetables such as wakame, kombu, arame, hiziki, and mekabu, is linked to the removal of both of them from us.

Heavy metals and radionuclide contaminates continue to increase in the environment, at a growing rate. Dr. Tanaka of Montréal's McGill University shows how sea vegetable alginic acid binds with these heavy metals and allows them to be harmlessly eliminated, "... lowering the body's burden." The pollutants are usually stored by us in fat.



HELPS COMPLETE OUR Nourishment

Sea vegetables are a rejuvenating nutraceutical, an abundant source of vitamins, minerals including calcium, iron, potassium, zinc, vitamins A, B complex, C, D, E, K, along with the essential and rare trace minerals.

A variety of uniquely beneficial, multi-functional polysaccharides like fucoidan and alginic acid are also bountiful in the brown sea vegetables kombu, mekabu, arame, nori, hiziki, and wakame.

Mekabu, a super seaweed, is the ruffled flowering sprout at the base of wakame. Its slippery feel is from its large amount of fucoidan. Research shows that fucoidan enhances immune system function and offers heart, digestive, and thyroid benefits. Fucoidan is renowned as a fat metabolizer.

The people in Japan eating sea vegetables regularly are known to enjoy long, healthy lives. Studies show that sea vegetables may promote immune system health.

The importance of trace minerals is only now beginning to be understood.



NORI

The sweetest and most popular sea vegetable is grown in the environmentally protected Ise Bay, Japan.

Premium Grade Sheets of Nori

Nori 10 sheets, cultivated.

0.88 oz each

6/0.88 oz pkg/case



SUSHI NORI

Seven Toasted flat sheets for sushi, rice balls, soup ... 50 sheet bulk packs too.

Nori toasted, cultivated.

0.6 oz each

6/0.6 oz pkg/case



4.4 oz/50 sheets

6/4.4 oz/case



INSTANT WAKAME FLAKES

Washed, cooked, cut, and ready to use with no trimming or pre-soaking needed. A very popular sea vegetables in Japan and the USA.

Wakame Flakes wild, instant.

1.06 oz each

10/1.06 oz pkg/case



NORI KRINKLES

Narrow toasted strips of green nori, mild and sweet. A healthy snack, versatile food, and fun condiment. Delicious taken right out of the bag. A nice addition to miso soup. Nori Krinkles instant.

0.53 oz each

6/0.53 oz/case



SPICY NORI STRIPS

Are served with breakfast. Toasted Nori, * Shoyu (water, * whole wheat, * soybeans, sea salt, koji), * Mirin (* sweet rice, water, * rice, koji), Barley Malt Syrup (sweet potato starch, water, sprouted barley), Water, Sea Salt, Kombu, Red Chili, Shiitake Mushroom * Organic

0.47 oz each

12/0.47 oz/case

