



**WISDOM IS LOVE
IN DISCERNING.™**

 EDEN FOODS®

CATALOG 10b

1968



Ann Arbor Co-op is started

1972

Eden trucking initiated



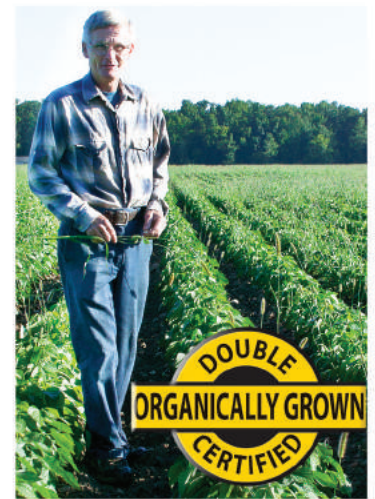
1973

Direct import of traditional food from Japan



1975

100% of EDEN® grain and beans certified organically grown



1970

Food processing: milling, roasting, bottling, and packaging begin



Wholesale sales begin



1982

Kosher certification first utilized



1983

EDENSOY® introduced in July



1986

San Francisco warehouse and sales office opens



1989

Eden Organic Pasta Company becomes America's first third-party certified organic food manufacturing facility



1985

Joint venture founded for making EDENSOY in U.S.A.



1988

Eden bans any irradiated food



1999

April, bisphenol-A BPA free cans first used



2001

SOBAYA Co. of Montréal merges making organic Soba and Udon Noodles



2004 - 2005

New snack food



Lundberg organic short grain brown rice & EDEN beans Rice & Beans



2008

40 years
Nine new grains and flakes
Michigan warehouse expands 113%



1976

Eden writes first American standards for “seed to table” organic food production



Turtle Island Restaurant opened



1977

Eden Organic Pasta Company (Schmidt Noodle Company) makes whole grain pasta



1980

Move to Clinton, Michigan on the old Sauk Trail



1981

Funded U.S.A.'s first organic “Structural Pest Management” systems for post-harvest organic food care



1991

Organic beans first canned at Meridian Foods in Indiana



1993

Eden bans all genetically engineered substances



Michigan warehouse and offices expand



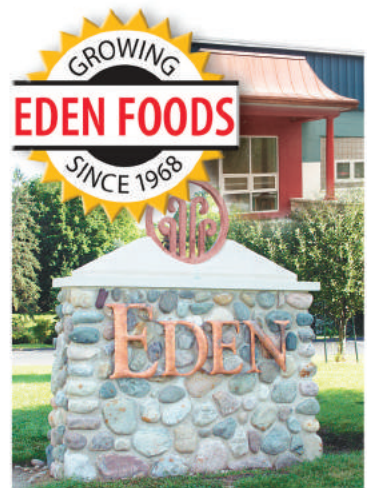
1994

Michigan families commit to organic tree fruit



1998

30 years
Warehouse and offices expanded again



2009

Chili, four Bean & Whole Grain versions, & Mochi introduced



Rated number-one food company in the world



2011

New Amber Glass jars for tomatoes & Six 29 oz. beans in BPA-free lined cans



Meridian Foods cannery rebuilt, Indiana



2012

Eden outlet opens, Clinton, Michigan



2013

45 years
Nine 1 oz. Pocket Snacks™ & Four 29 oz. Chilies introduced



CONTENT

| | |
|----------------------------|----|
| President's Letter | 3 |
| Eden Foods' background | 4 |
| Beans | 8 |
| Chili - bean & whole grain | 17 |
| Rice & Beans - canned | 18 |
| Concentrated Food | 20 |
| Probiotic Bifa-15 | 21 |
| Condiments | 22 |
| Dentie Tooth & Gum Powder | 25 |
| Edensoy | 26 |
| Fruit | 29 |
| Grains - whole | 32 |
| Specialty Food Imports | 36 |
| Miso | 40 |
| Mochi - pounded sweet rice | 42 |
| Oil - unrefined vegetable | 43 |
| Pasta | 45 |
| Soba & Udon Noodles | 51 |
| Sauerkraut | 55 |
| Sea Vegetables | 56 |
| Snack Food | 61 |
| Soy Sauce | 65 |
| Sweeteners - traditional | 67 |
| Tea and Infusions | 68 |
| Tomatoes | 72 |
| Vinegars | 76 |
| Index | 78 |
| Network Map | 80 |



Eden Foods, Inc.

701 Tecumseh Road

800-248-0301

517-456-7025 - Fax

sales@edenfoods.com

Clinton, Michigan 49236

517-456-7424 - Michigan

510-487-8002 - California

edenfoods.com

access.edenfoods.com

Offices open Monday - Friday 8:00am - 5:15pm Eastern Time



©2013 Eden Foods M/051513 06806





15 MAY 2013

Ladies and Gentlemen,

In selecting the foods we offer and eat, we do so out of need to nourish and a love of life and everything in this magnificently ordered universe. We make loving decisions in choosing food, how it's acquired, its handling and distribution, by always referring back to the question, "What will best encourage life?" We focus on primary sources of contamination or degradation of food in protecting it. As the oldest natural and organic food company in the United States and Canada we have considerable experience, practice, and knowledge in this. Focused will and firm persistence is demanded. Opposition to pursuit of purity shadows us and creatively works to wear down our resolve. Vigorous faith in the correctness and necessity of this goal keeps us going.

Nature is the great provider. We simply have to keep man's meddling and tampering with it to a minimum. Shortsightedness and laziness are always involved in adulteration and imitation of food, almost as common as greed. Flimsy arguments are used in trying to hide this.

Eden Foods encourages everyone to be knowledgeable, questioning, actively involved food buyers, as we are. There is great need for civil society to become caring about and involved in the kind of food that industry feeds us. The social, political, medical, mental, and spiritual damages of big agribusiness should not be allowed to continue, but they do. The criminal destruction of water, air, and food quality is only possible while society remains apathetic.

Ignorance is bliss. Knowledge is responsibility. Genetically engineered flora designed to encourage or make toxins that kill life and poison the environment is insane. Disinformation, societally pervasive and perpetrated with enormous funding, is only continued because we accept it. Truth in advertising is long gone. Government agencies meant to look after the peoples' well-being are diverted from this with disinformation and very big money to serve the misguided corporate interests of the funders, socially subjugating us in monoculture.

Help us encourage cultural diversity and purity in food, agriculture, air, water, and land use.

Wisdom is love in discerning.

Please become involved with us in discerning and determining what is appropriate food for humanity.

Michael Potter, President



COMPANY GOALS

- I. To provide the highest quality life supporting food and accurate information about them, their uses, and benefits.
- II. To maintain a healthy, respectful, challenging, and rewarding environment for employees.
- III. To cultivate sound relationships with other organizations and individuals who are like minded and involved in like pursuits.
- IV. To cultivate adaptability to change in economic, social, and environmental conditions, to allow Eden the opportunity to survive long-term.
- V. To have a strong, positive impact on farming practices and food processing techniques used throughout the world.
- VI. To contribute to peaceful evolution on Earth.





Founded in Michigan in 1968

45 YEARS AGO...

Eden Foods began in Ann Arbor in the late 1960s with friends sourcing natural food. Youth motivated by a study of a worldwide phenomenon centered upon macrobiotics: eating a diet of whole grain and seasonal local plant foods that are not nutrient depleted and without toxic chemical adulteration.

Natural foods were simply not available at the time, so they started the Eden food co-op to bring them in. Their initial \$200 orders to Erewhon in Boston and Chico-san in California were well received and caused a local stir. This led to co-op members traveling rural roads, knocking on doors looking for farmers to grow food using organic methods.

The Eden co-op grew into a natural food store offering whole grains, beans, soyfoods, sea vegetables, miso, cereals, vegetable oils, seed and nut butters, and the like. It expanded adding a cafeteria, bakery, and books, and became known as the Eden Deli. It was one of very few places in the U.S.A. where you could get natural, organic, macrobiotic food.

Folks came from near and far. Health food stores called asking to get the foods we were carrying. An EDEN brand began to take shape.

In 1972 Eden opened its first warehouse and established relations with artisan Japanese traditional food makers. Imports of sea vegetables, teas, miso, shoyu, umeboshi plums, kuzu root starch, rice vinegar, rice bran pickles, mirin, etc. followed, and this solidified Eden as an important natural food source for the United States and Canada.

CONSTANTLY REINVESTING

Eden is the oldest natural and organic food company in North America and the largest independent manufacturer of dry grocery organic foods. We are deeply rooted in Michigan about twenty miles southwest of Ann Arbor. It is here we manage grower relations, manufacturing, trucking, quality control, customer and retailer services, marketing, import/export, accounting, databases and websites.

Over 95% of EDEN foods are sold in natural food stores, co-ops, and supermarkets via traditional natural and grocery distribution channels. Web site, employee, and wholesale sales make up the remainder.

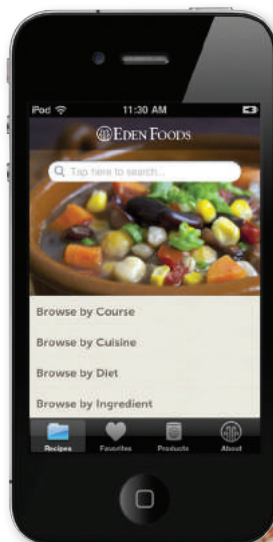
All EDEN food moves through one of our warehouses in either southeast Michigan or central California.

In 2008 Eden completed a 70,000 ft² Michigan warehouse addition. Design, construction, and operation reflect our commitment to sustainable growth and follow LEED (Leadership in Energy and Environmental Design) principles. Our original builder's son utilized 80% recycled steel forged in the area. It uses energy efficient lights and insulation, preserves native flora, and is good-neighbor landscaped for our very close residential neighbors. This warehouse meets a gold LEED certification level, the second highest possible rating.

Eden tracks the environmental impact of its food upstream with suppliers, through company operations, and downstream monitoring all its social impacts. Energy consumption and waste are tracked using custom in-house tools.

In 2009 Eden Foods was selected as the best food company in the world, and the third best company overall by *The Better World Shopping Guide*. They acknowledged Eden's outstanding record in social and environmental responsibility. The company earned A+ and A ratings in ten food categories. This is further explained at edenfoods.com/betterworld

Introduced in 2011 is an Eden Recipes iPhone® App with 1,100+ Eden created and repeatedly tested recipes. Browse it by course, cuisine, diet considerations, ingredients, or keyword. It includes nutritional information for each recipe. Create a favorites list, or email them to friends. It's free at edenfoods.com/app





LOCALLY GROWN FOOD

Eden buys all food from, and pays farms directly getting more cash to them. Most is grown a few miles to a few hundred miles from home base. In the Midwest we source wild rice, beans, spelt, soybeans, cabbage, apples, tart cherries, strawberries, pastry wheat, and tomatoes. Other North American family farm organic food includes grains from the Midwest and Western high plains; almonds, pistachios, and brown rice are from California; flax and mustard seed are from Saskatchewan; dulce is from New Brunswick. ...too many to list here.

Cooking and packaging centers around home too. EDEN prepares 70% of its items at headquarters: fresh milled whole grain flours, gomasio sesame salts, unrefined vegetable oils, vinegars, soy sauces, roasted almonds and seeds, packaged snacks, whole grains, sea salt, popcorn and other grain. EDENSOY is made twelve miles east at an affiliate company we founded to bring its manufacture from Japan to Michigan. Eden Organic Pasta Company is in Detroit. Meridian Foods cannery for organic beans, refried beans, rice and beans, and chilies is in east-central Indiana. EDEN organic udon and soba noodles are made at Sobaya Company in Montréal, Canada.

Some EDEN food comes from afar: extra virgin olive oil from Spain, high altitude white and red quinoa from the Andes mountains, chamomile from Egypt, and green tea and traditional healthy food from Japan. The soybeans in our miso and soy sauces are non-GMO, U.S.A. Midwestern organic.



Ethan, a young 3rd generation organic grower, Raub - Rae Farms, Michigan.

A Cleansing Process

- Champion of organic family farms – Society's brightest hope for positive change!
- 'Local first' purchasing
- Non-GMO assurance since 1993
- All beans – U.S.A. family organic
- EDEN organic beans in custom cans with bisphenol-A (BPA) free linings
- EDEN organic pasta boxed in 100% recycled paperboard
- EDENSOY in non-refrigerated, recyclable Tetra Pak aseptic cartons
- Organic pest management practices at all facilities
- Committed to LEED (Leadership in Energy and Environmental Design) common sense building methods
- Trucks ecologically designed, configured, and operated
- All used pallet wrap is recycled, this reduced our total landfill output by 50%
- Post consumer recycled materials and biodegradable packaging materials used in shipping
- U.S. Department of Energy Clean Cities Coalition member
- Company wide commitment to reduce, reuse, recycle, and rethink practices

ACCESS.EDENFOODS.COM

We regularly hear from retailers, co-ops, and food service professionals who would like to have EDEN food, or more of it, but simply can't get it through distributors. We developed a simple and very easy solution:

access.edenfoods.com

This B2B website provides any organization an efficient way to get EDEN food at wholesale prices. You can trust our knowledgeable shipping staff to ensure wise, cost effective dispatch.

Free shelf talkers, recipe booklets, product information, and photo steps sushi instructions can be ordered as well. Access is at the website or by phone at (800) 248-0320 Monday through Friday 8:00 am to 5:15 pm ET. A cordial person will answer and help you through the simple steps of opening an account.



Creation and Maintenance of Purity in Food®



Growing, protecting, and preparing food

ORGANIC - WHO SAYS SO?

In 1988, after twenty years of doing organic certification ourselves, we began third-party organic certification. Our farm and factory systems and manuals were formative, and became bedrock for the new organic certifiers.

We dutifully select certifying agencies for third-party certification. Our primary is the Organic Crop Improvement Association (OCIA), although we always maintain complete responsibility for ensuring organic authenticity. It's more than paperwork to us. We know our growers well. They use third-party certifiers who work with Eden standards, require an audit trail, and provide deep transparency. Knowing what motivates the grower is important to us, and a key part in having confidence in them.

Organic food no longer has to be natural food. There are hundreds of chemicals and 'allowables' permitted in the USDA National Organic Program (NOP) that Eden avoids. For USDA organic certification requirements vary a lot, all the way to nonexistent. Accountability is rare, especially for imported food.

We do not consider food 'certified organic' unless we have executed due diligence regarding authenticity. The same is true for our non-genetically engineered claims. We test, so we know, before we say it is.

EDEN organic food meets and exceeds requirements for the USDA organic seal, but we do not use it because

it does not reflect Eden standards, in practice or in spirit. For further insight please visit edenfoods.com/skeptic



Non-GMO Assurance Since 1993

Since 1993 Eden has diligently created a system that totally avoids genetically engineered food. The GMO industry and USDA want us to believe commercial scale non-GMO food is impossible, as they've thoroughly and intentionally polluted the food supply. Yet Eden is proof that non-GMO food is doable and we have the records, tests, and food that demonstrate this.

The Non-GMO Project (The Project) was created by industry members from all of its sectors in the U.S.A. and Canada. The Project works to provide consumers and makers a third party non-GMO verification program through all levels of the supply chain, providing verified non-GMO alternatives to the public. Eden Foods' president, Michael Potter is one of eleven governing members of its board of directors who have been involved in initiating, funding, and writing standards for The Project. The Project is North America's first independent non-GMO verification program utilizing on-site facility audits, document and systems reviews, and DNA PCR (polymerase chain reaction) testing of all inputs at risk for GMO contamination.



To view Eden foods that are verified or being verified by the Non-GMO Project, visit edenfoods.com/verified

'SUPERIOR' FOOD SAFETY

Eden employs AIB International to audit food safety and systems. Since 2000 all Eden warehouses and processing facilities have passed AIB's stringent annual inspections consistently achieving the highest rating.

Eden is committed to allergen control. In 2007 we built an isolated packaging room to reduce the possibility of wheat gluten contamination in our gluten-free foods. The room is severely monitored to ensure that gluten-free food has no contact with wheat allergens. For a list of over 264 gluten free Eden foods please visit edenfoods.com/glutenfree.html

To ensure the quality of ingredients, Eden has an in-house laboratory at HQs. Testing is done for the presence of allergens, vomitoxin, aflatoxin, pathogens, and GMOs; and shelf life studies, protein, pH-acid/alkaline, Brix, moisture, water absorption, and overall freshness and quality.

The lab also tests foods we purchase, prior to acceptance.



Sheila Shortz - checking pH levels at Eden headquarters



ECOLOGICAL PEST CONTROL

Eden hired L. Ernest Otter's family business in 1981 to help with design and implementation of the first organic *Structural Pest Management* for post-harvest handling. We established systems for organic pest management that are safer and more effective than toxic chemical-based pest control. Mr. Otter says, "Eden's demand for the organic method in food handling is unmatched. When faced with a potential problem, their reaction is not (as many do) to simply move organic product aside and spray with unapproved pesticides. Their commitment is to truly understand the conditions and ecology of each situation and solve it accordingly."

91% CERTIFIED KOSHER (K)

Eden has managed certification of its kosher foods since 1982. Today 91% of EDEN foods are kosher. Eden chose the Organized Kashrus Laboratories of Brooklyn, New York and their (K) mark because of their reputation for meticulous attention to detail dating back to 1935. We began to do this after realizing that our natural foods were already, by virtue of our selection criteria, completely qualified for kosher status.

The (K) when it appears alone, means that a food is 'pareve' as well as kosher. Pareve indicates all ingredients, food contact surfaces, processing, and storage equipment are certified meat and dairy free.

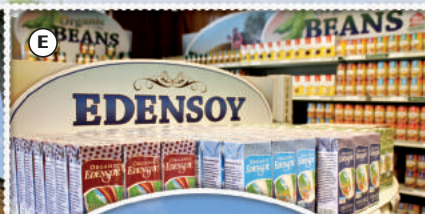


Peter Martens, 3rd generation grower, New York

86,000 ACRES / 370 FAMILIES

Each year we visit the families who grow EDEN organic food. Sitting in their kitchens, looking in on outbuildings, exchanging updates, sharing ideas, and walking their fields is the only way we know to maintain mutual trust and understand what actually motivates them.

We continue to build relations with organic growers and traditional food makers, nurturing more than 370 family farms with over 86,000 acres of vibrant organic farmland.



Main Facilities

- (A) Headquarters - Clinton, Michigan
- (B) Eden Organic Pasta Company - Detroit, Michigan
- (C) Western Sales Office / Warehouse - Union City, California
- (D) American Soy Products - Saline, Michigan
- (E) Eden Outlet Store - Clinton, Michigan
- (F) Meridian Foods - Eaton, Indiana

- A principled natural food company - Organic food no longer has to be natural!
- Independently owned and operated for over 45 years
- Only the finest food that can be procured from growers and handlers we know and trust
- Doing everything it takes to acquire the absolute best, no shortcuts
- Full transparency – complete disclosure of ingredients and all handling
- Great tasting food that is pure & purifying
- All Eden facilities highest food safety rating by AIB International

EDEN BEANS



Eden buyer with John Linck, left,
Michigan organic adzuki bean grower

SIX NEW 29 OZ. BEANS IN BPA FREE CANS

New mid-size, salt free U.S.A. family organic beans join the small and food service size EDEN beans. New • Organic Black Turtle • Dark Red Kidney • Garbanzo (chick peas) • Navy • Pinto, and • Cannellini (white kidney) beans. The only BPA free lined cans in the industry.

TRAY PACK MERCHANDISING

New packaging equipment provides a display ready, corrugated tray pack 12/case. It replaces the former full-wrap boxes for all 15 and 29 oz. EDEN beans, refried beans, chilies, and rice & beans. The 108 oz. food service size remains in a full-wrap 6/case unit. 100% of EDEN bean packaging materials are recyclable. Please recycle.



- U.S.A. family grown in rich, vital soil
- #1 rated by *Men's Health* & CSPI's *Nutrition Action Healthletter*
- Universally known for 'the best fill and finish' in bean canning
- Soaked overnight, thoroughly cooked
- Delicious seasoned and no-salt-added varieties
- Bisphenol-A (BPA) free can lining
- No calcium chloride, no disodium EDTA, or any additives whatsoever



Heart Healthy Diets containing foods that are a good source of potassium and that are low in sodium may reduce the risk of high blood pressure and stroke. Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease.

