

EDEN FOODS® DRY BEANS

**New
Box**



ESSENTIAL

Supplies from farmers
we know and trust

Wealth of antioxidants
similar to those in
fruit and berries

Protein, good fat,
vitamins, carbs,
minerals, and fiber

Complex carbs provide
long-lasting energy

USA Family Organic

**GLUTEN
FREE**

**NON
GMO
VERIFIED**



*A*uthentic organic EDEN beans are USA family grown. Complex carbohydrates, protein, vitamins, minerals, fiber, and a wealth of antioxidants similar to those in fruit and berries.

EDEN beans are beautiful as they come from the field, no cosmetic makeovers are needed. Mechanical cleaning and electric eye sorting removes foreign materials and discolored beans. None of dozens of superficial commercial cleanup operations are used to alter their appearance and make them appear to be what they are not.

Most 'organic' beans sold in the USA and Canada are imported from China, South America, or Eastern Europe. They do not make the grade at Eden. EDEN beans best nourish our well-being. A local, sustainable supply of pure beans from those we know & trust.

Whole Grain and Beans provide Complete Protein.

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Variety / Ingredient	UPC Code	Case Pack UPC
Black Beans Black Turtle Beans. Dark bean skins contain the same flavonoid antioxidants as berries, such as polyphenols and anthocyanin antioxidants. Vegetal protein, B vitamins, folate B9, iron, zinc, and fiber. about 10 servings Ingredient Organic Black Turtle Beans	 0 24182 02100 4	12/16oz  1 00 24182 02100 1
Garbanzo Beans (Chickpeas) Chickpeas, deliciously beneficial. Vegetal protein, B vitamins, folate B9, iron, zinc, fiber, and antioxidants. For dips, soup, stew, salads, and falafel. Purée cooked Chickpeas, add extra virgin olive or sesame oil, lemon juice, garlic, & sea salt for the dip or spread hummus. about 10 servings Ingredient Organic Garbanzo Beans	 0 24182 02101 1	12/16oz  1 00 24182 02101 8
Green Lentils Green Lentils cook much quicker than beans. Use with whole grain, in soup, stew, salad, and dips. Vegetal protein, B vitamins, folate B9, iron, zinc, magnesium, fiber, and antioxidants. about 9 servings Ingredient Organic Green Lentils	 0 24182 02102 8	12/16oz  1 00 24182 02102 5
Kidney Beans Dark Red Kidney Beans. Dark skinned beans contain more antioxidants. Vegetal protein, B vitamins, folate B9, iron, zinc, antioxidants, and fiber. Great with whole grain, in soup, stew, chili, dips, and on salads. about 10 servings Ingredient Organic Dark Red Kidney Beans	 0 24182 02103 5	12/16oz  1 00 24182 02103 2
Navy Beans Small white beans, a.k.a. pearl haricot. Navy are the 2nd most popular USA bean, used for Boston Baked Beans. Vegetal protein, B vitamins, folate B9, iron, zinc, fiber, and antioxidants. about 9 servings Ingredient Organic Navy Beans	 0 24182 02104 2	12/16oz  1 00 24182 02104 9
Pinto Beans Pinto in Spanish means painted. Pintos are the USA's most popular bean. Vegetal protein, B vitamins, folate B9, iron, zinc, antioxidants, & fiber. Complete protein with whole grain, use in soups, stews, salads, dips, wraps, & tacos. about 10 servings Ingredient Organic Pinto Beans	 0 24182 02105 9	12/16oz  1 00 24182 02105 6