

## AGAR AGAR BARS & FLAKES

wild, hand harvested ®

Sea vegetable gelatin prepared in the mountains of Japan using only outdoor winter freeze-thaw cycles to remove moisture. Used to make gelatin treats and in vegetable or fruit aspics, custards, and pie fillings. Fiber rich.



Agar Agar Bars freeze-dried on bamboo racks

## ARAME wild, hand harvested

Shredded, cooked, and sun dried. Add to sautéed vegetables and salads. Sweeter and milder than its cousin hiziki. Good fiber.

## HIZIKI wild, hand harvested

Only the prized tender black curls of the tips. Sun dried, steamed, and dried again. Rich flavor and delicate texture. Great with grain, in salads, stir-fries, or as a side dish.

## DULSE WHOLE LEAF & FLAKES

wild, hand harvested, raw, organic

From Grand Manan Island, New Brunswick, Canada. Soft, tangy, delicious crimson leaf.

Sun and sea breeze dried.

Use in salads, soups, pasta, stir-fries, and on pizza, popcorn, or sandwiches.

Low sodium.



Dulse  
Grand Manan  
Island,  
Canada

# Rare, Vital Nutrients



## KOMBU wild, hand harvested ®

Tender fronds from Arctic currents off Hokkaido. Widely used in soup and broth as a flavor enhancer. Add a piece to beans or root vegetables for enhanced flavor and softened texture.

## NORI untoasted, cultivated

Most popular sea vegetable in the U.S. Cultivated in Japan's environmentally protected Ise Bay. The highest grade, hand harvested, and sun dried. Hand toasting over a stove top burner turns it emerald green. Nori is rich in vitamin B12.

## NORI KRINKLES toasted, cultivated

Premium nori toasted to a crispy delight. Its mild, sweet flavor and pleasant aroma make it a popular snack and condiment. Delicious and versatile, use in miso soup, on grains, noodles, and vegetables.

## MEKABU wild, hand harvested

The ruffled, flowering sprout of wakame above the holdfast. To preserve fucoidan, do not cook. Soak for ten minutes. Mildly sweet and supremely healthy.

Make some sushi - [edenfoods.com/sushi](https://edenfoods.com/sushi)

Easy, step  
by step  
directions,  
and recipe  
ideas

## SPICY NORI STRIPS toasted, cultivated

Seasoned nori. A tasty, fun snack of thin nori strips. Coated with vegan seasonings of organic shoyu soy sauce, organic mirin, barley malt syrup, shiitake mushrooms, and red chili peppers.

## SUSHI NORI toasted, cultivated

Handy, whole toasted sheets. Ise Bay grown. For sushi, rice balls, and nori rolls. Authentic rich color, great taste, and reliable purity.

## WAKAME cultivated, hand harvested, raw

Sun dried from environmentally protected Ise Shima, Japan. It is essential for miso soup. It turns bright green when soaked.

## WAKAME FLAKES cultivated

Washed, cut, and ready to use right out of the bag. Soak briefly for salads, expands 20 times. Twenty-five cleansing processes from leaf to flakes, none of which reduce nutrient content.

## SUSHI MATS bamboo and cotton string

Make handy sushi and nori rolls. Superior quality, untreated bamboo strips bound with unwaxed cotton string for a flat, flexible surface.



Tempeh & Sauerkraut  
Brown Rice Sushi



# EDEN®

# Sea Vegetable

## Arctic Current Grown Sun & Wind Dried



VERIFIED  
RADIONUCLIDE  
FREE



## Relationship Values

Eden has supplied the finest Japanese sea vegetables to the natural food industry since 1968. Canadian dulse was added in 2005. A thorough study of every potential source helps ensure the finest are found.

EDEN Sea Vegetables are known for flavor, purity, and nutritional value, and are wild or age-old cultivated and hand-harvested from environmentally protected sources. Artisan handling protects their value. Their trade supports traditional values and culture.

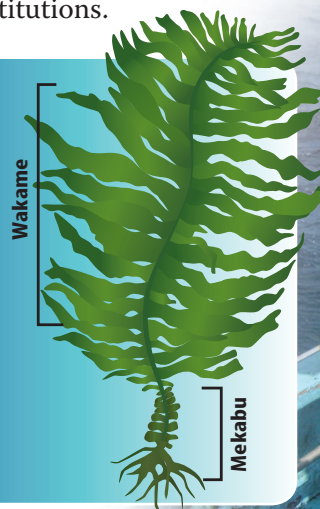
## Rare, Crucial Nutrients

Sea vegetables have a profound impact on human nourishment, and are alkalizing. Their spectrum of imperative trace minerals is not found in land vegetables. Every mineral in the ocean in proportions similar to that of human blood is present, with an array of uniquely valuable nutrients. Studies confirm even a few grams a day have enormous value. Human taste buds cannot distinguish between potassium and sodium, and a salt craving is usually a misplaced craving for minerals like potassium. Sea vegetables are concentrated with very rare crucial nutrients.

Authentic EDEN Sea Vegetables are the best way to take adequate trace minerals and fortifying nutrients to strengthen our constitutions.

## Added Benefit

Mekabu is the ruffled, flowering sprout of wakame. Its viscous texture comes from fucoidan. It is reported fucoidan enhances immune system function and braces heart, digestive, and thyroid health. It is renowned as a fatty tissue metabolizer.