CREAM OF THE ORGANIC CROP


Most traditional cultures have a staple whole grain and bean central to their diet. They deliver 'complete protein' and almost all essential nutrients. Various regions in this country have a most popular bean like navy beans in New England, black eyed peas in the South, and pinto beans in the Southwest. We each have favorites, and Eden procures the cream of the U.S.A. organic crop annually from its dedicated network of family farms.



LIVING SOIL U.S.A. GROWN

Since the 1960s we have purchased organic beans exclusively from local family farms. These salt-of-the-earth growers have used organic methods now for decades. Their rich vital soil teems with life and their practiced tending produces the finest beans on earth. Most EDEN beans are grown in the Midwest within a few, to a few hundred miles of our headquarters. EDEN Arizona or California garbanzo beans and North Dakota green lentils need a more arid climate than the Midwest's.

PROPERLY PREPARED & HOME TESTED

We were certain the convenience of precooked organic beans would be appreciated, so we located a cannery with a long-standing reputation for the best 'fill and finish' and began canning EDEN beans there in 1991. Since then all EDEN beans are thoroughly cooked at Meridian Foods, our certified organic  cannery in east central Indiana. We prepare them in ways that were perfected in our home kitchens.

All water used in washing, soaking, and cooking is purified water. The beans are soaked overnight, an important but rare step, making them easier to digest. Most are cooked with a bit of kombu sea vegetable. You don't taste the kombu, but its rich amino acid profile smooths the beans' mouth feel and enhances their flavor. Experience what made beans popular - try EDEN.

WHAT'S NOT INCLUDED

Since April 1999 EDEN beans feature custom made cans lined with an oleoresinous c-enamel that does not contain the endocrine disrupter bisphenol-A (BPA). Oleoresin is a mixture of oil and resin extracted from plants such as pine or balsam fir. Only Eden Foods pays the 14% premium to avoid BPA. Despite publishing the source of these cans for years, we are shocked that others have not switched.



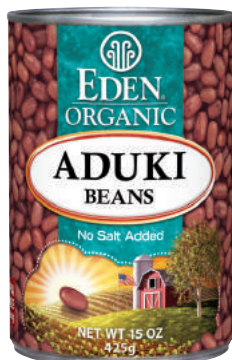
In preparing to make canned beans, we were told it was necessary to add at least two chemicals; calcium chloride to harden the skins so they wouldn't fall apart in cooking, and calcium disodium EDTA to hold the color. These chemicals are in virtually all canned beans. We tried EDEN beans without the chemicals, just pure water, and they came out perfectly. Due to the vital soil producing EDEN beans, their much higher mineral content allows them to be cooked without the need of these extremely undesirable processing chemicals.





Aduki Beans

Organic (K)



Red Aduki bean, aka Adzuki & Azuki, *Vigna angularis*, is a balancing, strengthening tonic in macrobiotics and a staple in Japan where it's used in celebratory dishes. An excellent source of fiber; high in protein and iron.

Organic Aduki Beans,
Water, Kombu Seaweed

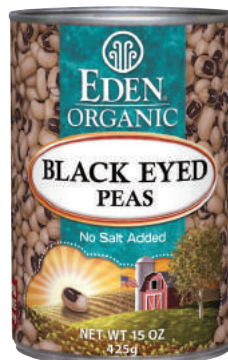
15 oz. - 12 / tray pack case

item 102970



Black Eyed Peas

Organic (K)



Black eyed peas, *Vigna unguiculata*, are native to Africa and a staple in the American South. Serve with greens, whole grain, and vegetables. It's a conveyor of good luck in the traditional New Year's dish Hoppin' John. An excellent source of thiamin B1.

Organic Black Eyed Peas,
Water, Kombu Seaweed

15 oz. - 12 / tray pack case

item 103120



Black Beans

Organic (K)



Made *Men's Health* 2010 'Best 125 Foods For Men.' They said, "Simmer these antioxidant-rich beans with sautéed onions and peppers for an easy side." EDEN Black Beans received CSPI's *Nutrition Action Healthletter* highest rating three times. Michigan family organic black turtle beans are very versatile and interchangeable with pinto beans in Mexican dishes. Creamy and sweet, excellent for burritos, tacos, salsa, soups, stews, and dips. Their deep color is from carotenoids, plant pigments with powerful antioxidant properties. Rich in fiber and a good source of protein, magnesium, and iron.

Organic Black Turtle Beans, Water, Kombu Seaweed

15 oz. - 12 / tray pack case

item 102980



29 oz. - 12 / tray pack case

NEW item 102979



Organic Black Turtle Beans, Water, Sea Salt, Kombu Seaweed

108 oz. - 6 / case

item 102978

BULK

Cannellini - White Kidney Beans

Organic (K)



A large 'sea shell' white, creamy, sweet bean that is a challenge to grow and harvest. Their popularity is due to exceptional taste – crème de la crème. They are called Italian kidney, white kidney, and cannellini beans; an esteemed staple in Mediterranean cuisine. Sauté them with EDEN Olive Oil and sage for a Tuscan delicacy. A must in traditional Italian minestrone. Excellent in soups, salads, stews, and for marinated bean dishes. Rich in fiber and thiamin B1, and a good source of protein, iron, magnesium, and zinc.

Organic White Kidney Beans (Cannellini),
Water, Kombu Seaweed

15 oz. - 12 / tray pack case

item 103100



29 oz. - 12 / tray pack case

NEW item 103109



Organic White Kidney Beans (Cannellini),
Water, Sea Salt, Kombu Seaweed

108 oz. - 6 / case

item 103108

BULK

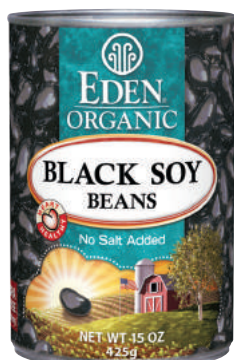
= Canadian available



EDEN BEANS ~ BPA FREE CAN LINING

Black Soybeans

Organic (K)



An EDEN exclusive of the best edible soybean, *Glycine max*. The "Crown Prince" bean in Japan. Their name, 'kuro-mame' means hardworking and stands for 'bodily strength and health.' Five grams of omega 3, 6, and 9 essential fatty acids (EFAs), and 40mg of isoflavones / serving.

Organic Black Soybeans,
Water, Kombu Seaweed

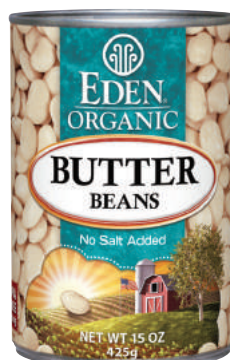
15 oz. - 12 / tray pack case

item 103050



Butter Beans - Baby Lima Beans

Organic (K)



Phaseolus lunatus, aka Carolina or Sieva beans. A relatively small variety that is smooth and buttery, made famous in succotash with sweet corn. Great in soups and stews, or mashed with millet. An excellent source of thiamin B1.

Organic Butter Beans,
Water, Kombu Seaweed

15 oz. - 12 / tray pack case

item 103130



Garbanzo Beans - Chick Peas

Organic (K)



Organic Arizona or California family grown. These versatile, firm, sweet beans are perfect on green salads, in pasta salads, and for many Middle Eastern dishes. For hummus, blend with sesame tahini, garlic, EDEN Sea Salt, and lemon juice.

Organic Garbanzo Beans, Water, Kombu Seaweed

15 oz. - 12 / tray pack case

item 102960



29 oz. - 12 / tray pack case

NEW item 102959



Organic Garbanzo Beans, Water, Sea Salt, Kombu Seaweed

108 oz. - 6 / case

item 102958

BULK

Kidney Beans - Dark Red

Organic (K)



Highest fiber EDEN bean providing 40% daily value. Full-bodied pleasing flavor. The ideal chili bean, and excellent in salads. Good source of potassium, protein, thiamin B1, folate B9, and magnesium. Promotes cardiovascular health.

Organic Kidney Beans, Water, Kombu Seaweed

15 oz. - 12 / tray pack case

item 102990



29 oz. - 12 / tray pack case

NEW item 102989



Organic Kidney Beans, Water, Sea Salt, Kombu Seaweed

108 oz. - 6 / case

item 102988

BULK

Food Service Size Cans -

EDEN U.S.A. organic beans in No. 10, 108 ounce cans are ideal for discriminating chefs, food service professionals, and families who appreciate purity, potent nutrition, and superior value. There are five low sodium offerings with a bit of sea salt and kombu seaweed.



Great Northern Beans

Organic (C)



A mild, soft white bean, *Phaseolus vulgaris*, sometimes used in baked beans. They work well in all recipes. The French dish 'cassoulet' is built around them. Delicious marinated. Excellent fiber, providing 8 grams / serving or 32% DV.

Organic Great Northern Beans,
Water, Kombu Seaweed

15 oz. - 12 / tray pack case

item 103004



Navy Beans

Organic (C)



NEW
29 ounce

A small white bean, known as the 'pearl haricot', brought to Boston by the British Navy. It's the most popular bean in England, the classic choice for baked beans, and honored in Senate bean soup. An excellent source of beneficial fiber.

Organic Navy Beans, Water, Kombu Seaweed

15 oz. - 12 / tray pack case

item 103000



29 oz. - 12 / tray pack case

NEW item 103009



Potent Antioxidants

"Beans are really loaded with antioxidant compounds. We didn't know they were that potent until now. In general, darker colored seed coats were associated with higher levels of flavonoids, and therefore higher antioxidant activity," said Clifford Beninger, a former researcher for the USDA's Bean and Beet Research Unit.

Pinto Beans

Organic (C)



NEW
29 ounce

The U.S.A. family organic version of the most common American bean. A delicious, versatile, all-purpose bean that's great with rice, in soup, stew, and salads. A Mexican food mainstay great for burritos, tostadas, tacos, refried beans, and bean dips. Pinto means 'painted' in Spanish. They are speckled when dry and rosy beige when cooked. The artist Jackson Pollock called them "little painted canvases." Rich in fiber and a good source of potassium, protein, iron, folate B9, and magnesium. They promote cardiovascular health. View an organic bean photo essay at edenfoods.com/PEbean

Organic Pinto Beans, Water, Kombu Seaweed

15 oz. - 12 / tray pack case

item 102950



29 oz. - 12 / tray pack case

NEW item 102957



Organic Pinto Beans, Water, Sea Salt, Kombu Seaweed

108 oz. - 6 / case

item 102956

BULK

Small Red Beans

Organic (C)



The Cajun half of red beans and rice, *Phaseolus vulgaris*. Smoother than kidney beans, an excellent source of fiber, and a good source of protein and zinc. They offer even more antioxidants than blueberries, research shows.

Organic Small Red Beans,
Water, Kombu Seaweed

15 oz. - 12 / tray pack case

item 103110





SEASONED BEANS ~ BPA FREE LINING

QUICK AND EASY CLASSICS

Seasoned beans are paramount in cultures and cuisines the world over. Every ingredient in EDEN seasoned beans is lovingly chosen: U.S.A. family organic beans, EDEN sea salt, organic shoyu soy sauce, organic vegetables, and 100% organic, non-irradiated spices and herbs.

Non-irradiated organic spices and herbs deliver more phytonutrients, better flavor, and greater value with their protective antioxidants.

EDEN seasoned beans have twice the flavor with less than half the sodium, and never any processing chemicals. Simply heat and serve them for a great side dish. Use them in soup, stew, chili, tacos, burritos, salsa, salads, and dips.

Baked Navy Beans w/ Sorghum Organic (K)



A sparkling classic. Grandma Sharkey added mustard to them. Excellent source of fiber, magnesium, and iron. Good source of protein, potassium, zinc, & calcium. Heart Healthy.

Organic Navy Beans, Water, Organic Sorghum, Organic Tomato Purée, Organic Apple Cider Vinegar, Organic Mustard Seed, Organic Onion, Organic Spices, Sea Salt

15 oz. - 12 / tray pack case

item 103080

Caribbean Black Beans Black Turtle Organic (K)



Smooth, rich, dancing flavors. For an easy dip, purée in a blender. Serve with salsa, avocado, chips or veggies.

Organic Black Turtle Beans, Water, Organic Minced Dried Onion, Sea Salt, Organic Paprika Powder, Organic Cayenne Pepper Powder, Organic Cumin Powder, Organic Garlic Powder, Organic Cinnamon Powder, Organic Black Pepper Powder

15 oz. - 12 / tray pack case

item 103145

Chili Beans

Dark Red Kidney Organic (K)



Dark red chili beans with Eden sourced organic spices. Excellent fiber and zinc.

Organic Kidney Beans, Water, Organic Tomato Purée, Organic Shoyu (Water, Organic Whole Soybeans, Organic Whole Wheat, Sea Salt), Organic Brown Rice Flour, Organic Chili and Jalapeño Peppers, Organic Onion, Organic Garlic, Organic Paprika, Organic Spices

15 oz. - 12 / tray pack case

item 103070

Lentils with Onion & Bay Leaf Green Lentils Organic (K)



Green lentils, *Lens culinaris*, in savory sauce. For soup, entrée, or side. A superb soup starter just add EDEN organic tomatoes, vegetables, etc.

Organic Lentils, Water, Organic Tomato, Organic Shoyu (Water, Whole Organic Soybeans, Whole Organic Wheat, Sea Salt), Organic Onion, Organic Garlic, Organic Bay Leaf

15 oz. - 12 / tray pack case

item 103090

Spicy Pinto Beans Organic (K)



... all organic spices, veggies, chili peppers, and jalapeños.

Organic Pinto Beans, Water, Organic Tomato Purée, Organic Shoyu (Water, Organic Whole Soybeans, Whole Organic Wheat, Sea Salt), Organic Brown Rice Flour, Organic Chili and Jalapeño Peppers, Organic Onion, Organic Garlic, Organic Paprika, Organic Spices

15 oz. - 12 / tray pack case

item 103040

EDEN REFRIED BEANS



FRIJOLES REFritos – BEANS WELL FRIED IS AMERICAN – REFRIED BEANS

EDEN refried beans are finely puréed, creamy U.S.A. organic beans with some whole bean pieces. Traditionally refried beans are black turtle or pinto beans, soaked overnight and cooked in water, mashed, and fried with lard, vegetables, and spices – but they are only fried once. The English term ‘refried beans’ is a morph of the Spanish ‘frijoles refritos.’ Frijoles mean beans and refritos means well fried. They became popular in northern America because in this form the versatility of beans is accentuated: creamy soup and stew, sandwiches of all kinds, dips, casseroles, etc. No matter what you do with them they deliver very potent, delicious, very healthy nourishment.

Actually, EDEN refried beans are not fried at all. Beans already contain a fair amount of excellent fat nourishment in them, and because they’re organically grown and so flavorful we do not need to add lard or a lot of salt for flavor. Commercially grown beans tend to be tasteless and quite nutritionally depleted.

What we do is blanch (steam) the beans so they’re soft and purée them into a smooth paste. We then add some steamed whole beans back into this purée for a more enjoyable mouth feel. This combination is put into a steam jacketed kettle with rotating paddles that slowly mix and gently scrape the sides. After this cooking they are filled into cans and sealed. These are stacked into a retort that is actually a large pressure cooker, and cooked a great deal more to finish them.

Most importantly we begin with the finest organically grown North American beans that can be found. The vital soil that produces them imparts wonderful flavor and nutritional values.

We offer six types, two have organic spices and organic vegetables added, and four are simply lightly salted.

In preparing to serve them add oil or water if needed.

RATED BEST REFRIED

EDEN refried beans are twice rated Best in flavor and nutrition of all canned refries by *Men’s Health* magazine and in 2010 selected ‘Best Food For Men.’ They received CSPI’s *Nutrition Action Healthletter* coveted ‘Best Bite’ rating earning the highest score for nutrition of all 38 brands studied. EDEN refried beans are an excellent source of beneficial fiber, low fat, contain half the sodium of other brands, preservative free, and are the only refried beans in the U.S.A. or Canada in bisphenol-A (BPA) free lined cans.

- U.S.A. organic EDEN beans
- 100% organic herbs & spices
- *Men’s Health* ‘Best Foods for Men’ Award
- 50% less sodium than others
- Gluten free
- BPA free can linings



Enchiladas - recipe at edenfoods.com



Refried Black Beans

Organic (C)



A purée with some whole bean pieces and a bit of EDEN Sea Salt. No spices added, so season to taste. Low fat. Excellent source of fiber and a good source of protein, iron, potassium, and magnesium.

Organic Black Beans,
Water, Sea Salt

16 oz. - 12 / tray pack case

item 103160



Refried Black Soy & Black Beans

Organic (C)



A 50-50 blend of Michigan black turtle beans and black soybeans. A creamy purée lightly salted without spices. Rich in fiber and a good source of protein, iron, and potassium. 14mg isoflavones and 2 grams of EFAs per serving.

Organic Black Soybeans, Organic
Black Beans, Water, Sea Salt

15 oz. - 12 / tray pack case

item 103180



Refried beans labels have a recipe printed on the back.

= Canadian available



EDEN REFRIED BEANS

Refried Kidney Bean

Organic (K)



A purée of dark red kidney beans with some whole pieces. Simply add water and/or oil, heat, and serve with salsa and chips. Excellent source of fiber and a good source of protein, potassium, iron, and magnesium.

Organic Kidney Beans,
Water, Sea Salt

15 oz. - 12 / tray pack case

item 103170



Best Food For Men

EDEN Organic Spicy Refried Black Beans were selected by *Men's Health* magazine in 'The 125 Best Foods for Men' November 2010 issue. *Men's Health* said, "These spicy black beans pack in big flavor, and despite the 'refried' part, only a bit of fat."

Men's Health wrote of their best foods for men list, "Add these brand-name all-stars to your grocery list. They'll help you fight fat, keep fit, stay healthy - and make your taste buds happy. Stop the grocery guesswork. With this shopping list in hand, you won't need to scan labels or compare brands. We've sampled, tested, and rated hundreds of products to find the healthiest, tastiest foods for men. Stock your cart with these picks and you're halfway to the body you want."



Refried Pinto Beans

Organic (K)



A rosy purée with some pieces of whole beans, lightly salted without spices. Low fat, excellent source of fiber, and a good source of protein, potassium, and magnesium. These puréed bean refrieds make great creamy soups.

Organic Pinto Beans,
Water, Sea Salt

16 oz. - 12 / tray pack case

item 103150



Spicy Refried Black Beans

Organic (K)



Men's Health chosen Best Refried Bean. Big flavor - Low fat. 100% organic vegetables and spices.

Organic Black Beans, Water,
Organic Red Bell Pepper,
Organic Chili Pepper, Sea Salt,
Organic Cumin, Organic Onion,
Organic Garlic, Organic Cayenne,
Organic Paprika, Organic Jalapeño

16 oz. - 12 / tray pack case

item 103200



Spicy Refried Pinto Beans

Organic (K)



Organic spicy spices, organic vegetables, and jalapeños. Low fat, rich in fiber and a good source of protein and potassium.

Organic Pinto Beans, Water,
Organic Red Bell Pepper,
Organic Chili Pepper, Sea Salt,
Organic Cumin, Organic Onion,
Organic Garlic, Organic Cayenne,
Organic Paprika, Organic Jalapeño

16 oz. - 12 / tray pack case

item 103190



Quick Creamy Black Bean Dip

- 1 16oz. can Organic EDEN Spicy Refried Black Beans
- 1 Tablespoon EDEN Extra Virgin Olive Oil
- 2 cloves garlic, minced
- 1 14.5oz. can Organic EDEN Diced Tomatoes w/ Green Chilies, do not drain
- ½ cup onion, diced
- ¼ cup fresh parsley, minced

Heat oil in a medium skillet and sauté the garlic and onion for 3 to 4 minutes. Add the refried beans and tomatoes. Mix until hot. Turn off the flame and mix in the parsley. Serve hot or chilled. Serves 4





LOCALLY GROWN

All EDEN organic dry beans are U.S.A. family grown usually in Michigan, some in upstate New York and Idaho, chickpeas in Arizona and California, and lentils in North Dakota. Expert care in handling EDEN beans is always employed.

Most so-called 'organic' beans sold in the U.S.A. and Canada are imported from China and South America. They do not make the grade at Eden. We select from folks we know and trust, local organically grown. These best nourish well-being and a sustainable supply.



