



Ume Plums

King of Alkaline Foods

EMPOWER

Ume Plums' *prunus mume* sour taste and beneficial acids have been appreciated for eons. They contain more citric acid than any other fruit, and are a Krebs Citric Acid Cycle catalyst stimulating cells to make, store, and release energy.

An energizer, the Ume Plum is actually an Apricot.

SAVOR

A distinct sour taste, this condiment is ideal for sushi and rice balls. It is a superb spread for corn on the cob and in salad dressings.

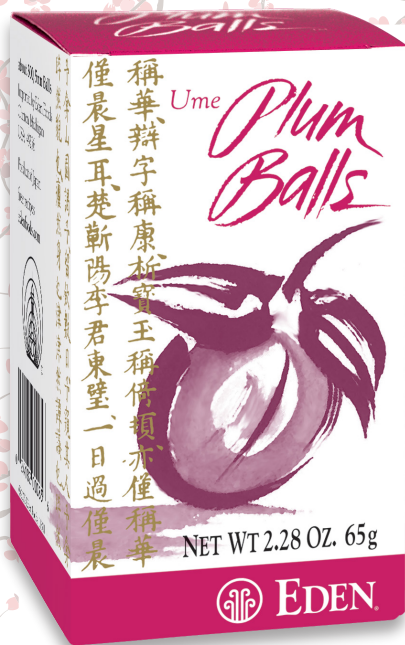


Alkaline

BALANCE

Umeboshi (pickled ume plums), ume concentrate, and plum balls help promote balance. Of the *five* flavors, sour is commonly in a deficit. Wakayama *nanko* plums.





UME PLUM BALLS

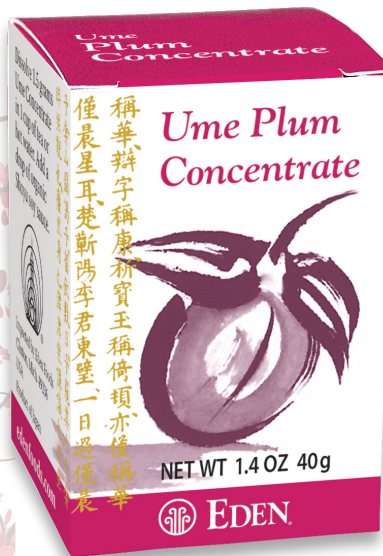
46% EDEN Ume Plum concentrate *bainiku ekisu* and 54% *jinenjo* wild mountain yam in 1/4 inch balls. The combination purifies and strengthens. Plum Balls are an easy way to enjoy the benefits of ume and jinenjo on a routine basis.

Ingredients 54% Wild Japanese Mountain Yam (*jinenjo*), 46% Ume Plum Concentrate

Unit UPC 2.28 oz



Case 6 / 2.28 oz



UME PLUM CONCENTRATE

Fresh ume plum fruit concentrated thirty times to capture the plum's essence in a thick black paste *bainiku ekisu*. A bracing gift of nature. A catalyst in mineral absorption. Put about one gram of concentrate into one cup of hot water or tea. Or, after dilution add to fruit juice.

Ask about EDEN Ume Plum Vinegar

Ingredient

Ume Plum Concentrate
Prunus mume

Unit UPC 1.4 oz



Case 12 / 1.4 oz



UMEBOSHI PASTE

Puréed, pickled umeboshi. Spreadable umeboshi. Its sourness accentuates sweetness. The supreme condiment for corn on the cob. Use it in dips, sauces, salad dressings, rice balls, and sushi. EDEN Umeboshi Paste contains no additives. Only ancient methods and unique steps are used to result in umeboshi, a distinct condiment from Japan.

Ingredients

Umeboshi Plums
Prunus mume,
Sea Salt, Beefsteak Leaves (shiso)

Ⓚ pareve

Unit UPC 7 oz



Case 12 / 7 oz



UMEBOSHI PLUMS

Pickled with red shiso leaf Ume plums, sun-dried, fermented, and aged for a year. Japan's 'Chicken Soup' is a relatively thin rice porridge cooked with umeboshi. They swear by it. Excellent results are achieved when this epitome of sour tartness is added to salad dressings, dips, sauces, sushi, and rice balls.

Ingredients

Umeboshi Plums
Prunus mume,
Sea Salt, Beefsteak Leaves (shiso)

Ⓚ pareve

Unit UPC 7 oz



Case 12 / 7 oz



Pure and Purifying™

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