

Udon & Soba



Udon Noodles

Women’s Health top choice in “125 Best Packaged Foods for Women.” The only 100% whole grain Udon made. It is only real-organic whole durum wheat. Low sodium, with protein, thiamin B1, niacin B3, magnesium, iron, zinc, copper, and healthy fiber.

Ingredients **Organic Whole Grain Durum Wheat, EDEN Sea Salt**

Soba Noodles

Soba means buckwheat. It is a warming, strengthening food. EDEN traditional Soba is low sodium, with thiamin B, niacin B3, protein, iron, magnesium, and zinc. Buckwheat is the best source of the important flavonoid rutin.

Ingredients **Organic Spring Wheat 70%, Organic Whole Buckwheat 30%, EDEN Sea Salt**



Kamut® Udon & Soba



Kamut Udon

Many people sensitive to modern wheat enjoy kamut because of its water-soluble gluten. Its dense nutritional value makes extra satisfying noodles. Low sodium, and a source of protein, thiamin B1, niacin B3, iron, magnesium, zinc, and fiber.

Ingredients **Organic Kamut Wheat, EDEN Sea Salt**

Kamut Soba

Khorasan (kamut) wheat is an ancient variety with large golden kernels. Here it is blended with 20% whole buckwheat. This stoneground pair makes a superb traditional soba. Low sodium and a source of protein, thiamin B1, niacin B3, iron, zinc, and fiber.

Ingredients **80% Organic Kamut Wheat, 20% Organic Whole Buckwheat, EDEN Sea Salt**



Spelt Udon & Soba



Spelt Udon

Spelt, dinkel or farro, is an unchanged ancient variety of wheat. Essential vitamins, minerals, and superb food energy. In the 12th century, St. Hildegard wrote of spelt, “It produces a strong body and healthy blood for those who eat it and makes the spirit light and cheerful.”

Ingredients **Organic Spelt Wheat, EDEN Sea Salt**

Spelt Soba

Buckwheat and spelt are ancient grains known for being easy to digest and their soothing energy. Classified a red wheat, spelt is often enjoyed by people sensitive to modern wheat. Low sodium, Spelt Soba offers a wealth of vitamin and mineral nourishment.

Ingredients **Organic Spelt Wheat 80%, Organic Whole Grain Buckwheat 20%, EDEN Sea Salt**



Wheat & Rice Udon



Wheat & Rice Udon

Eden selected real-organic spring wheat and Lundberg® short grain rice made into a traditional Udon. Low sodium, with a wealth of vitamins and minerals including zinc, Healthy fiber.

Ingredients **Organic Spring Wheat 80%, Organic SG Rice 20%, EDEN Sea Salt**

Sesame Stir-Fry Udon

Prep Time & Cook Time 10 min. each
Serves 4

- **8 oz any EDEN Udon or Soba**
- **1 Tbsp EDEN Toasted Sesame Oil**
- **⅛ tsp EDEN Hot Pepper Sesame Oil**
- **1 Tbsp any EDEN Shoyu Soy Sauce or wheat free EDEN Tamari**
- **½ cup finely chopped green onions**
- **2 Tbsp toasted sesame seed or Gomasio as garnish**

Cook udon as package directs, rinse. Heat oils in skillet, add the cooked udon, shoyu, and green onion. Stir-fry on medium heat, stir a lot. Add an EDEN Gomasio garnish.



North American
Organic Family Grain

Good Fast Food

In neighborhoods of Japan you find small shops exuding enticing aromas. People hurriedly arrive and leave happily satisfied. It is the Sobaya.

The original Japanese fast food shop, serving a limited menu of soba and udon noodle dishes to a busy clientele. Traditional Soba and Udon noodle dishes are immensely popular, second only to rice; always a reliable, satisfying Sobaya visit.

EDEN Soba and Udon Noodles bring the craftsmanship and satisfaction of the Sobaya to our homes; authentic deliciousness and versatility. Easy to make, and they always seem to bring smiles.



Soba & Udon Noodles

Seven kinds of organic EDEN Soba and Udon noodles, traditionally made of organic North American family grain:

- Buckwheat
- Hard Red Spring Wheat
- Whole Grain Durum Wheat
- Lundberg® Short Grain Rice
- Khorasan (kamut®) Wheat
- Spelt

Complex carbs, protein, valuable phytonutrients, and polyphenol antioxidants. Made at the Sobaya Company in Montréal, Québec who brought Japanese machines to North America for the only certified organic soba and udon noodle factory in the hemisphere. Roll-cut and slow drying are keys to making superlative, traditional EDEN Soba and Udon Noodles.

Pure & Purifying

Cuisine of Japan

Soba & Udon in stir-fries, casseroles, salads, sushi, and bowls. A pleasing result is likely if you do not overcook.



Enhance Udon & Soba with

EDEN Sea Vegetables, Shiitake & Maitake Mushrooms, Mirin, Ponzu Sauce, EDEN Organic Miso, Shoyu Soy Sauce, Toasted Sesame Oil, Sesame Oil, Hot Pepper Sesame Oil, Gomasio, EDEN Shake, Tekka, Nori, or Dulse Flakes. Try kombu dashi broth.

LONG NOODLES FOR LONG LIFE.

– Japan folklore

Eden selected grain, fresh milled, kneaded with pure water and EDEN Sea Salt. When ready, the dough is rolled and folded onto itself eight times before a final roll sheeting that is cut into long strips.

The long wet noodles are racked to hang, rolled into drying rooms, and air dried for up to two days. Dutifully tended, when dry they are hand-cut to kitchen length and boxed. Real organic grain, experienced makers, and a no-shortcut approach to creating the best Udon and Soba Noodles.

© pareve

American Organic Grain

Traditional Skill

No chemical additives

100% Recycled Paperboard Box

Declared a 'Best Food'
by *Women's Health*

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