NO COSMETICS

EDEN beans don't need cosmetic makeovers. They are quite lovely as they come from vital soil. Careful cleaning separates foreign material and off-color beans from those we cook and package. None of dozens of universally used cosmetic operations are needed to cover up or alter their natural appearance. They are exactly what they appear to be.

SMART PACKAGING

EDEN packaged bean boxes are made of recycled and recyclable paperboard, one of the most environmentally friendly packages available. According to the 100% Recycled Paperboard Alliance (RPA100.com), "Fourteen trees are saved for each ton of paperboard converted to 100% recycled paperboard."

Cooking directions and a favorite Eden recipe are printed on the back of each box.



Kidney Beans - Dark Red - dried

Organic (K)



Large, dark red and phyto-nutrient rich. Aka chili beans. Ideal for chili, salads, and refried beans. Rich flavor. Excellent fiber, protein, and thiamin B1. About 10 servings.

Organic Dark Red Kidney Beans

16 oz. - 12 / case

item 102800



Black Beans - dried

Organic (K)



U.S.A. family farm organically grown. Aka black turtle and Mexican black. A favorite for burritos, tacos, salsa, soup, stew, and dips. Rich in fiber, protein, iron, and thiamin B1. About 9 servings.

Organic Black Turtle Beans

16 oz. - 12 / case

item 102820



Garbanzo Beans - Chick Peas - dried

Organic (K)



The salad bean, used in falafel and to make hummus. Very common in Middle Eastern cuisine. Great in chilled gazpacho. Mild sweet flavor. Rich in fiber and folate B9.

Organic Garbanzo Beans

16 oz. - 12 / case

item 102750



Lentils - dried

Green Lentils Organic (K)



North Dakota family grown. A small round, lens-shaped legume, *Lens culinaris*. Common in Middle Eastern and Indian dishes as dal. Ideal for soup, stew, pâté, curry, salad, or with any whole grain. High in fiber, protein, and iron.

Organic Green Lentils

16 oz. - 12 / case

item 102710



= Canadian available



U.S.A. DRY BEANS IN BOXES

Navy Beans - dried Organic (K)



Michigan family farm small white beans. The baked bean bean, and in Senate bean soup. England's favorite bean. All around versatile: soups, white bean chili, casseroles, dips, and salads. Rich in fiber, iron, and thiamin B1.

Organic Navy Beans

16 oz. - 12 / case

item 102845



Pinto Beans - dried Organic (K)



A sweet bean with rosy beige color splashes, hence its Spanish name meaning 'painted.' Organically grown by Michigan families we know and trust. Mild sweet flavor and creamy. Most common American bean.

Organic Pinto Beans

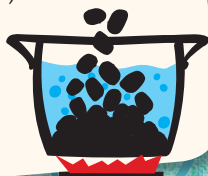
16 oz. - 12 / case

item 102905



Dry Colored Beans

For best results place beans in a bowl and wash thoroughly with cold water. Cover the beans with three inches of cold water and soak for six to eight hours or overnight. Discard the soaking water (water plants). Boiling beans is most common, but a pressure cooker also works great. For boiling, place three cups of water for each cup of soaked beans in a heavy pot, bring to a boil, cover, reduce flame, and simmer for at least an hour and a half or until tender. Add more water if needed. Cook them with a two-inch strip of EDEN Kombu (p. 59) to help soften them and aid digestion (we use it in EDEN canned beans). A chart for cooking beans is at edenfoods.com/cookingtimes



EDEN dry bulk beans are the best choice for a discerning food service, retail, co-op, school, or health care professional. Families can enjoy pure savings. Many folks share a bag with friends. Eden acquires dried beans directly from farms where they're grown. We store them at 55°F, cool and dry in our organic warehouse for maximum protection and nutritional freshness.

Stored properly in a dark, dry, cool place, EDEN beans will keep indefinitely. We suggest you use them within four years of purchasing them.



Organic Dried Beans - Bulk (K)

Aduki Beans *Vigna angularis*

25 lb. - 3 ply paper bag 102771

Black Soybeans *Glycine max*

25 lb. - 3 ply paper bag 102814

Black Turtle Beans *Phaseolus vulgaris*

25 lb. - 3 ply paper bag 102816

Dark Red Kidney Beans *Phaseolus vulgaris*

25 lb. - 3 ply paper bag 102796

Green Lentils *Lens culinaris*

25 lb. - 3 ply paper bag 102700

Green Split Peas *Pisum sativa*

25 lb. - 3 ply paper bag 102725

Navy Beans *Phaseolus vulgaris*

25 lb. - 3 ply paper bag 102838

Pinto Beans *Phaseolus vulgaris*

25 lb. - 3 ply paper bag 102900

Small Red Beans *Phaseolus vulgaris*

25 lb. - 3 ply paper bag 102850

EDEN CHILI ~ BPA FREE CAN LINING



WHOLE GRAIN & BEAN CHILI

Stews of seasoned hearty food deliver satisfaction to the hungry all over the world. In that tradition we prepare four outstanding chilies of beans, whole grains, vegetables, and healthy mushrooms in an herbs and spices, thick, rich sauce. Spectacular ingredients create exceptional chili of choreographed, dancing flavors. Everything but the mushrooms (grown chemical free in Japan) are 100% organic. Beans, barley, kamut, and spelt are U.S.A. grown. Quinoa is small plot, high altitude from the Andes. Each is cooked in a savory sauce at our certified organic cannery. EDEN Chilies are just minutes from pantry to palate. They provide great pleasure and potent sustaining satisfaction. Be ready. Stock the pantry at your earliest convenience.

- U.S.A. EDEN beans and whole grain
- Bisphenol-A Free custom cans
- *Grocery Headquarters* awarded 2010 'Best New Meal Maker'
- EDEN selected and prepared
- Sustained satisfaction, comfort
- Pure - absolutely no additives



**BPA
FREE
Lining**



Black Beans & Quinoa Chili

organic beans, grain, & spices (K)



Men's Health 2013 'Best Food For Men. Gluten Free.

Water, Organic Black Turtle Beans, Organic Quinoa, Organic Tomato Puree, Organic Onion, Organic Garlic, Sea Salt, Organic Chili and Jalapeño Peppers, Shiitake Mushrooms, Organic Red Bell Peppers, Organic Cumin, Organic Brown Rice Flour, Organic Paprika, Organic Cayenne, Maitake Mushrooms

14 oz. - 12 / tray pack case

item 103234



29 oz. - 12 / tray pack case

item 103235

Great Northern & Barley Chili

organic beans, grain, & spices (K)



Large white beans w/ barley cooked in a rich, spicy sauce.

Water, Organic Great Northern Beans, Organic Partially Pearled Barley, Organic Tomato Puree, Organic Brown Rice Flour, Organic Onion, Maitake Mushrooms, Sea Salt, Organic Chili and Jalapeño Peppers, Organic Red Bell Peppers, Organic Cumin, Organic Garlic, Organic Paprika, Organic Cayenne

14.5 oz. - 12 / tray pack case

item 103238



29 oz. - 12 / tray pack case

item 103239

Kidney Beans & Kamut® Chili

organic beans, grain, & spices (K)



Whole grain in a savory sauce.

Water, Organic Kidney Beans, Organic Whole Grain Kamut Wheat, Organic Tomato Puree, Organic Onion, Organic Kamut Wheat Flour, Maitake Mushrooms, Organic Chili and Jalapeño Peppers, Sea Salt, Organic Red Bell Peppers, Organic Cumin, Organic Garlic, Organic Green Bell Peppers, Organic Paprika, Organic Cayenne

14.5 oz. - 12 / tray pack case

item 103236



29 oz. - 12 / tray pack case

item 103237

Pinto Beans & Spelt Chili

organic beans, grain, & spices (K)



Pintos and cheerful spelt for chewy texture and satisfaction.

Water, Organic Pinto Beans, Organic Whole Grain Spelt Wheat, Organic Tomato Puree, Organic Onion, Organic Spelt Wheat Flour, Organic Chili and Jalapeño Peppers, Sea Salt, Maitake Mushrooms, Organic Red Bell Peppers, Organic Cumin, Organic Garlic, Organic Paprika, Organic Cayenne

14.5 oz. - 12 / tray pack case

item 103232



29 oz. - 12 / tray pack case

item 103233

= Canadian available



EDEN BROWN RICE & BEANS



- U.S.A. family farm rice & beans, organic fare already prepared
- A no-brainer for the pantry - fast and easy soups, stews, burritos...
- Gluten free
- Low sodium offerings
- Bisphenol-A (BPA) free can lining
- EDEN organic pure

**BPA
FREE
Lining**



A PANTRY ESSENTIAL

Food more comforting than rice and beans is rare. Dishes of them grace nearly every corner of the world. These are traditional recipes, cooked and canned in a bisphenol-A (BPA) free can. There are ten and all are Lundberg Family Farms® organic short grain brown rice and EDEN organic beans with 100% organic vegetables, herbs and spices, and a pinch of EDEN sea salt.

Eden selected ingredients prepared at our certified organic, kosher cannery Meridian Foods. Beans are soaked overnight, blanched, and combined with rice and seasonings before cooking. The ten versions range from spicy to mild. All are gluten free and perfectly cooked requiring just minutes to serve, or to use creatively in so many ways in your recipes.

Cajun Rice & Small Red Beans

Organic (K)



An authentic Cajun recipe creates this best seller.

Water, Organic Lundberg Short Grain Brown Rice, Organic Small Red Beans, Organic Tomato Puree, Organic Onion Flakes, Organic Garlic Powder, Organic Dried Red Pepper Flakes, Sea Salt, Organic Cayenne Pepper, Organic Parsley Flakes, Organic Bay Leaf Powder, Organic Black Pepper, Organic Cumin Powder

15 oz. - 12 / tray pack case

item 103230



Caribbean Rice & Black Beans

Organic (K)



Smooth and zesty. 100% organic herbs, organic spices, and organic vegetables. Low sodium.

Water, Organic Lundberg Short Grain Brown Rice, Organic Black Turtle Beans, Organic Onion Flakes, Organic Paprika Powder, Organic Garlic Powder, Sea Salt, Organic Cumin Powder, Organic Cayenne Pepper, Organic Cinnamon Powder

15 oz. - 12 / tray pack case

item 103215



Curried Rice & Lentils

Organic (K)



Short grain brown rice, green lentils, and traditional organic curry spices with turmeric providing bracing sustenance.

Water, Organic Lundberg Short Grain Brown Rice, Organic Lentils, Organic Minced Onion, Sea Salt, Organic Coriander, Organic Turmeric, Organic Cumin, Organic Cardamon, Organic Chili Pepper, Organic Cinnamon, Organic Black Pepper

15 oz. - 12 / tray pack case

item 103228



Mexican Rice & Black Beans

Organic (K)



Half rice & beans and half EDEN refried beans makes a superb filling for all Mexican foods.

Water, Organic Lundberg Short Grain Brown Rice, Organic Black Turtle Beans, Organic Tomato Puree, Organic Minced Onion, Sea Salt, Organic Minced Garlic, Organic Cumin Powder, Organic Chili Flakes, Organic Basil Flakes, Organic Paprika Powder, Organic Black Pepper

15 oz. - 12 / tray pack case

item 103218



EDEN BROWN RICE & BEANS



Moroccan Rice & Garbanzo Beans

Organic (K)



Floral aromas and rich flavors. Traditional Moroccan fare.

Water, Organic Lundberg Short Grain Brown Rice, Organic Garbanzo Beans, Organic Minced Onion, Sea Salt, Organic Coriander, Organic Turmeric, Organic Cumin, Organic Cardamon, Organic Fenugreek, Organic Chili Pepper, Organic Cinnamon, Organic Black Pepper, Organic Cloves

15 oz. - 12 / tray pack case

item 103213



Spanish Rice & Pinto Beans

Organic (K)



Lundberg short grain brown rice with EDEN pinto beans in an organic spicy tomato sauce.

Water, Organic Lundberg Short Grain Brown Rice, Organic Pinto Beans, Organic Tomato Puree, Organic Minced Onion, Organic Minced Garlic, Sea Salt, Organic Cumin Powder, Organic Basil Flakes, Organic Paprika Powder, Organic Chili Flakes, Organic Black Pepper

15 oz. - 12 / tray pack case

item 103208

Brown Rice & Chick Peas

Organic (K)



Organic garbanzo beans and brown rice mildly seasoned with organic onion and garlic. U.S.A. grown EDEN organic. Fast and easy. Good source of folate B9.

Water, Organic Lundberg Short Grain Brown Rice, Organic Garbanzo Beans, Organic Onion Flakes, Organic Garlic Powder, Sea Salt, Organic Parsley Flakes

15 oz. - 12 / tray pack case

item 103210

Brown Rice & Kidney Beans

Organic (K)



Dark red kidney beans are a richer source of potent antioxidants and phytonutrients. Good fiber and magnesium.

Water, Organic Lundberg Short Grain Brown Rice, Organic Kidney Beans, Organic Onion Flakes, Organic Garlic Powder, Sea Salt, Organic Parsley Flakes

15 oz. - 12 / tray pack case

item 103220

Brown Rice & Green Lentils

Organic (K)



Great entrée, soup starter, or side. Savory seasonings with Great Plains green lentils and short grain brown rice.

Water, Organic Lundberg Short Grain Brown Rice, Organic Lentils, Organic Onion Flakes, Organic Garlic Powder, Sea Salt, Organic Parsley Flakes, Organic Bay Leaf Powder, Organic Cumin Powder, Organic Cayenne Pepper

15 oz. - 12 / tray pack case

item 103225



Brown Rice & Pinto Beans

Organic (K)



Three minute meals in the pantry sound good? Mix EDEN rice & beans with a can of EDEN refried beans. Heat, stir, and then onto a burrito or tortilla. Garnish to taste.

Water, Organic Lundberg Short Grain Brown Rice, Organic Pinto Beans, Organic Onion Flakes, Organic Garlic Powder, Sea Salt

15 oz. - 12 / tray pack case

item 103205



= Canadian available



FOOD CONCENTRATES & PROBIOTIC



Ume plum concentrate for tea

STRENGTHEN & BALANCE

Ume plum, dandelion, and bifidobacteria are unique in their balancing and strengthening properties. Spectacular craftsmanship provides ready access to the vigor and potent benefit they may afford us.

EDEN Plum Balls, Ume Plum Concentrate, and Yansen Dandelion Root Concentrate are treasured traditional health food ingeniously configured in quick, easy, and effective forms.

EDEN Bifa-15® harnesses cutting edge food science to help restore and maintain vital intestinal balance where, according to tradition, well-being is created and sustained.

- First effective intestinal delivery system of bifidobacteria
- Patented seamless microcapsules ensure live delivery
- Two billion living Bifidobacteria and one billion living Lactobacillus bacteria
- Prebiotic oligosaccharides help friendly bacteria thrive
- Refreshingly pleasant plant essences
- Single dose tubes - Easy to have at hand
- No refrigeration needed
- Learn more at www.bifa-15.com

FRIENDLY BIFIDOBACTERIA

Considerable amounts and varieties of bacteria exist in our intestines. When they exist in a particular balance, they all nurture well-being and help maintain a smooth functioning digestive system. When conditions induce imbalance and an excess of non-beneficial bacteria, a probiotic supplement of "friendly" beneficial bacteria can be amazingly effective. While beneficial bacteria create and maintain balance they produce rejuvenating enzymes, vitamins B1, B2, B6, B9, B12, biotin vitamin H, and phytonutrients as they correct pH and eliminate the problem causing bacteria.

Bifidobacterium longum is the most beneficial intestinal bacterium. Healthy levels of bifidobacteria are depleted by antibiotics, caffeine, pollution, stress, refined foods, excessive alcohol, and aging. This anaerobic bacteria cannot survive stomach acid, heat, or oxygen; so, supplementing with an effective live dose has been often promised, but impossible until we discovered EDEN Bifa-15.

LIVE DELIVERY VIA MICROCAPSULE

EDEN Bifa-15 is one-of-a-kind. A probiotic supplement using a patented delivery system to introduce friendly, live bifidobacteria and lactobacilli directly into the large intestine.

The functional and valuable feature of Bifa-15 is its microcapsule delivery system. It is the result of decades of research by the 200-year-old Morishita Jintan Co. of Osaka, Japan. The tiny (1mm) seamless capsules are engineered to release and deliver live bifidobacteria only to the large intestine – their natural 'home address.' The capsules protect the bacteria from air, stomach acid, and heat.

Each tube of Bifa-15 delivers to the large intestine two billion living *Bifidobacterium longum* and one billion friendly lactic acid producing bacteria *Lactobacillus acidophilus* and *Lactobacillus gasseri*. Both of the later increase bifidobacteria's vitality and longevity.

REFRESHING, EASY, AND HANDY

Bifa-15 comes in convenient single dose tubes that are handy for everyday carrying and easy to open. Each tube contains the microcapsules and pleasantly flavored oligosaccharide granules, a sugar complex that helps bifidobacteria thrive. The oligosaccharides, lemon oil, and botanical essences promote bifidobacteria growth and provide a refreshing taste.

Bifa-15 can be taken any time of day, with or without food. Simply tear the tube at the dotted end and pour it under your tongue. Plant essences prompt saliva making it easy to swallow, or it can be taken with water. Do not chew, as this breaks the capsules, defeating their purpose. Do not take with hot liquids. Bifa-15 does not require refrigeration, but should be protected from high heat. Do not leave it in a hot car, for instance. Please read and follow the instructions. Enjoy the intestinal fortitude that EDEN Bifa-15 encourages.





Bifa-15. Bifidophilus Probiotic

30 single dose tubes per box



Seamless microcapsules of a multi-dimensional probiotic that assures delivery of living bifidobacteria to the intestines.

Erythritol, Lactulose, Vegetable Oil, Gelatin, Raffinose, Glycerol, *Bifidobacterium longum*, Citric Acid, Soy Lecithin, *Lactobacillus acidophilus*, Lemon Oil, Pectin, *Lactobacillus gasseri*, Carotene Containing Colorant

30 tube box - 10 / case

item 111350

3 tube sample pack - 24 / case

item 111351

ENERGIZE • CLEANSE • BALANCE

A celebrated health food, ume plum's virtues have been known since antiquity. Ume's strong sour taste is from organic acids, they are its core value. Ume is richer in citric acid than any other fruit. It is a catalyst in cellular metabolism and key in cellular energy production, storage, and release through the Krebs Citric Acid Cycle that is common to most life on Earth.

Umeboshi (pickled) plums, ume concentrate, and plum balls help maintain alkaline pH, assist mineral absorption, aid digestion, and ease stress. Research credits ume's picric acid for its beneficial effects on the liver. Additional research has found positive effects on blood fluidity and other cardiovascular benefits.



Ume Plum Concentrate

Bainiku Ekisu



A 30 times concentrate of ume plum that captures the plum's essence in a thick black concentrate called *bainiku ekisu*. Use the included spoon to measure one gram of concentrate into one cup of hot water or tea. 40 servings

Umeboshi Plum Concentrate
Prunus mume

1.4 oz. - 12 / case

item 110280

Yansen

Dandelion Root Concentrate



In early Spring when the energy is still concentrated within the dandelion roots, they are harvested and simmered into a dark thick syrup. The bitter compounds, eudesmanolides, are credited with its sought after qualities. No additives or preservatives.

Dandelion Root
Taraxacum officinale

1.4 oz. - 12 / case

item 110260

Yansen - Dandelion Root Concentrate

Considered a nuisance by most folks, the prolific dandelion has traditionally been valued by Europeans, Asians, and Native Americans who enjoy its leaves, stems, flowers, and roots (the entire plant) as a beneficial food source. It has been valued as a blood purifier, liver and kidney tonic, and digestive aid.

Yansen is simply dandelion root washed, chopped, and slowly simmered for hours into a thick, dark syrup. To use – dissolve a quarter teaspoon in one cup of hot water or tea. Yansen's amber glass jar protects antioxidants and phytonutrients.





Historic sea salt harvest
southern Portugal



WORLD'S FINEST

Most fine sea salt comes from the Mediterranean and European coasts. We offer the best of each, two real sea salts from environmentally protected tidal flats of France and Portugal. Both contain a complete spectrum of rare, valuable trace minerals. Eden only adds these fine salts to the foods we manufacture.