## Cleansing

Sea vegetables help cleanse us of heavy metal and radionuclide toxins. This is invaluable. Alginic acid, abundant in brown sea vegetables such as wakame, kombu, arame, hiziki, and mekabu, is linked to this. All of us are contaminated with heavy metals, and the reckless release of nuclear radiation continues at a growing rate. Dr. Tanaka of McGill University in Montréal showed sea vegetable alginic acid binds with heavy metals and allows them to be harmlessly eliminated. He demonstrated the alginic acid draws out pollutants that we store, usually in fat, "...lowering the body's burden."

The polysaccharide fucoidan is known to act as an antioxidant to enhance the immune system and overall cellular health, and to strengthen and protect the body against damage from heavy metals. Fucoidan contains the sugar fucose that is necessary for proper nerve cell-to-brain communication, kidney function, reproductive health, and skin hydration, while fostering better metabolism at the same time.

checking  
the wakame  
& mekabu  
harvest



## Dulse Vegetable Chowder

Serves 4 Prep 10 minutes Cooks in 20 minutes

- 3 cups water
- 2 ears fresh sweet corn, grated on a box grater
- 2 medium organic potatoes, peeled, chopped
- ¼ cup diced onions
- ⅓ cup chopped celery
- 2 Tbsp **EDEN Bonito Flakes**, optional, crushed in small pieces
- ¾ tsp **EDEN Sea Salt**, or to taste
- ¼ tsp dried marjoram flakes, or basil
- ¼ cup diced carrots
- ⅓ cup organic sweet corn, fresh or frozen
- ½ cup green beans, cut into 1" lengths
- 1 cup **Unsweetened EDENSOY**
- ¼ cup **EDEN Whole Leaf Dulse**, soaked 3 minutes in cold water, chopped

Place water, grated corn, potatoes, onion, celery, bonito flakes, salt and marjoram in a medium pot. Cover and bring to a boil. Reduce the heat to medium-low and simmer about 10 minutes until the vegetables are tender. Purée half the vegetables and liquid together in a blender. Add the purée back to the pot. Repeat until all vegetables have been puréed. Add the carrots, corn and green beans. Cover and simmer 5 to 7 minutes. Add the **EDENSOY** and dulse, heat until hot but not boiling, and serve.



## Orange Wakame Salad

Serves 4 Prep 70 minutes

- 3 Tbsp **EDEN Wakame Flakes**
- ¼ cup **EDEN Mirin**
- ½ tsp **EDEN Shoyu Soy Sauce**
- 1 medium cucumber, thinly sliced
- 2 cups oranges, peeled, sectioned, or tangerines
- ¼ cup red radishes, halved and sliced
- 2 Tbsp sesame seed, dry pan roasted
- 2 Tbsp **EDEN Brown Rice Vinegar**

Soak wakame in 2 cups water for 10 minutes, drain, place in a mixing bowl. Add all remaining ingredients, mix and chill 1 hour before serving.



## Gummy Fruit Snacks

Serves 3 Prep 5 minutes Cooks in 5 minutes

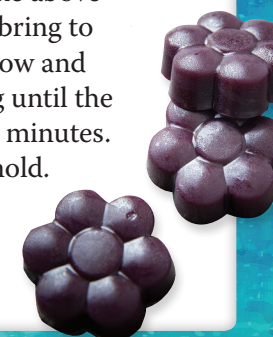
### Cherry Heart Gummy Ingredients

- ½ cup **EDEN Cherry Juice**
- 1 heaping Tbsp **EDEN Agar Agar Flakes**
- 1½ tsp organic maple syrup
- 1 pinch **EDEN Sea Salt**

### Grape Daisy Gummy Ingredients

- ½ cup **EDEN Grape Juice**
- 1 heaping Tbsp **EDEN Agar Agar Flakes**
- 1 pinch **EDEN Sea Salt**

Place all ingredients for one of the above recipes in a small saucepan and bring to a boil. Reduce heat to medium-low and simmer while constantly stirring until the agar flakes dissolve, about 4 to 5 minutes. Pour juice into a silicon candy mold. Set aside or refrigerate until jelled, about 1 hour. Remove and enjoy!



## Hiziki & Dried Cherry Salad with Miso Dressing

Serves 6 Prep 15 minutes Cooks in 10 minutes

- 3 Tbsp **EDEN Hiziki**, rinsed
- 6 cups mixed baby salad greens
- ¼ cup carrot, coarsely grated
- ½ cup red onion, sliced into thin half-moons
- 1 4 oz pkg. **EDEN Dried Montmorency Cherries**, chopped

### Dressing

- 3 Tbsp **EDEN Shiro Miso**
- 3 Tbsp **EDEN Roasted Tahini**
- 1 tsp **EDEN Brown Mustard**
- 1 tsp **EDEN Brown Rice Vinegar**
- ¼ cup orange juice, fresh squeezed
- 1 Tbsp fresh parsley, minced
- ¼ cup cold water



Place hiziki in a small saucepan. Cover with cold water. Bring to a boil, and simmer 10 minutes. Place in a fine screened sieve, rinse with cold water and drain. Toss with the salad greens, carrot, red onion, and dried cherries. Place the dressing ingredients in a blender and purée. Spoon dressing over the salad when served.



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