

EDEN Soba & Udon Noodles

IMPORTED

***Authentic
Handmade in Japan***

by the **Tanaka Family** since 1906

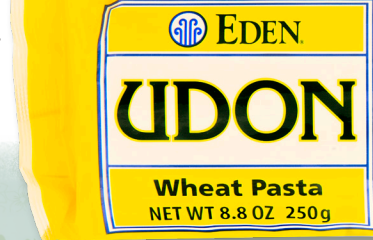
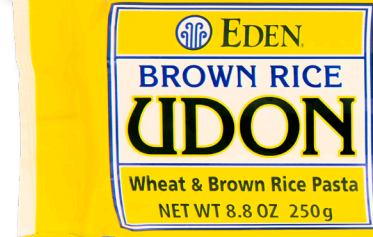
Soba means buckwheat and Udon noodles are hard wheat. Each is a traditional noodle of Japan, popular all over the world for being so enjoyable and satisfying. They are usually eaten in a dashi broth, or stronger version as a dipping sauce, although they're just as satisfying with various pasta sauces. Simple dashi is a broth of shoyu soy sauce, mirin, kombu, and shiitake mushroom. Hot and cold noodle presentations are both popular.

Three of the five EDEN Sobas are made with a renowned health food, either lotus root, jinenjo (wild mountain yam), or mugwort leaf to vitalize taste and efficacy.

EDEN Udon noodles are similar to linguine in thickness, shape, and cook time. Brown Rice Udon has short grain brown rice flour in it.

100% Buckwheat Organic Soba is gluten free, bracing food, hand-made in Japan. Its popularity in the U.S. and Canada has grown strongly in recent years.

EDEN Soba and Udon Noodles are light, contenting, and easily digested. Serve in a dash broth, or just pour EDEN Ponzu sauce onto them.



EDEN Creation and Maintenance of Purity in Food

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BROWN RICE UDON

A blend of hard red wheat and short grain brown rice flours, and sea salt. Excellent summer fare, always satisfying during any season. Tanaka family craftsmanship uses only very old traditional methods and they have been doing this since 1906, today with four generations contributing.

Ingredients

Hard Red Winter and Spring Wheat Flours, Brown Rice Flour, Sea Salt



8.8 oz Unit UPC



12/8.8 oz / Case UPC



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UDON

Japan's most popular noodle; these demonstrate why. Similar to linguine, but square edged. Light, satisfying, and easily digested. Ideal with dashi (shoyu, mirin, kombu, shiitake broth), in stir-fries, salads, dipped or drizzled with EDEN Ponzu Sauce, or any other way you enjoy pasta.

Ingredients

Hard Red Winter and Spring Wheat Flours, Sea Salt



8.8 oz Unit UPC



12/8.8 oz / Case UPC



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40% BUCKWHEAT SOBA

Soba noodles of 60% hard red wheat and 40% whole buckwheat flours, and a touch of sea salt. Buckwheat is the best source of rutin, an important flavonoid. A hardy, strengthening, warming, and energizing food. Use as any pasta in soups, stir-fries, and salads. edenfoods.com for recipes

Ingredients

Hard Red Winter and Spring Wheat Flours, Whole Buckwheat Flour, Sea Salt



8.8 oz Unit UPC



12/8.8 oz / Case UPC



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100% BUCKWHEAT SOBA, ORGANIC

Earthy brown noodles with a rich warming taste. Buckwheat protein is superior to other grains having all essential amino acids and the best source of valuable rutin. Whole grain carbs, very low sodium, soothing, and strengthening. Enjoyed hot or cold in a dashi broth, salads, and stir-fries.

Ingredient Whole Organic Buckwheat Flour

8 oz Unit UPC



12/8 oz / Case UPC



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LOTUS ROOT SOBA

The renowned root of the Asian water lily blended into hard wheat & whole buckwheat flours and sea salt. Expertly made. Lotus root imparts a silky smooth texture and taste. Enjoy them hot or cold with dashi broth, in soups, salads, sushi, and stir-fries.

Ingredients

Hard Red Winter and Spring Wheat Flours, Whole Buckwheat Flour, Lotus Root Powder, Sea Salt



8.8 oz Unit UPC



12/8.8 oz / Case UPC



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MUGWORT SOBA

Jade green mugwort leaf soba prized for purifying strength. Enjoy hot or cold in dashi noodle broth seasoned with EDEN Shoyu Soy Sauce, Mirin, Kombu sea vegetable, and Shiitake mushroom, or drizzle with EDEN Ponzu Sauce. Top with sliced scallion.

Ingredients

Hard Red Winter and Spring Wheat Flours, Whole Buckwheat Flour, Mugwort Leaf Powder, Sea Salt



8.8 oz Unit UPC



12/8.8 oz / Case UPC



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WILD YAM SOBA

Jinenjo is a revered wild yam, hand dug in Japan's mountains and believed to promote physical strength. Its diastase and amylase enzymes break down starches. Warming noodles whether hot or cold in a dashi broth. Tanaka family made.

Ingredients

Hard Red Winter and Spring Wheat Flours, Whole Buckwheat Flour, Wild Yam Flour, Sea Salt



8.8 oz Unit UPC



12/8.8 oz / Case UPC



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