EDEN French Celtic Sea Salt is from the Isle of Noirmoutier, Brittany where sun-baked, wind-swept tide pools create crystals hand harvested by 'salt farmers,' as they've done for thousands of years. It is then stone ground.

EDEN Portuguese Sea Salt is from the southern province of Algarve at the western mouth of the Mediterranean, hand harvested and triple seawater washed for whiteness.



Organic Mustard

- Bright, melodious, sparkling flavor
- Traditional artisan craftsmanship
- No chemical additives whatsoever
- EDEN Sea Salt provides a complete range of trace minerals
- Little things make big differences
- Pure condiments to enhance well-being and eating enjoyment

WISDOM IS LOVE IN DISCERNING™

EDEN condiments are prepared with patience, wisdom, and praxis artistry. Every ingredient is Eden Foods selected, and every one is declared on the label.

Condiments enrich and add flavor to food. They boost nutritional value with added phytonutrients and minerals. Some have antibacterial properties of substantial value. They were wisely conceived in their traditional form, and aid in our utilization of the foods we eat.

EDEN Organic Dulse Flakes are wild grown and sustainably hand harvested from the cool waters of the Bay of Fundy, New Brunswick using non-motorized dories. The sparkling flavor of these dulse flakes makes it easy to enjoy a sea vegetable.

EDEN Organic Gomasio sesame salt is sprinkled on food in place of table salt for flavor and enrichment. Organic unhulled tan and black sesame seed are dry roasted releasing their oil, and slowly ground with oven roasted EDEN Sea Salt. The oil melts and coats the salt for a more soothing, smoother, and beneficial way to enjoy this essential biological salt.

EDEN Shake has red shiso (beefsteak leaves) pickled with ume plum, dried, and chopped in it, mixed with dry roasted tan and black sesame seed and green nori flakes. It's called 'furikake' in Japan, and is versatile crunchy zest.

EDEN Organic Mustards are stone milled Saskatchewan high plains organic yellow or brown mustard seed with raw EDEN Organic Apple Cider Vinegar. Yellow mustard has added organic turmeric, organic paprika, and organic garlic. Aging melds and mellows the traditional recipe for smooth, rich flavor.



SODIUM ~ POTASSIUM BALANCE

Most Americans take too much sodium and not nearly enough potassium. Both are essential electrolytes required in a specific ratio. The *USDA Dietary Guidelines for Americans* recommends reducing sodium and choosing foods that provide more potassium to support heart health. "Salt added at the table and in cooking provides only a small portion of the total sodium that Americans consume," they report. Seventy-five percent of the sodium for most people comes from processed food. Animal meat also contributes a great deal of sodium. Part of a solution for this is eating potassium rich foods such as vegetables, beans, and fruits.

Over one hundred EDEN foods are a good source of potassium and many have no salt added or are low sodium. Some EDEN foods are salty, like shoyu and umeboshi, but they are used in place of table salt and offer unique flavors, potent beneficial phytonutrients, and overall reduced sodium intake.



Black Gomasio

Organic Sesame Salt, glass, dispenser cap ☞



A low sodium condiment of unhulled dry roasted ground seed and EDEN Sea Salt. Precious black sesame seed tones yin *jing* and blood, moistens the intestines, and helps build the spirit, *shen*. Gomasio replaces table salt.

Organic Whole Black Sesame Seed, Sea Salt

3.5 oz. - 12 / case

item 104220

Black & Tan Gomasio

Organic Sesame Salt, glass, dispenser cap ☞



Delicious, nutty, low sodium sesame salt of organic black and tan sesame seed, dry roasted and ground with EDEN Sea Salt. Rich flavor. Sprinkle on grain, pasta, veggies, salad, popcorn, corn on the cob, or any dish.

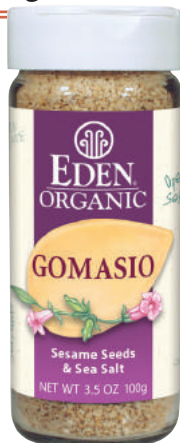
Organic Whole Black Sesame Seed, Organic Whole Tan Sesame Seed, Sea Salt

3.5 oz. - 12 / case

item 104230

Gomasio

Organic Sesame Salt, glass, dispenser cap ☞



Goma means sesame, and *shio* means salt. Low sodium sesame salt of organic dry roasted tan sesame seed and EDEN Sea Salt. The seed's oil coats the salt, amplifies and carries its flavor for more taste from less salt. Easy dual shaker or pour top.

Organic Whole Sesame Seed, Sea Salt

3.5 oz. - 12 / case

item 104240



Garlic Gomasio

Organic Sesame Salt, glass, dispenser cap ☞



Organic, tan, dry roasted sesame seed ground with EDEN Sea Salt and organic garlic powder. Eastern cultures do not put plain salt on food. They add condiments to better enhance and balance. Gomasio is one.

Organic Whole Sesame Seed, Sea Salt, Organic Garlic

3.5 oz. - 12 / case

item 104250



Seaweed Gomasio

Organic Sesame Salt, glass, dispenser cap



Gomasio with three trace mineral rich sea vegetables. The easy way to get their benefits. Sprinkle gomasio on whole grains, pasta, salads, vegetables, popcorn, etc. All of them are low sodium.

Organic Whole Sesame Seed, Sea Salt, and Sea Vegetables: Organic Dulse, Nori, Kombu

3.5 oz. - 12 / case

item 104260



Eden Shake

Furikake



A traditional Japanese condiment for grain, noodles, baked potatoes, cooked vegetables, popcorn, etc. It enhances vinaigrettes, dips, and salad dressings. Very low sodium. Dispenser cap.

Black Sesame Seeds, White Sesame Seeds, Pickled Red Shiso Leaf (Red Shiso, Sea Salt, Ume Plum Vinegar), Nori Seaweed

2.1 oz. - 12 / case

item 109940



Dulse Flakes

Organic, glass, dispenser cap



Very low sodium, sustainably hand harvested, OCIA certified organic dulse from Grand Manan Island, New Brunswick. Sun-dried small flakes. Tangy flavor for grains, vegetables, salads, pastas, almost any dish. Sprinkle or pour dispenser cap.

Organic Dulse

1.5 oz. - 12 / case

item 104270



Popular Condiments of Japan

More EDEN condiments are in the Specialty Imports section beginning on p. 36.

Tekka - powerful, energizing miso condiment with carrot, burdock root, and lotus root.

Shiso Leaf Powder - a tangy condiment of dried red shiso leaf flakes and umeboshi brine.

Wasabi Powder - a fiery Japanese horseradish always used in sushi. Real wasabi root with no artificial colorings or additives.

Brown Mustard

Organic, glass (K)



Organically grown whole brown mustard seed, *Brassica juncea*, stone ground with raw organic apple cider vinegar with 'mother' and sea salt. Pleasant zing. Full flavor.

Organic Whole Mustard Seed, Organic Apple Cider Vinegar, Water, Eden Sea Salt

9 oz. - 12 / case

item 102320

Brown Mustard

Organic (K)



EDEN brown mustard in a #2 plastic squeeze bottle that's BPA free with a twist spout. A member of the cabbage *Cruciferae* family, mustard is a healthy herb with a storied history. Guaranteed to please with sparkling depth of flavor.

Organic Whole Mustard Seed, Organic Apple Cider Vinegar, Water, Eden Sea Salt

9 oz. - 12 / case

item 102330

Yellow Mustard

Organic, glass (K)



Saskatchewan family farm yellow mustard, *Brassica alba*, stone milled with raw organic apple cider vinegar, sea salt, and organic spices. Wonderful mustard flavor. Naturally sweet.

Organic Apple Cider Vinegar, Water, Organic Yellow Mustard Seed, Eden Sea Salt, Organic Turmeric, Organic Paprika, Organic Garlic

9 oz. - 12 / case

item 102350

Yellow Mustard

Organic (K)



Yellow mustard as it's supposed to be. The difference is whole organic yellow mustard seed, raw organic apple cider vinegar, and 100% organic spices. Aged to meld and mellow.

Organic Apple Cider Vinegar, Water, Organic Yellow Mustard Seed, Eden Sea Salt, Organic Turmeric, Organic Paprika, Organic Garlic

9 oz. - 12 / case

item 102360



Sea Salt - French Celtic

fine grind, glass



Hand harvested, stone ground from the protected Isle of Noirmoutier, Brittany, France. Made using Celtic methods dating way back, with no chemicals added. Smooth, mellow flavor, with a wealth of trace minerals.

Unrefined Atlantic Sea Salt - Isle of Noirmoutier hand harvested

14 oz. - 12 / case

item 105365

55 lb

item 105380 **BULK**

Sea Salt - Portuguese Coast

fine grind, glass



Smooth white table salt from environmentally protected salt marshes of southern Portugal's Algarve that has supplied the world with salt for millennia. Hand harvested and triple sea water washed for whiteness.

Triple sea water washed, unrefined Atlantic Sea Salt

16 oz. - 12 / case

item 105390

55 lb

item 105385 **BULK**

DENTIE TOOTH & GUM CARE

A HOME CARE ESSENTIAL

In the early 1960s George Ohsawa, the father of macrobiotics, reintroduced a traditional Japanese home treatment: an oral hygienic tooth and gum powder made from the top, the calyx, of the eggplant and sea salt. He introduced this preparation knowing its remarkable benefits for gums, teeth, and overall oral health. We offer this preparation in glass as EDEN Dentie Toothpowder.

AN IMPORTANT NOTE

Dentie is not for everyday tooth brushing because of salt crystals in it. Rub it onto the gums with a moist finger or soft toothbrush, let set, and rinse well. It is remarkably excellent for soothing and conditioning one's gums and teeth.

REFRESHED CLEAN FEELING

EDEN Dentie Toothpowder is made from the calyx (head and stem) of the eggplant and sea salt. The eggplant is washed and the calyx and a bit of the vegetable is sliced off and sun-dried. After drying this is dry roasted until carbonized. The charred eggplant is then finely ground, combined with sea salt, roasted, and ground again into powder.

Dentie's alkaline qualities are traditionally valued for cleansing the teeth, and keeping gums firm. The best home treatment we are aware of. Mix with water and use as an occasional onset gargle.

Dentie Toothpowder

- Promotes overall oral health
- Antibacterial & anti-inflammatory
- Home essential for toothaches and/or gum problems
- Leaves the mouth clean & refreshed
- Use as an occasional onset gargle
- No sulfates or other additives
- In a sturdy glass jar



Dentie Toothpowder

sturdy glass jar



A tooth and gum tonic popular in Japan, once kept in every washroom. For a clean happy mouth, moisten fingers or a soft toothbrush and rub it on gums. Leave it for several minutes and rinse. Use once or twice a week to noticeably improve any oral health regime.

Roasted Eggplant, Sea Salt

2 oz. - 6 / case

item 111220



Tom Grossman, Eden Michigan soybean grower

FORTUITOUS DISCOVERY

In January 1983 Eden discovered soymilk made using techniques originated at Cornell University. They properly prepare soybeans to nurture human beings. Engineered in Japan, Eden improved the ingredients and EDENSOY was introduced in July 1983. Its phenomenal success created a stunning new grocery category – Nondairy Liquid Food.

U.S.A. CREAM OF THE CROP

EDENSOY is 100% U.S.A. family organic soybean and grain. We visit our growers' farms and families regularly. Long-term organic agriculture has created rich, vital soil producing foods brimming with energy, superior taste, and the best nutrition.



- 100% U.S.A. family organically grown whole soy and whole grain
- Grocery Headquarters 2011 'Trailblazer Award' winner ~ visit edenfoods.com/GH2011
- The 1st Non-GMO Verified Soymilk
- Only whole bean soy with all 18 amino acids
- Naturally occurring omega 3, 6, and 9 essential fatty acids (EFAs) and isoflavones
- No refined sugar, soy isolate, or additives
- No widely used chemical flavor maskers



Heart Healthy Diets containing foods that are a good source of potassium and that are low in sodium may reduce the risk of high blood pressure and stroke. Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease.

A NO SHORTCUT SOLUTION

Soybeans require precise preparation and thorough cooking to properly prepare them as human sustenance. This requires specific equipment and know-how. Only EDENSOY provides this value based upon thorough research into how to best choose and prepare soybeans, overlapped with over 240 continuous quality control checks. From the double reverse osmosis purified water, a patented enzyme invalidator, to the Swedish aseptic packaging equipment, every step contributes to greatest value and the best possible nourishment from whole soy. The dozens of EDENSOY imitators who have flooded the market do not look after these very essential details.

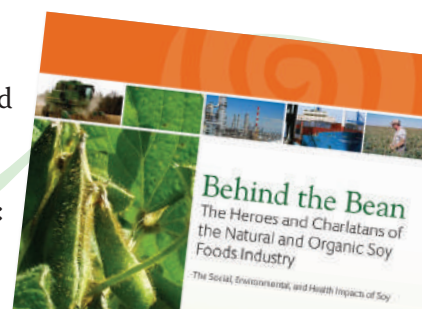
PURE & PURIFYING

EDENSOY pioneered soymilk in America, but as the surprising benefits became popular, food makers rushed to market with 'me too' EDENSOY imitations. Today almost all U.S. soymilks are made of soy and grain from China, Brazil, and Argentina because 'so called organic' soybeans from these countries are so much cheaper. Most of them contain isolated soy protein, refined sugars, undeclared chemical flavor maskers, and other chemicals labeled as natural flavors, or not at all declared.

Refreshingly, EDENSOY is 100% Eden selected pure, whole natural foods providing the highest quality soy protein and a whole range of balanced nutrients including calcium, potassium, B vitamins, minerals, trace elements, and abundant phytonutrients. EDENSOY EXTRA is enriched with intelligent bio-available vegan quality vitamins and calcium. EDENSOY is the only soymilk made with nourishing kombu seaweed. When sweetened, only gentle unrefined sweeteners are used; traditionally malted organic barley and wheat blend, and organic maple syrup. Flavors include organic fair trade dark cocoa powder, real carob, and unlike any other brand 100% pure vanilla extract.

HIGHEST RATED IN INDUSTRY REPORT

Eden Foods achieved the highest score, 955 out of 1,000 on the *Organic Soy Scorecard*, an investigation carried out over a year-and-a-half's research into the social, environmental, and health impacts of soyfood in North America. Cornucopia Institute, an independent advocate working to preserve organic integrity and create economic justice for family farmers, released the report May 2009. They evaluated sixty-two organic brands, only seven were in the positive category. Eden ranked highest by far. Silk brand scored zero, the lowest. All brands were rated on ten criteria including sourcing, stringency of organic certifier, and prevention of GMO and chemical contamination. Eden was declared a "Hero" in the organic soyfood industry. Read the report at: www.cornucopia.org/soy





Non-GMO VERIFIED

Eden Foods submitted EDENSOY to the Non-GMO Project (The Project) August 18, 2008. After a thorough scientific study covering everything from seed to aseptic cartons, EDENSOY became the first soymilk in North America to be verified compliant with The Project's standards for avoiding genetically engineered (GMO) food.

Most soybeans today are genetically engineered. In 1993 Eden pioneered and perfected a process to avoid genetically engineered organisms and their derivatives in food. Much work is demanded to keep EDENSOY Non-GMO, including stringent tests of seed, in growing, at the elevator, and at the manufacturing plant. We avoid the use of pharmaceutical enzymes and know all farms, fields, farmers, and suppliers. When the *New York Times* tested eleven soy and corn based foods, only one tested Non-GMO - EDENSOY.



WHOLE SOY NOURISHMENT

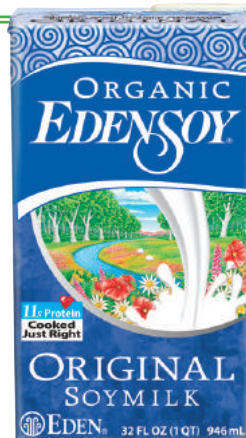
Soybeans have been important food for at least 5,000 years. Western science has confirmed soy as healthy food. In 1999 FDA recognized the role of soybeans in reducing cholesterol, saying a diet rich in soy protein and low in saturated fat may help reduce the risk of heart disease. It is widely known that whole organic soyfood, such as EDENSOY, best provides the desired benefits. Good food sources of phytonutrients are much, much better than industrial isolates and chemical imitations.

Ecological Cartons

The Tetra Pak® Co. invented aseptic packaging for food using minimal materials and energy. Seventy-three percent of EDENSOY's package is from certified sustainable forests that ensure biological biodiversity and protect endangered species. EDENSOY requires no refrigeration in transport or storage. Until the package is opened, refrigeration is unnecessary. Please recycle - for aseptic package recycling centers by city and state visit: www.recyclecartons.com



Original EDENSOY organic (K)



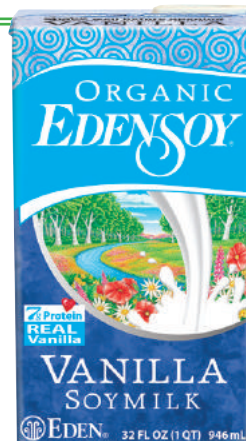
The number one rated original, 'original' soymilk. U.S.A. family farm 100% organic whole soy. No shortcuts. Never adulterated. Much imitated. View a photo essay at edenfoods.com/PEedensoy

Purified Water, Organic Soybeans, Naturally Malted Organic Wheat and Barley Extract, Calcium Carbonate, Kombu, Sea Salt

32 fl. oz. - 12 / case

item 100020

Vanilla EDENSOY organic (K)



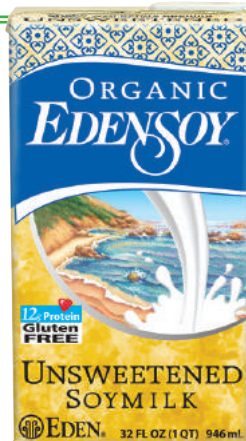
The only soymilk in North America with 100% pure vanilla extract, no refined sugar, and no artificial ingredients. Visit: edenfoods.com/vanilla

Purified Water, Organic Soybeans, Naturally Malted Organic Wheat and Barley Extract, Vanilla Extract, Calcium Carbonate, Kombu Seaweed, Sea Salt

32 fl. oz. - 12 / case

item 100060

Unsweetened EDENSOY organic (K)



Highest in heart healthy whole soy protein of all soymilk with 12 grams per serving. EDEN organic soybeans and pure water. A good source of potassium, iron, folate B9, and magnesium. 4.5 grams of omega 3, 6, and 9 EFAs per serving. Gluten free.

Reverse Osmosis Purified Water, Organic Soybeans

32 fl. oz. - 12 / case

item 100080

= Canadian available

PURE ALLURING VANILLA 100% PURE VANILLA EXTRACT

... from *Vanilla planifolia* beans of the orchid tree. It contains more than 250 flavor and aromatic compounds. Chemical vanillas do not. A laborious process extracts the beans. The extract is aged for two years. It has a lovely bouquet and clean fresh taste, sweet and amorous. Fake vanilla flavors do not. They are disguised on packages as natural vanilla flavor, natural vanilla with other natural flavors, organic natural vanilla flavor, or vanillin. EDENSOY is the only soymilk in America with 100% real, pure vanilla extract. For more details visit edenfoods.com/vanilla

**REAL
Vanilla**

CERTIFIED ORGANIC DARK COCOA

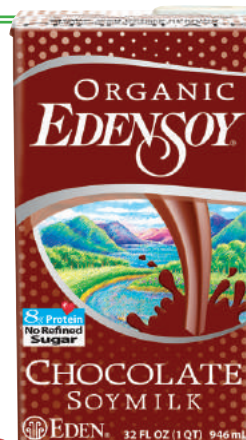
Chocolate EDENSOY contains organic, 'fair trade' dark cocoa powder, responsibly produced in the Dominican Republic and finely milled in Holland. Chocolate contains a wealth of antioxidant flavonoids including procyanidins, epicatechins, and catechins. Among all the types of chocolate, dark cocoa powder is the highest in valuable, beneficial phytonutrient antioxidants.

