

EDEN FOODS®



Organic Spelt from a few of 80,000 acres of vital GEO free farmland nurtured by Eden Foods.

EDEN® Organic Spelt is from Michigan's thumb, grown by brothers Jeff and Steve Booms - Eden growers for over fifteen years. Spelt *Triticum spelta* is ancient grain and distant relative of modern wheat. The twelfth century healer St. Hildegard von Bingen wrote, "Spelt is the best of grains. It produces a strong body and healthy blood for those who eat it and makes the spirit of man light and cheerful."

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