CAROB - ST. JOHN'S BREAD

Carob EDENSOY contains sweet carob seedpod, *Ceratonia siliqua*, an evergreen of the legume family. Carob has a chocolatey flavor with no caffeine or theobromine. We procure the finest from its native Mediterranean clime. For further facts, please visit edenfoods.com/carob



Chocolate EDENSOY organic (K)



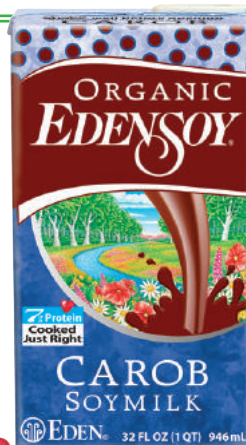
Only organic dark cocoa for its deep chocolate taste. A good source of protein, potassium, calcium, iron, pyridoxine B6, niacin B3, and folate B9.

Purified Water, Organic Soybeans, Naturally Malted Organic Wheat and Barley Extract, Organic Cocoa Powder, Organic Maple Syrup, Sea Salt, Carrageenan, Calcium Carbonate

32 fl. oz. - 12 / case

item 100095

Carob EDENSOY organic (K)



The finest sweet carob makes it chocolatey. Delicious warm and cold. High in folate B9 and a good source of whole soy protein, potassium, magnesium, niacin B3, and thiamin B1.

Purified Water, Organic Soybeans, Naturally Malted Organic Wheat and Barley Extract, Organic Carob Powder, Carob Extract, Calcium Carbonate, Kombu, Sea Salt

32 fl. oz. - 12 / case

item 100040

Original EDENSOY EXTRA organic (K)



Fortified with vegan quality vitamins and calcium. Rich in heart healthy soy protein and antioxidants. Good potassium.

Purified Water, Organic Soybeans, Naturally Malted Organic Wheat and Barley Extract, Calcium Carbonate, Kombu Seaweed, Sea Salt, Vitamin E, Beta Carotene, Vitamin D2, Vitamin B-12

32 fl. oz. - 12 / case

item 100220

Vanilla EDENSOY EXTRA organic (K)



Rare 100% pure vanilla extract. Enriched with vegan vitamins and calcium. A superior source of whole soybean nourishment.

Purified Water, Organic Soybeans, Naturally Malted Organic Wheat and Barley Extract, Vanilla Extract, Calcium Carbonate, Kombu Seaweed, Sea Salt, Vitamin E, Beta Carotene, Vitamin D2, Vitamin B-12

32 fl. oz. - 12 / case

item 100260

EDEN FRUIT

FAMILY GROWN, SLIGHTLY TART

Our apple and tart cherry juices, sauces, butters, and cherry concentrate are Great Lakes environ fruit. Concord grapes are N.Y. Finger Lakes organic. Each of them enjoys a seasonal lake effect, and slight tartness. For two decades we have worked in converting the orchards and vineyards to EDEN organic.

EDEN Grape Juice and Grape Butter are 100% Concord grapes from a twenty plus year organically managed vineyard on the slopes of New York's Keuka Lake. The grapes flourish in this microclimate where well drained, glacial sandy loam soil, hot days, cool nights, and abundant rainfall produce fruit that is exceptionally pleasing to the growers, and those who enjoy it.

SOME OF MANY AWARDS

EDEN Organic Apple Cherry Butter earned a first place Reader's Fave Foodie Award for 2010 in *Vegetarian Times* magazine. "Spreadable fruit that tastes like it's straight from the tree," they said. The *San Francisco Chronicle* inducted EDEN Apple Sauce into the 'Taster's Choice Hall of Fame' after an expert panel made their Taster's Choice. "Taster's found EDEN Organic Apple Sauce to have a 'very good sweet-tart balance,' a 'good apple flavor,' and great texture," they wrote.

TASTIER PAST WAYS

For eons folks have pressed, chopped, and mashed fruit to make juice, and cooked it to make sauces and butters. Pure fruit of simple preparation is still enjoyed today in juices, sauces, butters, and concentrates the way it ought to be, with no shortcuts employed and no additives, like EDEN brand. Over the last century as 'cheap' became the main goal of factory food output, selecting the cheapest, using every shortcut, and adding chemicals and GMO enzymes has become pervasive. EDEN uses more ethical, and much tastier, past ways.

Patience is an ingredient in all EDEN fruit. Old varieties of apples, Montmorency tart cherries, small northern strawberries, and Concord grapes are chosen. Traditional pressing, concentrating, and good old-fashioned kettle cooking deliver the best results. No refined sugars or additives are ever used. They are just not needed. The fruit is so good, it just needs protection from adulteration.

CLOUDY IS MORE VALUABLE

The *Journal of the Science of Food and Agriculture* reports that cloudy apple juice contains four times more antioxidant polyphenols than clear apple juice. The report indicates GMO derived enzymes used to make clear juice remove food particles and reduce antioxidant content, flavor, value, and health benefits.

EDEN opaque juices offer more complete nourishment and flavor. Their bottles are Amber Glass to protect flavor, nutrients, and antioxidants from light damaging photo-oxidation, especially from fluorescent lighting.



New York Concord grapes

FRUITFUL ANTIOXIDANTS

EDEN fruit is a superb way to get potent antioxidant benefit. Michigan State University found Montmorency tart cherry to contain at least seventeen antioxidants including quercetin, melatonin, and anthocyanins. Brunswick Laboratory found super oxide dismutase (SOD) that acts as a super scavenger of free radicals. Studies cite the powerful antioxidant, quercetin, in apples and apple juice for having antioxidant capacity greater than a 1,500mg dose of vitamin C. Out of more than 1,000 foods, Concord grape juice ranked #1 in antioxidant benefit, especially from proanthocyanidins. Dr. Rui Hai Liu at Cornell says, "Scientists like to isolate single components such as vitamin C, vitamin E, or beta carotene to see if they exhibit antioxidant benefits. It turns out that none of these work alone. It's a combination of flavonoids and polyphenols doing the work." Studies consistently show organic fruit has up to 40% more antioxidants than conventionally grown.



Organic apples, Michigan

- U.S.A. family organic orchard, berry patch, and vineyard
- Patiently, traditionally, skillfully
- No shortcuts, chemical press aids, or GMO derived enzymes
- Convenient wonderful fruit - Eden protects the antioxidants
- Amber Glass Protected Juice



Apple Sauce

Organic (K)



Taster's Choice Hall of Fame inductee noted for a "very good sweet-tart balance." A blend of family orchard Great Lakes apples, over one and a half pounds per jar. No sugar or anything else is ever added.

Organic Apples

25 oz. - 12 / case

item 103360



Apple Cherry Sauce

Organic (K)



An Eden blend of organic apples and organic Montmorency tart cherries. 80% apple, 20% cherry. Sweet and mildly tart with no sugar or anything else added. Phytonutrient and flavor rich.

Organic Apples, Organic Montmorency Tart Cherries

25 oz. - 12 / case

item 103350



Apple Cinnamon Sauce

Organic (K)



The time honored classic. Its sweetness is solely from a select blend of apple varieties cooked into a thick, sweet, 12.5 Brix (sugar content scale) sauce. Organic cinnamon provides enticing contrast.

Organic Apples, Organic Cinnamon

25 oz. - 12 / case

item 103395



Apple Strawberry Sauce

Organic (K)



EDEN Apple Sauce with small northern Michigan organic strawberries from family grown berry patches, harvested perfectly red ripe. The strawberry fragrance is a remarkable joy and a most pleasant surprise.

Organic Apples, Organic Strawberries

25 oz. - 12 / case

item 103340



Apple Butter

Organic (K)



A blend of organic apple varieties, over four pounds to a jar. Hand sorted, washed, peeled, cored, chopped, and slowly kettle cooked to 30 Brix. Toast, anyone? An apple a day...

Organic Apples, Organic Apple Juice Concentrate

17 oz. - 12 / case

item 103320



Apple Cherry Butter

Organic (K)



EDEN Apple Butter with organic Montmorency cherries. 84% apples, 16% tart cherry. Over four pounds of fruit in each jar. Kettle cooked to 32 Brix. *Vegetarian Times* 2010 Foodie Award winner.

Organic Apples, Organic Montmorency Tart Cherry Puree, Organic Apple Juice Concentrate

17 oz. - 12 / case

item 103330





Cherry Butter

organic (K)



Simply organic Montmorency tart cherries, four pounds in each jar, kettle simmered to tangy spread with no water, sugar, or additives. Long known as the 'healing' cherry, Montmorency tarts contain at least seventeen beneficial antioxidants. 56 Brix.

Organic Montmorency Tart Cherries

8 oz. - 12 / case

item 103315

Grape Butter

organic



Simply 100% one ingredient, wonderfully organic Concord grapes, kettle cooked into a thick, rich, spreadable butter. Deep purple color, sweet rich flavor, and the ambrosial aroma of the Concord grape, it is superb grape butter, unlike any other. 45 Brix.

Organic Concord Grapes

8 oz. - 12 / case

NEW item 103325

Cherry Juice Concentrate

organic (K)



Montmorency tart cherries reduced to tangy sweet syrup. 68 Brix. Potent antioxidants include anthocyanins, kaempferol, isoqueritrin, perillyl alcohol, quercetin, ellagic acid, and melatonin. Reconstitute to your taste, 6 or 7 to 1.

Organic Montmorency Cherry Juice Concentrate

7.5 oz. - 12 / case

item 103245

Apple Juice

organic (K)



Traditional northern apples, *Prunus malus*, simply pressed and lightly filtered with no chemical press aids or enzymes. Shake and serve chilled or warm. Cloudy apple juice contains four times more antioxidants than clear.

Organic Apple Juice

32 fl. oz. - 12 / case

item 103370

64 fl. oz. - 6 / case

item 103375



Cherry Juice

organic (K)



100% pure Montmorency Tart Cherry, *Prunus cerasus*. Not from concentrate. National Association of the Specialty Food Trade (NASFT) 'Outstanding Beverage' Award. Deep crimson with a cherry pie bouquet. Rich in pleasurable benefits. Amber glass protected.

Organic Montmorency Cherry Juice

32 fl. oz. - 12 / case

item 103385



Concord Grape Juice

organic



Fresh pressed pure juice from 100-year-old family vineyards, *Vitis labrusca*, lightly filtered, chemical and enzyme free. Amber glass protects it. Refresh, rejuvenate with a slightly tart, superbly sweet, unlike any other, Concord grape juice. NASFT 'Outstanding Cold Beverage' Award 2011.

Organic Concord Grape Juice

32 fl. oz. - 12 / case

item 103585



Montana kamut field

A KEY TO WELL-BEING

It's not well known that whole grain is the best food for human beings, by far. It is absolutely essential to good health. If we want "to get back to the garden," whole organic grain is key.

USDA's Food Pyramid suggests three servings of whole grain per day. The *Dietary Guidelines* say, "Shift food intake patterns to a more plant-based diet that emphasizes vegetables, cooked dry beans and peas, fruits, whole grains, nuts, and seeds." Eden Foods' Michael Potter said, "I never thought in my lifetime I'd see the USDA recommend whole grain. Science now pointedly affirms what Eden and our patrons have been saying all along: You must eat whole grain to be healthy. I applaud the USDA and the *Guidelines* for supporting this. Humanity must learn whole grain-centered civility anew."

Even the FDA recognizes (guardedly) whole grain - "Diets rich in whole grain food and other plant foods, low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."



- Family farm EDEN organic or wild harvested
- Versatile, quick cooking 100% whole grain
- Satisfies hunger longer, most thoroughly
- Bedrock of nutritional satisfaction
- EDEN Quinoa is a #1 Best Food in *Women's Health* and *Vegetarian Times*



Heart Healthy Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.

WHOLE GRAIN - SUPREME FOOD

Variety is fun with thirteen, versatile and satisfying EDEN whole grains: • Buckwheat • Millet • Wild Rice • Brown Rice flakes • Kamut flakes • Oat flakes • Rye flakes • Spelt flakes • Muesli • Cinnamon Muesli • Quinoa • Red Quinoa • Popcorn.

Eleven are North American family EDEN organic. EDEN white and red quinoa are family plot grown at 12,000+ feet in the Andes mountains. Wild rice is ancient wild grain, traditionally hand harvested from northern Minnesota lakes by Native Americans in canoes, as is required by law.

HOT OR COLD CEREAL IN MINUTES

Five EDEN whole grain flakes are easy and fast cooking. Hulled whole grain is sprayed with pure water, gas fired ceramic kiln roasted, and stainless steel rolled into quick cooking flakes. Each one becomes table ready after just a few minutes of cooking for cereal, entrée, sides, soup, stew, and salads.

Two EDEN Muesli cereals are three whole grain flakes, three dried fruits, and two seeds, with or without organic cinnamon. They are great as hot or cold cereal, and when used in baking.

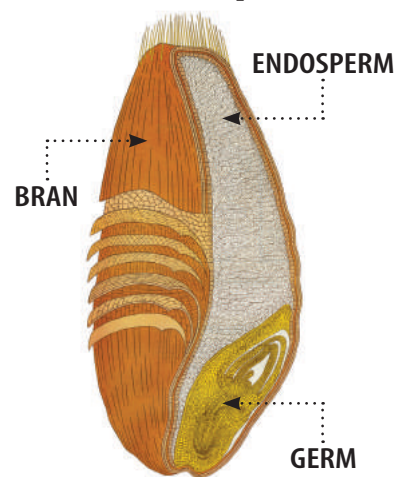
BURN FAT W/ PURIFYING WHOLE GRAIN

Whole grain helps a body burn 25% more calories per day, and these are the cream of the crop. We maintain integrity of all their nutritional components in the endosperm, germ, and bran. EDEN 100% whole grains are most appropriate nourishment, guaranteed to please, purify, strengthen, and deliver long-lasting beneficial satisfaction to those who enjoy them.

Rebecca Wood in the book *The Splendid Grain* writes, "A grain is more delicious when intact, rather than when polished, pearled, degermed, or refined. The germ contains the spark of life ... Both germ and bran are concentrated sources of energy. When we consume any food, that food becomes us and we become imbued with its properties."

CHEAP FOOD IS NOT GOOD FOOD

The greatest damage to human health in America was not from natural disaster, war, or pollution, but from events that took place about 120 years ago. Its cause was the adoption of a centralized system of milling grain in the cheapest and easiest way to market it. This removed fiber, fatty acids, oils, vitamins, minerals, and dozens of essential nutrients and antioxidants, for the sole purpose of extending shelf life. Replacing whole grain, the core of human sustenance for 10,000 years, with denatured empty carbs like white flour has been eroding our civilization and well-being ever since.





Hulled Buckwheat

organic Whole Grain (K)



North Dakota family grown. Buckwheat is not related to wheat and is gluten free. Hulled buckwheat groats are quick cooking whole grain, mild, light, and energizing, high in fiber, thiamin B1, and magnesium. Wheat and gluten free.

Organic Buckwheat
Fagopyrum esculentum

16 oz. - 12 / case

item 113040



Millet

organic Whole Grain (K)



North Dakota family grown. Potent and strengthening. Use it as an entrée, in soups, stews, stuffing, baked goods, grain burgers, pancakes, millet mashed potatoes... Gluten free. See: edenfoods.com/millet

Organic Yellow Millet
Panicum miliaceum

16 oz. - 12 / case

item 113035



Quinoa

organic Whole Grain, Andean (K)



The most ancient American staple grain. Sustainably grown at 12,000+ feet in the Andes, preserving native culture. Best amino acid profile of all grain. *Women's Health* 2009 'Top Food for Women.' Gluten free.

Organic Quinoa
Chenopodium quinoa

16 oz. - 12 / case

item 106900



25 lb.

item 106860

Red Quinoa

organic Whole Grain, Andean (K)



The *Pasankalla* variety. High altitude family plots in the Andes. Mechanically de-saponized, mountain spring water washed. Sweet flavor. *Grocery Headquarters* 2009 'Trailblazer Award' and *Vegetarian Times* 2010 'Foodie Award' winner. Gluten free.

Organic Red Quinoa
Chenopodium quinoa

16 oz. - 12 / case

item 106905



Wild Rice

Wild Native Whole Grain (K)



Hand harvested by Native Americans in canoes as required by law. Wood fire parched delicious. Quick cooking and fluffy, not hard like paddy grown black varieties. *Vegetarian Times* 2009 'Best Go-To Grain.' Gluten free.

Wild Rice
Zizania palustris

7 oz. - 12 / case

item 106920

Popcorn

organic 100% Whole Grain (K)



Nebraska family farm grown. A superior popping variety makes large, fluffy popped kernels. Awesome delicious flavor. Rich in fiber. Heart healthy whole grain. America's favorite snack. EDEN Pure – tested GMO free.

Organic Yellow Popcorn
Zea mays averta

20 oz. - 12 / case

item 105400



50 lb.

item 105815

BULK

= Canadian available



EDEN WHOLE GRAIN CEREAL

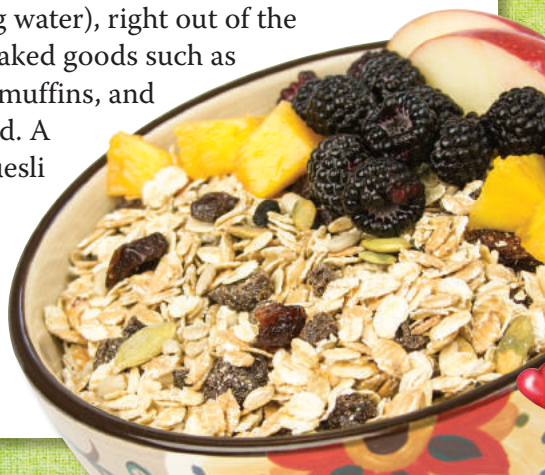
EDEN Muesli - Grain, Fruit, & Seeds

NEW EDEN Muesli is a joyous, 100% whole grain organic cereal made of three North American family EDEN Flakes - oats, rye, and spelt wheat - with sweet and tangy dried cranberries, raisins, dried wild blueberries, roasted & lightly salted organic pumpkin seeds, and raw sunflower seeds. All of the ingredients are Eden selected and organic.

Whole grain EDEN Flakes are separately gas fired ceramic kiln roasted. While hot the whole grain is stainless steel rolled into flakes and shipped to Eden's Michigan facility where they are blended with the dried fruit and seeds. EDEN Cinnamon Muesli includes a nice touch of organic ground cinnamon for added flavor and value.

Muesli was first made around 1900 by Swiss physician Dr. Maximillian Bircher-Benner and his wife for patients in their hospital. Today, muesli is very popular cereal throughout Europe.

EDEN Muesli can be enjoyed cold, hot (cook it the length of time that seems best to you - 3 to 8 minutes - add it to boiling water), right out of the bag, or used in baked goods such as cookies, scones, muffins, and whole grain bread. A bowl of EDEN Muesli or EDEN Flakes provides lasting energy and sets a happy tone and calm mind in any day.



Muesli

organic Whole Grain (C)



Whole Grain, Dried Fruits, and Seeds Cereal.

Organic Oat Flakes, Organic Rye Flakes, Organic Spelt Flakes, Organic Raisins, Organic Cranberries (Organic Cranberries, Organic Apple Juice Concentrate, Organic Sunflower Oil), Organic Wild Blueberries (Organic Wild Blueberries, Organic Apple Juice Concentrate, Organic Sunflower Oil), Organic Roasted and Salted Pumpkin Seeds, Organic Raw Sunflower Seeds

17.6 oz. - 6 / case

NEW item 113070



Cinnamon Muesli

organic Whole Grain (C)



Cinnamon adds flavor & value.

Organic Oat Flakes, Organic Rye Flakes, Organic Spelt Flakes, Organic Raisins, Organic Cranberries (Organic Cranberries, Organic Apple Juice Concentrate, Organic Sunflower Oil), Organic Wild Blueberries (Organic Wild Blueberries, Organic Apple Juice Concentrate, Organic Sunflower Oil), Organic Roasted and Salted Pumpkin Seeds, Organic Raw Sunflower Seeds, Organic Cinnamon

17.6 oz. - 6 / case

NEW item 113075



Brown Rice Flakes

organic Whole Grain (C)



Lundberg organic short grain brown rice. 100% whole grain goodness for the very young, the very old, and everyone in between. They makes excellent quick porridge and cook in a very few minutes.

Organic Short Grain Brown Rice
Oryza sativa

16 oz. - 12 / case

item 113055



Kamut Flakes

organic Whole Grain (C)



Montana family organically grown. Roasted and rolled golden flakes. Hot cereal in three minutes. Those with sensitivities to modern wheat often enjoy this ancient wheat.

Organic Kamut Wheat
Triticum turanicum

16 oz. - 12 / case

item 113065



= Canadian available



Oat Flakes

organic Whole Grain (K)



Saskatchewan family organically grown. Gas fire roasted and rolled hearty flakes. Cooks in three minutes. "The best tasting oats since I was in Sweden," said Jon S., Eden's purchasing director. Pure, calm, sustaining energy.

Organic Oats
Avena sativa

16 oz. - 12 / case

item 113050



Rye Flakes

organic Whole Grain (K)



Nebraska family organically grown. Gas fire roasted and rolled tasty flakes. Hot cereal in three minutes. Mix them in with oats when making oatmeal. The muscle building grain. Very high fiber.

Organic Rye
Secale cereale

16 oz. - 12 / case

item 113045



Spelt Flakes

organic Whole Grain (K)



Family farm grown. St. Hildegard said, "Spelt is the best of grains. It is rich and nourishing and milder than other grains. It produces a strong body and healthy blood for those who eat it, and it makes the spirit of man light and cheerful."

Organic Spelt Wheat
Triticum spelta

16 oz. - 12 / case

item 113060



Organic Whole Grain (K)

Hard Red Winter Wheat *Triticum aestivum*
Organic Whole Hard Red Winter Wheat

50 lb. - 3 ply paper bag 105800

Hard Red Spring Wheat *Triticum aestivum*
Organic Whole Hard Red Spring Wheat

50 lb. - 3 ply paper bag 105840

Soft White Winter Wheat *Triticum aestivum*
Organic Soft White Whole Wheat

50 lb. - 3 ply paper bag 105880

Pearled Barley *Hordeum vulgare*
Organic Partially Pearled Barley

50 lb. - 3 ply paper bag 106060

Organic Whole Grain Flour (K)

Hard Red Spring Wheat Flour
Organic Whole Hard Red Spring Wheat

50. lb - 3 ply paper bag 111440

Hard Red Winter Wheat Flour
Organic Whole Hard Red Winter Wheat

50. lb - 3 ply paper bag 111400

Pastry Flour Soft White Wheat
Organic Whole Soft White Wheat

50. lb - 3 ply paper bag 111500

Fresh, Straightforward Milling

The best bread, pastries, and baked goods begin with freshly milled organic whole grain. EDEN whole grain organic flours: • Hard Red Spring Wheat • Hard Red Winter Wheat • and Pastry Flour from soft white wheat are U.S.A. family organically grown and small batch milled at Eden to ensure great flavor and optimum nutrient content. A 3-ply 50 lb. paper flour bag is used, sewn closed, and stored in dedicated dry storage at 55°F.

All whole grain flour for the Eden Organic Pasta Company is milled here to order. These items we stock. Other flours may be special ordered.





Daikon radish hanging to dry with its grower and Eden buyer in Kyushu, Japan.

REJUVENATION AND HEALTHY LONGEVITY

The longest living and healthiest people on Earth are the Japanese. It is common to see them in their 80s and 90s very physically active working, hiking, gardening, etc. Principally, this is due to a healthy diet.

Japanese culture has developed some of the world's most intuitively intelligent foods. With methods dating back thousands of years they continue making these foods that are the categorical pinnacle of human specific nourishment. A significant benefit of 'East meets West' cultural convergence is access to these foods and the knowledge of how to prepare and enjoy them.

Thanks to the work and dedication of Mr. George Ohsawa (and his students), the founder of modern Macrobiotics, knowledge of these life encouraging traditional foods has spread worldwide and their popularity is growing.



- **Foods that create joy, culinary satisfaction, and well-being**
- **Artisans continuing ancient methods and preserving cultural diversity**
- **Vital source relationships since 1972**



Heart Healthy Diets containing foods that are a good source of potassium and that are low in sodium may reduce the risk of high blood pressure and stroke.

IMPORTANT RELATIONSHIPS

Since 1972 Eden has cultivated trade with artisans dedicated to traditional food making for our supply of miso, shoyu soy sauces, sea vegetables, and a variety of specialty food items. Eden has become the most respected and largest purveyor of these macrobiotic natural foods in the world. More than seventy-five (75) of these foods are offered by Eden.

Fukushima is mankind's most damaging industrial event. Planetary consequences are near infinite. We immediately distanced sources of 15 of these 75 food items from it. Eden Foods is using common sense, severe testing and monitoring, and everything imaginable to avoid exposure to it.

HAPPINESS AND PEACE

Derived from the Greek *makrobios* meaning great or long life, Macrobiotics is a harmonious way of rejuvenation and longevity. EDEN whole grain and beans, macrobiotic specialty foods, with organic fresh local produce is a rock solid foundation of it. An excellent definition of Macrobiotics is:

“ Macrobiotics amounts to finding our physical limitations and trying to live within them. This is the cultivation of humbleness. When we think that we can do anything we want, we become arrogant. This arrogance causes sickness.

When we are living within our physical limitations, then our spirituality is free. Macrobiotics seeks freedom in spirit. Freedom exists in our spirits so we can think anything. Biologically, physiologically we are unfree. We can wish to eat anything we want, but we cannot do it.

Disciplining physical unfreedom is the foundation of spiritual freedom. God didn't give us unlimited biological freedom, but appreciating and taking into consideration our unfree physical condition leads us to infinite spiritual freedom. ”

Herman Aihara, 1920 ~ 1998



NOURISH STRENGTH

EDEN traditional macrobiotic foods are ancient health foods whose benefits are affirmed in modern research. Enjoy them in traditional and imaginative ways.

- Brighten soups, stews, sauces, and beans with dried tofu, lotus root, shiitake and maitake mushrooms, and bonito flakes.
- Use pickled ginger, pickled daikon radish, and umeboshi plums in sushi and rice balls, and as condiments with grains, noodles, and vegetables.
- Sprinkle shiso leaf powder and tekka on popcorn, salads, vegetables, noodles, and grains.
- Make soothing beverages with kuzu root, lotus root, or dried daikon.

Visit edenfoods.com for hundreds of free recipes and ideas.



Bonito Flakes

cured, steamed, and dried



The finest sashimi quality skipjack mackerel, *Katsuwonus pelamis*, skillfully prepared using a 500-year-old method. Filleted, steamed, air-dried, aged, and shaved into delicate flakes. For dashi noodle broth and where savory flavor is desired.

Dried, Shaved Bonito Fish

1.05 oz. - 12 / case

item 109590

Dried Tofu

freeze dried



Long ago a Buddhist monk left his tofu in the snow and discovered a method of tofu preservation - freeze-drying. Frozen twenty days, pressed, sliced, and air-dried. U.S.A. GEO free soybeans and magnesium sea salt. Photo essay: edenfoods.com/PEtofu

Whole Soybeans, Nigari (Magnesium Chloride from Sea Salt)

2 oz. - 6 / case

item 109995

Daikon

shredded and dried ☼



Finely sliced sun-dried daikon radish with spectacular flavor. Use in vegetable dishes and steep it for a balancing tea. It's a diuretic that also metabolizes fat, and a good source of potassium and fiber. It promotes cardiovascular health.

Daikon Radish
Raphanus sativus

3.5 oz. - 12 / case

item 110100

Pickled Daikon Radish

Takuan ☼



Long white daikon radish, *Raphanus sativus*, sun-dried and pickled with rice bran and sea salt in wooden kegs. It's rich in diastase enzyme that stimulates appetite and aids digestion. Rinse, slice, and serve with any meal. Photo essay: edenfoods.com/PEdaikon

Daikon Radish *Raphanus sativus*,
Rice Bran, Sea Salt

3.5 oz. - 12 / case

item 110220

Kuzu Root Starch

Organic ☼



Wild mountain kuzu root is hand-cut, crushed, rinsed, soaked, repeatedly washed in cold mountain spring water into a thick paste, and dried for 90 days. The healthiest starch for thickening sauces, gravies, soups, desserts, etc.

Organic Wild Kuzu Root
Pueraria lobata

3.5 oz. - 12 / case

item 109630

11 lb.

item 109620 **BULK**

Organic Wild Kuzu

Kuzu is a prolific vine with fibrous roots found growing wild throughout Japan. The starch made from its roots is highly prized as a bracing health food, digestive aid, and ideal thickener.

EDEN Kuzu is made from organic Japanese wild kuzu roots harvested from December to March when the sap is in the root. Kuzu roots range from three to seven feet in length and weigh up to 400 pounds. Harvesting is a laborious task that can only be done by hand.

Kuzu starch is a versatile thickener with no perceptible taste. It dissolves quickly in cold liquid. Its pure white changes to clear when cooked. Unlike chemically processed corn and potato starch, EDEN Kuzu is a natural, strengthening food with no chemical additives whatsoever. Photo essay at edenfoods.com/PEkuzu



Lotus Root Slices dried



The Asian lotus water lily root, washed, sliced, and sun-dried on rice straw mats. A traditional health food. Simply soak, cut as desired, and add to vegetable dishes, soups, and stews. Use soaking water for tea, soup stock, or to water plants.

Dried Lotus Root
Nelumbo nucifera

4 oz. - 12 / case

item 110080

Maitake Mushrooms dried ☼



A revered culinary and healthful mushroom. Soak to reconstitute. Use like any mushroom in stir fries, soups, stews, gravies, and pasta sauces. Rich in vitamins D and B3. Good source of fiber. Aka 'Hen of the Woods' and 'Dancing Mushroom.' Photo essay: edenfoods.com/PEmaitake

Maitake Mushroom
Grifola frondosa

.88 oz. - 12 / case

item 110040

Sliced Shiitake Mushrooms dried ☼



Grown on oak logs in a natural forest habitat, hand-harvested, sliced, and sun-dried. Soak and use. Rich in vitamin D and fiber. A revered health food. Research indicates shiitake's unique polysaccharides may help to stimulate immune system strength.

Shiitake Mushroom
Lentinula edodes

.88 oz. - 12 / case

item 110030

Whole Shiitake Mushrooms dried ☼



The finest *donko* grade. Small, young, tightly curled shiitake are treasured for their thick caps and spectacular flavor. Grown on oak logs in a natural forest habitat, hand harvested, and sun-dried. Rich in vitamin D and fiber. A precious food. Photo essay: edenfoods.com/PEShiitake

Whole Shiitake Mushroom
Lentinula edodes

.88 oz. - 12 / case

item 110020

Pickled Sweet Ginger Slices

Ginger is an ancient and widely used spice. Its characteristic flavor and aroma are from its volatile oils which boost the immune system, aid digestion, and promote beneficial circulation.

Pickling ginger is the most popular method of preparing ginger in Japan. Called 'gari' or 'sushi ginger,' it is always served with sushi. EDEN Pickled Ginger brightens any meal. Mince and add to grains, pasta, vegetables, stir-fries, dips, marinades, and sauces.

EDEN Pickled Ginger's mild sweet taste comes from naturally malted rice syrup and mirin, its rosy pink color is from red shiso (beefsteak) leaves. Unlike most, EDEN Pickled Ginger is made without refined sugar, chemical red dye, or preservatives.

Pickled Ginger with Shiso Leaves, sliced



Thin slices of ginger root pickled w/ red shiso (beefsteak) leaves. For vegetables, grains, protein dishes, and sushi.

Ginger, Rice Malt (Water, Rice, Sprouted Barley), Rice Vinegar (Water, Rice), Pickled Shiso Leaves [Shiso Leaf, Ume Vinegar (Water, Ume Plum Salt)], Mirin (Sweet Rice, Rice, Water), Sea Salt

2.1 oz. - 12 / case

item 110240

2.2 lb. - 10 / case

item 110250 **BULK**



Shiso Leaf Powder

pickled Beefsteak Leaf (K)



Tangy condiment of red shiso (beefsteak) leaves, *Perilla frutescens*, pickled with umeboshi plums, sun-dried and ground. Sprinkle on grains, salads, noodles, fish, potatoes, popcorn, and almost any dish.

Shiso (Beefsteak Leaf),
Ume Vinegar (Ume Plum,
Shiso, Sea Salt), Sea Salt

1.76 oz. - 12 / case

item 110200

Tekka

Miso Condiment



A rich condiment of minced carrots, burdock root, and lotus root slowly cooked with sesame oil and hacho miso. Sprinkle on grain, vegetables, noodles, potatoes, and salad. Potently energizing and flavorful.

Hacho Miso (Soybeans, Water, Sea Salt, Roasted Barley Flour, Koji *Aspergillus Oryzae*), Ground Sesame Seed, Sesame Oil, Lotus Root, Carrot, Burdock Root

2.8 oz. - 12 / case

item 109960

Umeboshi Paste

(K)



A citric acid sour, pickled condiment of the pureed umeboshi plum. Replaces butter and salt for the best corn-on-the-cob imaginable. Use in dips, sushi, sauces, & salad dressings.

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

7 oz. - 12 / case

item 110180

22 lb.

item 110160 **BULK**

Umeboshi Plums

(K)



Pickled, sun-dried, infused with shiso, and aged for a year. They lend tartness to dressings, dips, and sauces. Japan's chicken soup in cold and flu season is *okayu*, a thin rice porridge with umeboshi.

Umeboshi Plums, Sea Salt,
Beefsteak Leaves (shiso)

7 oz. - 12 / case

item 110140

22 lb.

item 110120 **BULK**

Wasabi Powder

(K)



A rarity with real wasabi, *Wasabia japonica*, valued for its fiery flavor and purifying qualities. Mix with hot water to make a paste. Essential for sushi. Adds zest to salad dressings, marinades, mayonnaise, vinaigrettes, and dips.

Horseradish, Mustard, Wasabi

.88 oz. - 6 / case

item 110000

2.2 lb.

item 110010 **BULK**

Real Japanese Wasabi

Wasabi is native to Japan where it's considered a national treasure. Wasabi grows only near pure cold running streams or rivers and will not grow in a polluted environment. Often called Japanese horseradish, it is always served with sushi and sashimi in restaurants.

EDEN Wasabi Powder is a rarity - completely natural. Its color is from real wasabi, not from chemical dyes. It is free of genetically engineered organisms (GEOs) found in corn or potato starch, additives, and preservatives. Mixing wasabi with hot water activates its antioxidant isothiocyanate compounds that are responsible for wasabi's fiery kick and healthful qualities. Use it to create spicy soups and noodle dishes, dips, marinades, and salad dressings. Photo essay at edenfoods.com/PEwasabi



EDEN miso is traditionally crafted by Masters of U.S.A. family Midwestern organic soya beans

FERMENTATION - FIRELESS COOKING

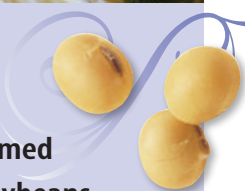
From a need to preserve food, our ancestors learned to use micro-organisms to ferment, enhance, and stabilize it. Fermented food could be stored and transported. Fermentation also amplified phytonutrient benefits and flavor, and made it easier to assimilate. The most densely nutritious of these foods today is miso, fermented soybean paste made popular here served as miso soup.

There are many types of miso with a wide range of tastes, textures, and colors. This variety results from combining soy with grains like barley, rice, wheat, millet, and buckwheat. Unique regional techniques and climates also contribute to the array of misos.

We offer five versatile and delicious misos crafted of EDEN ingredients, employing centuries of accumulated know-how.



- Comfort food supreme - soothing and bracing
- Traditionally crafted, solely fermentation transformed
- U.S.A. family organic whole soybeans
- Beneficial enzymes and biotics
- Organic, tested GEO free ingredients, no chemicals additives ever



ANCIENT SUPERFOOD

Miso has gained recognition in the West as a delicious, protective superfood with a wealth of benefits that aid digestion and strengthen the immune system.

EDEN misos are U.S.A. family organic, GEO free whole soybeans and grain, choice sea salt, and koji *Aspergillus oryzae* - a vitamin B-12 synthesizing culture starter. Soybeans and grain are cleaned, steamed, inoculated with koji, salted, and aged in 200-year-old wooden kegs pressed with large river stones. A wondrous transformation occurs in these giant kegs as time, temperature, and pressure combine to create a most beneficial superfood. Today, just a small percentage of the miso in Japan is made in this slow, traditional way.

The richest and darkest is hacho miso, aged three years. The sweetest and lightest is shiro miso, aged for two months.

Commercial miso is made quickly and cheaply of genetically engineered, processed soy and pharmaceutical enzymes. It usually contains preservatives and MSG. They are imitations.

NUTRIENT ENHANCED

In the fermentation of miso, carbohydrates become simple sugars and proteins are broken down into easily assimilable amino acids. Beneficial enzymes, vitamins, and an array of potent phytonutrients are created. Miso offers iron, B vitamins, potassium, essential fatty acids (omega 3, 6, and 9), and beneficial bacteria like *Lactobacillus*. EDEN miso is five times higher in protective isoflavones than unfermented soy food. Beneficial characteristics of miso result from long, slow fermentation, inherent in time-honored methods.



UNSURPASSED MODERN EFFICACY

Historians trace miso to China's Chou Dynasty 722 - 481 BC. Its forerunner was fermented meat and fish called *chiang*. Monks used soybeans to make vegetarian versions and took this food to Japan where it became known as miso. Early misos were made of cooked soybeans formed into balls, letting ambient wild mold spores serve as the culture starter. The balls were fermented in earthenware jars. Originally, miso was only available to nobility, but soon farmhouse misos were common.

Today, miso is a most intelligent addition to anyone's diet. It nourishes while cleansing. Fermentation breaks down trypsin inhibitors in soybeans allowing easy and full utilization.

Miso soup is the easiest way to take miso and sea vegetables. Miso is also a superb seasoning and enhancement for stews, sauces, gravies, vegetables, fish and meats, spreads, salad dressing, dips, marinades, and noodles.

Eden Foods' website has many stimulating ideas, and dozens of free miso recipes: www.edenfoods.com or get the **Free EDEN Recipes App** at the App Store.



Genmai Miso

Organic whole soy and brown rice (K)



A mellow, sweet, golden paste of organic soybeans and brown rice aged in cedar kegs for eighteen months. An all purpose miso, great for everyday use. Reclosable standing or hanging pouch.

Organic Whole Soybeans, Organic Brown Rice, Sea Salt, Water, Koji *Aspergillus oryzae*

12.1 oz. - 12 / case

item 107780

22 lb.

item 107520 **BULK**

Hacho Miso

Organic whole soy (K)



The heartiest miso, aged for three years. Thick, dark, and rich. The Hacho Miso Company began over 650 years ago and uses methods dating to 1337. The Emperor's miso. Reclosable standing pouch.

Organic Whole Soybeans, Water, Sea Salt, Organic Roasted Barley, Koji *Aspergillus oryzae*

12.1 oz. - 12 / case

item 107810

22 lb.

item 107540 **BULK**

Mugi Miso

Organic whole soy and barley (K)



Full-bodied miso of organic soybeans and barley aged in cedar kegs for eighteen months. The most popular and widely used miso. Extremely versatile. Reclosable pouch.

Organic Barley, Organic Whole Soybeans, Water, Sea Salt, Koji *Aspergillus oryzae*

12.1 oz. - 12 / case

item 107760

22 lb.

item 107500 **BULK**

Legend has it that
in Japan's mythological
'Age of the Gods'
a deity transferred to mankind
the art of making miso.
The gift was to nurture health,
happiness,
and longevity for all.

Shiro Miso

Organic whole soy and rice (K)



The lightest, sweetest, youngest miso. Ideal for warm weather as a seasoning, a dip, in dressings, as a marinade, and spread on potatoes or sweet corn. Half the salt of other misos. Miso/Tahini is a supreme bread spread. Reclosable standing pouch.

Organic Rice, Organic Whole Soybeans, Water, Sea Salt, Koji *Aspergillus oryzae*

12.1 oz. - 12 / case

item 107840

Natto Miso

bulk keg (K)



Not the soyfood 'natto,' but a miso blended with pieces of chopped ginger root and slivered kombu, lightly sweetened. A sweet and spicy chutney. Use as spread or dip. It enhances almost any dish.

Barley Miso (Soybeans, Barley, Water, Koji, Sea Salt), Barley Malt, Kombu Seaweed, Ginger

22 lb.

item 107580 **BULK**

EDEN MOCHI



Mochi waffle with strawberry syrup, one of many free mochi recipes at edenfoods.com/recipes

POUNDED SWEET BROWN RICE

EDEN mochi is JAS (Japanese Agricultural Standards) certified organic whole grain sweet brown rice *Oryza glutinosa*, a variety of sticky rice. Mochi is traditional celebratory food in Japan where it's thought to rejuvenate one's vitality, health, and strength, a person's very constitution. Kojima family made, they began making brown rice mochi in 1974. Rice is washed, soaked overnight, steamed, milled into dough, and pounded until finished. The pounded mochi is spread in half-inch sheets and hardened in refrigeration for three days, then sliced into cakes and steam vacuum packed for a two-year shelf life with no refrigeration needed until opened.

"A marvelous and strengthening, versatile food. It's not mochi if it's not pounded." - Michael Potter

VERSATILE & QUICK COOKING

Mochi use is only limited by a boundless imagination. Pan cook it with or without oil, bake, broil, grill, or deep-fry until it puffs. It is wonderful plain. We suggest a few drops of shoyu soy sauce, or wrap it in toasted nori sea vegetable and dip it in shoyu. Cooked mochi can be coated in hot maple or brown rice syrup and then rolled in roasted chopped nuts for a very nice treat. Put it in an oiled waffle iron for some amazing results. Mochi is so good...

- Real mochi - steamed & pounded
- Certified organic sweet brown rice
- Vacuum packed, shelf-stable
- Six servings per package
- Traditional strengthening food
- 100% whole grain
- Gluten free

♥ **Heart Healthy** Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and some cancers.



Sweet Brown Rice Mochi

organic Whole Grain (K)



100% whole grain pounded sweet brown rice, a variety of sticky rice. A traditional stamina and renewing food that's laboriously multi-step made. Pounding is key. Gluten and sodium free.

Organic Sweet Brown Rice *Oryza glutinosa*

10.5 oz. - 20 / case

item 107845

Sprouted Brown Rice Mochi

organic Whole Grain (K)



Sprouted, 100% whole grain pounded sweet brown rice. Sprouting creates enzymes and nutrients that enhance its value. A renewing, stamina food. Gluten and sodium free.

Organic Sweet Brown Rice *Oryza glutinosa*

10.5 oz. - 20 / case

item 107855

Brown Rice & Black Soybean Mochi

organic Whole Grain (K)



Whole grain sweet brown rice and organic black soybeans. Rejuvenating with potent energy. Gluten free. Very low sodium.

Organic Sweet Brown Rice 91% *Oryza glutinosa*, Organic Black Soybeans 9% *Glycine max*, Sea Salt

10.5 oz. - 20 / case

NEW item 107865



Extra Virgin Olive Oil Cold Pressed ©

The first cold, stone pressing of three varieties of green and dark purple olives: Hojiblanca, Arbequina, and Picual. From centuries old groves in Andalusia of southern Spain. A good source of vitamin E and a pretty bright green.

Spanish Extra Virgin Olive Oil



Olive grove in Andalusia, southern Spain

DISCERNING DIFFERENCES

We begin to make wiser choices after learning about 'good' and 'bad' fats. We know that avoiding commercial, industrial fats and oils is essential to well-being. As we start to choose unrefined, flavorful, healthy fats like EDEN vegetable oils, a realm of delicious opportunity opens, and the foods we prepare are much more satisfying and better tasting.

EDEN unrefined vegetable oils address a necessity of a healthy and pleasurable diet. They contain antioxidant essential fatty acids that naturally protect the oils, and us. Cold pressed EDEN Extra Virgin Olive Oil was Rodale's *Prevention Magazine* 'All Around Best Buy,' scoring highest in flavor and protective nutrients of the twenty-two brands studied, while costing less than other extra virgin olive oils. It was rated Best in flavor with "zesty, buttery, assertive taste." Expeller pressed EDEN sesame, toasted sesame, hot pepper sesame, and high oleic safflower come from the highest quality seed and are simply lightly filtered. Low heat pressing protects the phytonutrients, flavor, and aroma, their sought-after and essential value.

Simply choosing any unrefined oil is not a guarantee of purity or freedom from contamination with genetically modified organisms. There are no requirements to label GMO food. Chemical solvents may also be used as processing aids, but because they are not 'legally' part of the refining process, these oils can be, and are, labeled as unrefined. EDEN unrefined and organic vegetable oils are free of chemical solvents and are non-GMO. Discerning is a learned artistry.

UNREFINED VEGETABLE OILS INCLUDE THE INTENDED VALUE

Unrefined vegetable oils are what vegetable oils are supposed to be. Easier profits motivate their degradation. They are more beneficial, nutritious, flavorful, unadulterated, ethical, and commonsensical. Refined vegetable oils, designed for indefinite shelf-life and cheapest cost, do not hold a candle to unrefined versions. Denatured commercial vegetable oil is exactly that, unnatural, yet marketed as refined, falsely implying it's better.

The aroma, flavor, nutrients, and health benefits of vegetable oil are preserved in unrefined versions, the same attributes are eliminated in commercial extraction and refining. Industrially produced vegetable oil is adulterated with substances that have no business being in our food.

Unrefined vegetable oil is expeller or cold pressed from seed or meal, avoiding high heat or hexane extraction. Cold pressing preserves the valuable components, leaving the oil with its distinctive character and all of its inherent value and benefits.

EDEN unrefined olive, sesame, toasted sesame, hot pepper sesame, and safflower oils retain the distinct bouquet, color, and flavor of the source of the oil. These are sensory assurances that the value, and intrinsic efficacies, still remain in the oils.



- Beneficial unrefined, cold and expeller pressed vegetable oils
- *Prevention Magazine's* 'All Around Best Buy' is EDEN Extra Virgin Olive Oil
- Amber Glass protects nutrients, aroma, and flavor



EDEN OIL ~ UNREFINED

Safflower Oil - High Oleic organic (K)



High oleic safflower, *Carthamus tinctorius*, U.S.A. high plains organic seed is expeller pressed and lightly filtered, protecting nutrients and flavor. All purpose oil that is a good source of vitamin E and healthy fats.

Organic Safflower Oil

| | | |
|------------------------|-------------|-------------|
| 16 fl. oz. - 12 / case | item 104500 | 🇨🇦 |
| 5 gal. | item 104560 | BULK |
| 55 gal. | item 104460 | BULK |

Sesame Oil organic (K)



Unrefined, cold pressed, extra virgin. Lightly filtered. Sesame's aroma and flavor is apparent. Excellent for all cuisines and cooking styles. The beneficial, potent antioxidants, sesamol and sesamin, make it a very shelf-stable unrefined oil.

Extra Virgin Organic Sesame Oil

| | | |
|------------------------|-------------|-------------|
| 16 fl. oz. - 12 / case | item 104640 | 🇨🇦 |
| 32 fl. oz. - 12 / case | item 104660 | |
| 55 gal. | item 104600 | BULK |

Hot Pepper Sesame Oil (K)



Unrefined toasted sesame oil, expeller pressed and infused with red hot chili peppers. It is **Hot**. Just two or three drops adds zest to stir-fries, soups, sauces, dressings, vegetables, beans, and noodle dishes.

Toasted Sesame Oil,
Red Chili Peppers

| | | |
|-----------------------|-------------|-------------|
| 5 fl. oz. - 12 / case | item 109520 | |
| 52.3 gal. | item 109500 | BULK |

Toasted Sesame Oil (K)



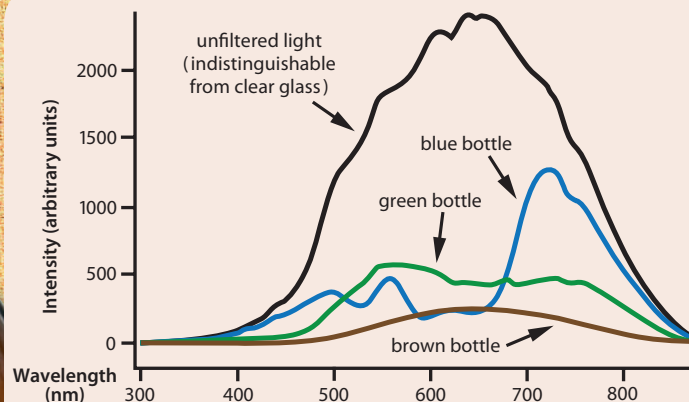
The secret flavor and aroma of Far East dishes. Made from whole roasted sesame seed, unrefined and expeller pressed. Ideal for stir-fries, sauces, marinades, dressings, and vinaigrettes.

Toasted Sesame Oil

| | | |
|------------------------|-------------|-------------|
| 5 fl. oz. - 12 / case | item 109420 | |
| 10 fl. oz. - 12 / case | item 109430 | 🇨🇦 |
| 5 gal. | item 109480 | BULK |
| 52.3 gal. | item 109400 | BULK |

AMBER GLASS PROTECTED

EDEN unrefined oils are bottled in efficacious dark amber glass to protect against flavor and nutrient damage from light. Amber glass is difficult to get and more costly, but it best protects food as studies show. Bottles are nitrogen flushed to remove the oxygen from their unfilled portion, replacing it with inert food-grade nitrogen, further preserving the oil's nutrients, flavor, color, and bouquet.



Light absorption of glass – Brown absorbs most, and protects better than blue or green. We use brown glass bottles to prevent light-induced damage to nutrients, flavors, and color. This maintains purity.

EDEN PASTA

A GEM SINCE 1923

The Eden Organic Pasta Company (EOPC) has been producing pasta daily since 1923. In the mid '70s Eden looked for additional ways to offer organic whole grain. We found the Schmidt Noodle Company in Detroit, Michigan and asked if they would make whole grain spaghetti for us. After experimentation and learning how to make suitable flour, a stupendous 100% whole grain pasta was realized.

In 1982 Eden purchased this pasta factory to protect our supply, and in 1989 it became North America's first third-party certified organic food processing facility. Through the years EOPC has maintained the Schmidt's tradition of small batch crafting, using its original Italian equipment including artisan brass pasta dies, noodle rollers, macaroni dryers, know-how, and the finest organic grain.

Making it work are people who care: Bud, Cathy S., Jim, Josh, Odess, Cathy B., Robert, Rosanne, Steve, Tasha, and Cody. Learn about them, the history of Schmidt Noodle Company and EOPC, and get great free recipes at edenpasta.com

ARTISAN EXPERTISE

Each step in making EDEN pasta is designed to create the finest texture and flavor. We begin with Eden selected organic grain. All whole grain flour is milled at Eden's headquarters, while semolina and patent durum flour are prepared at a certified organic mill in North Dakota.

At EOPC flour is slowly kneaded with purified water to develop the dough. For ribbons, it is rolled out and folded over itself eight times, the traditional noodle method called sheeting. The sheets are trimmed with stainless steel blades for width, and then cut to length. For macaroni pastas like spirals and spaghetti, dough is extruded through vintage brass dies and cut to length. After shaping it is initially steam dried to reduce moisture evenly from the inside-out. Both ribbons and macaroni are air-dried on screen trays, while long uncut spaghetti is hung on racks to dry, then cut to length. The pastas move to a final drying room for sixteen to forty-eight hours, and are boxed after confirmation of optimum finish.

SLOW FOOD® READY IN MINUTES

Fortunately, most people have not forgotten how important nourishing home cooked meals are, but modern lives do limit them. To the tired and stressed, cheap fast food beckons; but alas, there's easy, quick, stress-free solutions with EDEN pasta. Having EDEN pasta in the pantry makes it easy to prepare delicious, wholesome meals in very little time. Add vegetables, a can of EDEN beans, EDEN spaghetti sauce or pizza-pasta sauce, a drizzle of EDEN olive oil, and you have a fabulous meal. With twenty-five flavors and shapes – nineteen of them smooth delicious whole grain – tasty options are endless, ready in just minutes, and certain to deeply satisfy.



Antique brass dies as used at Eden's functioning museum, the Eden Organic Pasta Company.

SEVEN PURE PASTA GRAINS

EDEN pasta is made of seven family farm organically grown grains: high plains • golden amber durum wheat • Khorasan wheat (kamut) • rye • and buckwheat • short grain brown rice from California • spelt from Michigan and Washington State and • high altitude quinoa from the Andes Mountains.

Organic vegetables and organic seasonings are added to some pastas. Carrot, beet, spinach, flax, parsley, basil, garlic, paprika, clove, saffron, annatto seed, red bell pepper, and black pepper add flavor, color, and phytonutrients.

All EDEN pastas are packed in reclosable, recycled, and recyclable boxes. Each has an Eden kitchen-tested recipe on the back with a photo of it prepared. The boxes are color-coded reflecting the percentage of whole grain. All are 100% EDEN organic.

100% whole grain



60% whole grain
and 40% sifted



100% sifted flour



- North American family, cream-of-the-crop organic grain
- Vintage Italian equipment, slow air drying
- Reclosable, recycled, and recyclable boxes
- All EDEN pasta is verified Non-GMO
- No salt, oil, or eggs



Heart Healthy Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.

EDEN PASTA

Kamut® & Buckwheat Rigatoni

Organic 100% Whole Grain (K)



Rigatoni means tube with ridges. Two potent U.S.A. organic whole grains, Khorasan wheat and buckwheat. Buckwheat is the best source of the important rutin flavonoid. Fiber rich.

70% Organic Whole Grain Kamut Wheat, 30% Organic Whole Buckwheat

12 oz. - 6 / case

item 101675

Kamut Ditalini

Organic 100% Whole Grain (K)



Family farm organic ancient Khorasan wheat from the high plains of Montana. Chefs tell us, "Ditalini means small tubes, and should be used in soup with beans." We find it works well in salads, too.

Organic Whole Grain Kamut Wheat

12 oz. - 6 / case

item 101140

Kamut Elbows

Organic 100% Whole Grain (K)



Ever popular elbows of organic Khorasan wheat. Its high protein, golden kernels make superior whole grain pasta with mild sweet flavor and smooth texture. Tricia of Rochester, NY said, "I am sold. I will never go back to regular pasta again."

Organic Whole Grain Kamut Wheat

14 oz. - 6 / case

item 101670

Kamut Spaghetti

Organic 100% Whole Grain (K)



Why so many Khorasan wheat whole grain pastas? Because they're awesome, satisfying, golden, deeply nourishing, and so smoothly textured that folks can't believe they're whole grain.

Organic Whole Grain Kamut Wheat

14 oz. - 12 / case

item 101130

Ancient Khorasan Wheat

Khorasan, *Triticum turgidum* spp. *turanicum*, is an ancient wheat native to Asia Minor and Egypt. It is named Khorasan after the largest province in Persia, in its northeast region, where it once dominated agriculture. Khorasan in Persian means 'place of the sun.' Other common names are Kamut trademarked in 1990, Camel's Tooth, Oriental, Prophet's, or King Tut's wheat. Introduced to the U.S.A. in Montana in 1949, its golden grains or berries are three times the size of modern wheat. It has the highest protein of all wheat, is closely related to the ancient grain spelt, and is a relative of durum wheat. Many people sensitive to modern wheat find they can thoroughly enjoy this ancient variety.

Kamut Spirals

Organic 100% Whole Grain (K)



Our number one selling pasta made of small batch, freshly milled organic Khorasan wheat. Rich in protein and fiber. Provides 123mg of selenium per serving, an essential mineral and antioxidant. Exceptional flavor and texture.

Organic Whole Grain Kamut Wheat

12 oz. - 6 / case

item 101100

Kamut Vegetable Spirals

Organic 100% Whole Grain (C)



Four colors made in separate batches with organic vegetables and Khorasan wheat. Brass die extruded, dried, and mixed. View a photo essay at: edenfoods.com/PEspiral

Organic Whole Grain Kamut Wheat, Organic Spinach Powder, Organic Beet Powder, Organic Carrot Powder, Organic Annatto Powder

12 oz. - 6 / case

item 101272

Kamut & Quinoa Twisted Pair®

Organic 100% Whole Grain (C)



A spectacular combination of ancient grain, Khorasan (kamut) and high altitude Quinoa in fork friendly twists, aka 'gemelli' meaning 'twins.' Satisfying and versatile, it will settle everyone and make them happy.

70% Organic Whole Grain Kamut Wheat, 30% Organic Whole Grain Quinoa

12 oz. - 6 / case

item 101150

Rye Spirals

Organic 100% Whole Grain (C)



Hearty rye from the high plains of North and South Dakota, freshly milled and formed into spirals. Rye thrives in harsh weather and improves depleted soil. A superior muscle builder. 32% daily value (DV) of fiber.

Organic Whole Grain Rye

12 oz. - 6 / case

item 101355

Spaghetti

Organic 100% Whole Grain (C)



Golden amber durum wheat is the most sought after grain for pasta making. It's the hardest wheat and only grows in a few places on earth. Organically grown on the high plains of North Dakota.

Organic Whole Grain Durum Wheat

14 oz. - 12 / case

item 101210

10 lb.

item 101200 BULK

Spelt Spaghetti

Organic 100% Whole Grain (C)



Unique spaghetti with superb smooth flavor from small batch, freshly milled Michigan or Washington State family farm spelt. Rich in fiber, thiamin B1, and magnesium. View a spaghetti photo essay at: edenfoods.com/PEspaghetti

Organic Whole Grain Spelt Wheat

14 oz. - 12 / case

item 101660

A Won Over Testimonial

Hundreds of families have shared comments on EDEN organic whole grain pasta. Their overwhelming response, "We loved it!" Most were surprised that their children and spouse liked it so much. Some said, "Never have I rated a product so high, but EDEN pastas are outstanding," and "May cost a little more, but I had no idea it was so superior in nutrition, taste, and texture." Others said, "By far these taste much better than any other whole grain pasta I ever tried," and "I will be buying EDEN!"

How does Eden make whole grain pasta so enticing? By combining decades of experience, U.S.A. family organic grain, and traditional craftsmanship by People Who Care.

St. Hildegard, "...best of grains."

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 it makes the spirit of man light and cheerful." Also, that it is "...the easiest to digest of all grain."

Spelt, *Triticum spelta*, is an ancient grain of the wheat family, distantly related to modern wheat. It was the staple bread wheat of Europe and the Middle East until it was replaced by modern wheat. Spelt was cultivated at least 9,000 years ago in Persia and parts of Arabia in the Fertile Crescent.

Research finds spelt's highly water soluble gluten to be easy to digest and it is often enjoyed by those sensitive to modern wheat gluten.

Spelt & Buckwheat Gemelli Organic 100% Whole Grain



Spelt is Mediterranean native, while buckwheat originated in Siberia and Manchuria. They compliment each other. Many sensitive to wheat enjoy spelt and its water soluble gluten. Buckwheat is gluten free.

70% Organic Whole Grain Spelt Wheat, 30% Organic Whole Buckwheat

12 oz. - 6 / case

item 101655

Spelt Ribbons Organic 100% Whole Grain



100% whole grain pasta ribbons, smoother and more delicious than white flour versions. Use in soups, casseroles, stir-fries, and salads. Excellent source of fiber, magnesium, and thiamin B1. Good source of protein, iron, niacin B3, and zinc.

Organic Whole Grain Spelt Wheat

8 oz. - 6 / case

item 101630

Spelt Ziti Rigati Organic 100% Whole Grain



EDEN Ziti is a Penne pasta called 'bridegrooms.' It is traditionally served at Sicilian weddings. Rigati means it has ridges. Excellent source of fiber, thiamin B1, and magnesium. Folks are amazed by, and quite fond of EDEN spelt pastas.

Organic Whole Grain Spelt Wheat

12 oz. - 6 / case

item 101635

Flax Rice Spirals Organic 60% Whole Grain



Organic flax imparts omega 3, 6, and 9 essential fatty acids (EFAs), 1.6g per serving in an ideal balance of omega 3 to 6, 1 to 2.5 ratio. Excellent source of thiamin B1 and magnesium.

Organic Durum Whole Grain Wheat, Organic Golden Amber Durum Wheat Semolina, Organic Flax Seed, Organic Short Grain Brown Rice

12 oz. - 6 / case

item 101265

Parsley Garlic Spaghetti Organic 60% Whole Grain



Toss with EDEN award winning extra virgin olive oil. Rich in fiber. A good source of protein, iron, thiamin B1, niacin B3, and magnesium.

Organic Durum Whole Grain Wheat, Organic Golden Amber Durum Wheat Semolina, Organic Garlic Powder, Organic Parsley Powder

14 oz. - 12 / case

item 101595

Small Vegetable Shells

Organic 60% Whole Grain (C)



Aka 'conchigliette,' they are colored red beet, green spinach, orange carrot, and golden grain. Phenomenal source of riboflavin B2 for healthy skin, nails, and hair.

Organic Whole Grain Durum Wheat, Organic Golden Amber Durum Wheat Semolina, Organic Beet Powder, Organic Spinach Powder, Organic Carrot Powder, Organic Annatto Powder

12 oz. - 6 / case

item 101645



Spinach Ribbons

Organic 60% Whole Grain (C)



Made the time-honored way of rolling the dough and folding it over on itself eight times creating splendid structure. Rich in fiber and flavor.

See a photo essay at: edenfoods.com/PERibbon

Organic Whole Grain Durum Wheat, Organic Golden Amber Durum Wheat, Organic Spinach Powder

8 oz. - 6 / case

item 101375

Spinach Spirals

Organic 60% Whole Grain (C)



4% organic spinach powder imparts a forest green. It goes well with colorful vegetables like carrot, red pepper, yellow summer squash, and cherry tomatoes.

Organic Whole Grain Durum Wheat, Organic Golden Amber Durum Wheat Semolina, Organic Spinach Powder

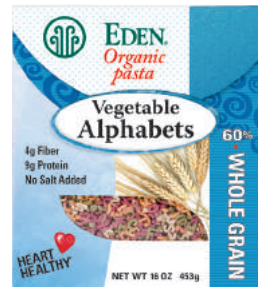
12 oz. - 6 / case

item 101350



Vegetable Alphabets

Organic 60% Whole Grain (C)



Four color organic whole grain pasta in a confetti of letters and numbers. The colors deepen when cooked. Kids really like this whole grain! Adults too.

Organic Whole Grain Durum Wheat, Organic Golden Amber Durum Wheat Semolina, Organic Beet Powder, Organic Spinach Powder, Organic Carrot Powder, Organic Annatto Powder

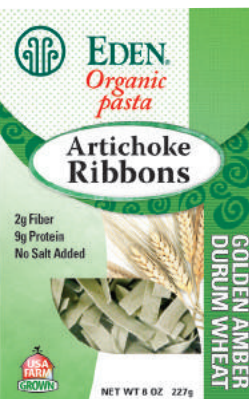
16 oz. - 6 / case

item 101395



Artichoke Ribbons

Organic (C)



Jerusalem artichoke, aka sunroot or sunchoke, is North American native. It's not related to the globe artichoke, but rather to the sunflower. Its flavor is quite similar to freshly steamed artichoke hearts.

Organic Golden Amber Durum Wheat, Organic Jerusalem Artichoke Powder, Organic Spinach Powder

8 oz. - 6 / case

item 101650



Whole Grain Nurtures Life Best

Whole grain is the heart of a good diet providing a broad spectrum of nutrients in the precise proportions needed for well-being. Despite their historical importance to humanity, appreciation of whole grain benefits is no where near what it ought to be.

Whole grain has three main components: bran, germ, and endosperm - all valuable sources of nutrients that are reduced or lacking in refined grain. Whole grain provides protein, fiber, B vitamins, vitamin E, and important minerals such as calcium, iron, selenium, zinc, magnesium, and copper. Whole grains also contain antioxidants that play an important role in disease prevention.

EDEN 100% and 60% whole grain pasta is made from the entire grain, and not reassembled components.

= Canadian available

Parsley Garlic Ribbons

Organic (K)



"The jewel of herbs," said chef, Albert Stockli. Parsley is happy with organic garlic when made into ribbons at the Eden Organic Pasta Company.

Organic Golden Amber Durum Wheat, Organic Garlic Powder, Organic Parsley Powder

8 oz. - 6 / case

item 101485



10 lb.

item 101480

BULK

Saffron Ribbons

Organic (K)



Saffron flowers, *Crocus sativus*, produce three red stigmas. They are saffron, the world's most precious spice.

Organic Golden Amber Durum Wheat, Organic Red Bell Pepper Flakes, Organic Paprika Powder, Organic Saffron Powder, Organic Garlic Powder, Organic Clove Powder, Organic Black Pepper Powder, Organic Annatto Powder

8 oz. - 6 / case

item 101550

Vegetable Shells

Organic (K)



Medium size four color sea shells, aka 'conchiglie', of organic grain from North Dakota and Montana, formed with organic vegetables. Great in casseroles, soups, and pasta salads.

Organic Golden Amber Durum Wheat Semolina, Organic Beet Powder, Organic Spinach Powder, Organic Carrot Powder, Organic Annatto Powder

12 oz. - 6 / case

item 101435



Vegetable Spirals

Organic (K)



A four color medley of spirals, aka 'fusilli'. A pantry staple, this shape holds a lot of sauce and is fork friendly.

Organic Golden Amber Durum Wheat Semolina, Organic Beet Powder, Organic Spinach Powder, Organic Carrot Powder, Organic Annatto Powder

12 oz. - 6 / case

item 101415



10 lb.

item 101400

BULK

Bulk Simply Costs Less

EDEN organic pasta in bulk is ideal for large kitchen operations. Optimal for schools, institutions, and families who want purity, potent nutrition, and lower cost. Retailers and co-ops offer them in self-serve bins. Bulk is not only economical, it reduces use and recycling of packaging material. Most popular EDEN pastas come in ten-pound boxes, labeled for easy identification. We offer special pricing runs on all EDEN pastas, so please call customer service at 800.248.0301 for any details you may need.

- Organic whole grain spaghetti
- Organic parsley garlic ribbons
- Organic vegetable spirals



Vegetable Ribbons

Organic (K)



Noodles in colors of the Italian flag. White for faith and the snow of the Alps, green for hope and the color of the hills, and red for charity and what was shed for the country.

Organic Golden Amber Durum Wheat, Organic Beet Powder, Organic Spinach Powder

8 oz. - 6 / case

item 101425

= Canadian available



GOOD FOOD THAT'S FAST

In neighborhoods of Japan you find tiny shops exuding enticing aromas. People hurriedly arrive and leave happily satisfied. This is the sobaya. The original Japanese fast food shop. They serve a limited variety of long popular soba and udon noodle dishes to a bustling clientele. The two unique noodles in traditional presentations are amazingly popular, and always a happy and rewarding discovery of foreign visitors.

EDEN soba and udon noodles bring the craftsmanship and wholesomeness of the sobaya to our homes. EDEN versions are authentic, not common cheap imitations. They are endlessly versatile, easy to make, and completely satisfying.

SOBAYA ♦ SOBA SHOP

Seven varieties of EDEN organic soba and udon are made of the finest organic North American family farm grain:

- buckwheat • hard red spring wheat • whole grain durum wheat • Lundberg short grain brown rice • Khorasan wheat (kamut) • and spelt.

They provide complex carbohydrate and protein, and are crafted at the Sobaya Company of Montréal, Québec using the same roll-and-cut process as these traditional noodles do in Japan. The Sobaya Company imported Japanese equipment for North America's only certified organic, traditional soba and udon making plant. They make the finest soba and udon available in the Western hemisphere.

106 YEAR FAMILY EXPERIENCE

Four additional EDEN sobas, and two udon, are imported from Japan. They're made by the Tanaka family who have been doing so since 1906. Like the Sobaya Company, the Tanakas use freshly milled grain, but a bit more sea salt. Soba varieties contain prized traditional health foods – lotus root, wild yam (jinenjo), and mugwort leaf. These add value, flavor, color, and long sought healthful properties.

Another soba, the 100% buckwheat soba, is a bracing food handmade in Japan. Its popularity has been growing strongly over the past several years in the U.S.A. and Canada.

SOBA AND UDON – HAPPY FOOD

It begins with the Eden chosen grain that is fresh milled for each production cycle. EDEN soba and udon are made using traditional roll-and-cut methods. The flour is kneaded with pure water and fine sea salt. Salt binds the dough, enhances flavor, and preserves the dried pasta. When ready, the dough is rolled out and folded onto itself eight times, then cut to length. Long strands of noodles are lifted onto racks, rolled into drying rooms, and allowed to dry slowly for up to two days depending upon thickness and ambient temperature/humidity. Dutifully tended, they are hand-cut and packed when perfectly finished. Patience, and a no-shortcut approach create superior texture, flavor, and ultimately, well nourished well-being.



Sobaya tending, see a photo essay at edenfoods.com/PEsobaya

RICE, MUNG BEAN, AND KUZU ROOT NOODLES

EDEN kuzu noodles, rice pasta (bifun), and mung bean pasta (harusame) are uniquely crafted noodles. Kuzu noodles are straight, thick, translucent noodles made of 100% hand harvested wild kuzu root starch, nothing else. The rice pasta and mung bean pasta are clear, thin, quick-cooking noodles that commonly appear in soups, salads, and stir-fries. These three noodles are each wheat, gluten, and salt free.

EDEN noodles in dashi noodle broth (recipe at edenfoods.com) of EDEN shoyu, kombu, mirin, and bonito flakes, are a joy when simply sprinkled with EDEN gomasio or nori. You can add EDEN shiitake and maitake mushrooms, dried tofu, vegetables, fish, etc., to make completely satisfying sustaining meals.



Organic Udon and Soba

- North American organic grain
- Time tested know-how skillfully executed
- Slow, ambient temperature drying
- Zero chemical additives or eggs, non-enriched and low sodium
- Reclosable boxes merchandise horizontally or vertically
- Awarded "Best food" by *Women's Health*

Heart Healthy Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.

EDEN SOBA & UDON

Kamut Soba Organic (K)



Soba is another word for buckwheat. Khorasan wheat (kamut) is an ancient variety. A stone-ground blend of the two makes superb soba. A good source of fiber, protein, thiamin B1, niacin B3, iron, and zinc. Low sodium.

80% Organic Kamut Wheat,
20% Organic Whole Buckwheat, Eden Sea Salt

8 oz. - 12 / case

item 101685

Kamut Udon Organic (K)



Khorasan, *Triticum turanicum*, means 'place of the sun.' It has higher protein than any other wheat. Its dense nutritional profile makes extra satisfying noodles. Low sodium.

Organic Kamut Wheat, Eden Sea Salt

8 oz. - 12 / case

item 101695

Soba Organic (K)



Soba noodles of North American family organic spring wheat and organic buckwheat. Small batch crafted at the Sobaya Company in Montréal. A traditional warming and strengthening staple.

70% Organic Spring Wheat,
30% Organic Whole Buckwheat, Eden Sea Salt

8 oz. - 12 / case

item 101700

10 lb.

item 101720 **BULK**

Spelt Soba Organic (K)



Buckwheat and spelt are ancient grains known for soothing energy and being easy to digest. Classified a red wheat, spelt is often enjoyed by people sensitive to modern wheat. Low sodium.

80% Organic Spelt Wheat,
20% Organic Whole Buckwheat, Eden Sea Salt

8 oz. - 12 / case

item 101690

Spelt Udon Organic (K)



Spelt, aka *dinkel* or *farro*, is an ancient variety and distant cousin of modern wheat. An excellent source of thiamin B1. 25% daily value (DV) per serving of magnesium that's essential to heart health and that most Americans don't get enough of. Low sodium.

Organic Spelt Wheat, Eden Sea Salt

8 oz. - 12 / case

item 101680

Wheat & Rice Udon Organic (K)



Ideal in dashi, the easy shoyu noodle broth. While udon cooks, mix water and EDEN Shoyu 5 to 1. Heat in a saucepan and add a dash of mirin to taste. Pour the broth over cooked udon. Garnish with chopped green onion and EDEN Nori Krinkles.

80% Organic Spring Wheat, 20% Organic Rice, Eden Sea Salt

8 oz. - 12 / case

item 101715

10 lb.

item 101735 **BULK**

Udon

Organic 100% Whole Grain (K)



The only 100% whole grain udon. It's ideal served in dashi – a shoyu soy sauce kombu broth. Rich in fiber, thiamin B1, and magnesium. A good source of protein, iron, niacin B3, and zinc.

Organic Whole Grain Durum Wheat, Eden Sea Salt

8 oz. - 12 / case

item 101705

10 lb.

item 101725 **BULK**

"Best Food For Women"

Organic 100% Whole Grain EDEN Udon was selected in *Women's Health* magazine's "125 Best Packaged Foods for Women" November 2010 issue. *Women's Health* said of the top choice in the "Pasta & Rice" category, "With 15 percent of your daily dose of iron, zinc, and niacin, plus 20 percent of your day's thiamin, phosphorus, and magnesium, EDEN's Japanese noodle puts others to shame." ... "No need to fear these carbs." 100% Whole Grain Organic EDEN Udon received the highest rating of all the foods, in all their categories.



Brown Rice Udon

(K)



Patently hand crafted. Two step drying provides the best texture and flavor. A good source of protein. Tanaka family experience of 106 years.

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

8.8 oz. - 12 / case

item 108260

Udon

(K)



Traditionally hand crafted using very old methods. Similar to linguine in thickness and shape, but square edged. Good source of protein and fiber.

View a photo essay: edenfoods.com/PEtanaka

Hard Winter and Hard Spring Wheat Flour, Sea Salt

8.8 oz. - 12 / case

item 108240

Soba

40% Buckwheat (K)



Soba noodles date back to the 15th century; warming and energizing. The finest buckwheat grows in the coldest clime. Good source of protein, fiber, and iron.

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

8.8 oz. - 12 / case

item 108100

Soba

Lotus Root (K)



Lotus root of a water lily, *Nelumbo nucifera* or *Nelumbium nuciferum*, is traditionally valued for promoting healthy respiratory function. It imparts a slightly slick, very smooth texture.

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

8.8 oz. - 12 / case

item 108160

Soba Mugwort ☞



Jade green from mugwort leaf, *Artemisia princeps*, traditionally prized for promoting cleansing and digestion. Looks, tastes, and makes you feel great.

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

8.8 oz. - 12 / case

item 108120

Soba Wild Yam - Jinenjo ☞



Wild yam (jinenjo), *Dioscorea japonica*, is a hardy root vegetable from rugged mountains. It is thought to promote strength and well-being.

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

8.8 oz. - 12 / case

item 108140

Soba 100% Buckwheat 100% Whole Grain ☞



Earthy brown noodles with rich warming flavors. Buckwheat protein is superior to other cereal grains, as it has all essential amino acids. The best source of valuable rutin. A good source of fiber and protein. Very low sodium. View a photo essay: edenfoods.com/PEbuckwheat

Whole Buckwheat Flour

8 oz. - 12 / case

item 108300

Kuzu Noodles Wild ☞



Rare and efficacious 100% kuzu root starch from hand harvested wild mountain kuzu root. A traditionally soothing and strengthening translucent noodle. Very low sodium. Gluten free.

Wild Kuzu Root Starch

3.5 oz. - 6 / case

item 108485

Mung Bean Pasta Harusame



Thin, translucent noodles made of 100% mung bean starch and water. A very popular noodle in the East, often used in soups. Slippery, chewy texture adds delight to soups and salads. Very low sodium. Gluten free.

Mung Bean Starch

2.4 oz. - 12 / case

item 108460

Rice Pasta Bifun



A thin noodle made of steamed rice. They cook in just two minutes. Clear and refreshing for light summer salads, very nice in soups too. A good source of protein, gluten free, and very low sodium.

100% White Rice Flour

3.5 oz. - 12 / case

item 108440

EDEN SAUERKRAUT

PURE TRADITIONAL KRAUT

Organic EDEN Sauerkraut is grown and made by the Hirzel family of north Ohio. Since 1923 they have been growing the sweetest cabbage and making sauerkraut the old-world way. Hirzel's vital fields are enriched from years of on sight composting and organic management. Soil thus enriched retains moisture and produces robust, nutrient dense food. From this skillfully nurtured soil and the hot days and cool nights of Midwestern summers, comes beautiful cabbage that is most delicious, and it makes spectacular sauerkraut.

Hand harvested at peak flavor organic cabbage is cored, washed, and shredded. It is fermented in stainless steel vats with EDEN Sea Salt for at least six weeks. During fermentation the vats are managed in a manner similar to that of a fine winery. Over eighty years of experience, traditional methods, and one family's care and skill from field to jar, gives EDEN Sauerkraut its value and sought-after character.

ANTIOXIDANT VALUE

Modern research supports lactic acid fermentation of food being extremely beneficial. The process of fermenting cabbage produces isothiocyanates, a class of antioxidant-like compounds. "We are finding that fermented cabbage could be healthier than raw or cooked", said Eeva-Liisa Ryhanen, Ph.D., research manager of MTT Agrifood Research Finland. Fermentation produces many healthy compounds not found in raw cabbage, i.e. organic acids and enzymes that make cabbage easier to digest and aid food digestion in general. They also boost immune strength. This research adds to the growing number of studies that show cabbage and other cruciferous vegetables are the best source of phytonutrients indoles.



Organic Hirzel Farm cabbage, Ohio

ANCIENT HEALTH FOOD

Over 2,000 years ago cabbage fermented with rice wine kept thousands of laborers healthy while building China's Great Wall. Genghis Khan took a fancy to this food, substituting salt for rice wine. Its easy preparation and storability provided a perfect food for his roving army that took it to Eastern Europe.

For centuries sauerkraut provided a vital source of vitamin C and nutrition to peoples of the northern climes, especially during winter. It was a staple of potent food value and easy storability that supplied vitamin C and prevented scurvy on long sea voyages the world over until citrus fruits began to be used for this.

JUST LIKE PAPPY SAM'S

Jim Knauss of Pennsylvania wrote to us saying EDEN sauerkraut was as good as his father's, "Pappy" Sam. "I am now 69 years old and have finally found in your EDEN Organic Sauerkraut, a kraut that measures up to my dad's. I wanted you to know, it is the best store bought kraut I have ever tasted, and I know kraut!"

Buckwheat w/Sauerkraut & Veggies

1½ teaspoons EDEN Extra Virgin Olive Oil
1 teaspoon EDEN Toasted Sesame Oil

1 cup diced onion

1 cup Organic EDEN Hulled Buckwheat

2 cups water

½ cup carrots, sliced into ¼" rounds

4 cups green cabbage, chopped

1 cup Organic EDEN Sauerkraut, or to taste

¼ cup sauerkraut brine, drained from sauerkraut

2 Tablespoons minced parsley, for garnish

Heat oil in a medium saucepan and sauté onion for 2 to 3 minutes. Add all remaining ingredients except for the parsley. Cover, bring to a boil, reduce flame to medium-low and simmer 20 minutes. Place in a serving dish and garnish with parsley.
Serves 6



Sauerkraut

Organic, glass jar (K)



Grown and made the old-world way by the Hirzel family of north Ohio. Hand harvested, cored, cut, lactic acid fermented and aged with EDEN Sea Salt.

View photo essay:
edenfoods.com/PEsauerkraut

Organic Cabbage, Water,
Eden Sea Salt

32 oz. - 12 / case

item 103900



= Canadian available

SEA VEGETABLES



Nori cultivation that includes hand harvesting in environmentally protected Ise Bay.

LONG-TERM RELATIONS

Eden has supplied the finest Japanese sea vegetables since 1968, and Canadian dulse since 2005. Our diligence and knowledge about every potential source ensures the finest of each variety is procured for a discerning clientele. We completely avoid U.S.A. natural foods industry spawned counterfeit sources of polluted facsimiles from other Asian countries.

These specific EDEN Japanese sea vegetables are world renown for their idyllic purity, superb flavor, and unique, potent nutritional value. They are wild or cultivated and hand harvested from environmentally protected areas designated as national natural treasures. Each is prepared using solely, old artisan methods.

Organic EDEN Dulse is wild from the cold North Atlantic waters of the Bay of Fundy on the west shoreline of Grand Manan Island, New Brunswick. Biologists manage these resources and oversee the hand harvesting to ensure minimal upset to near-shore ecology and a sustainable yield. EDEN Dulse is naturally sun and air-dried at the sea shore.



- Arctic current grown, hand harvested, sun and wind seashore dried
- Cleanest, healthiest brand, solely traditionally handled
- Fourteen wild and cultivated varieties
- Adulterated imitations avoided

RARE AND CRUCIAL NUTRIENTS

Cultures the world over have long known sea vegetables as valuable food and the best source of some important nutrients that are extremely difficult to get elsewhere. Sea vegetables have profound positive impact on human nourishment and well-being with a complete spectrum of imperative trace minerals not found in land vegetables. They contain every mineral in the ocean in proportions similar to that of human blood and provide an array of potent phytonutrients and cleansing polysaccharides as well as fiber, calcium, iron, potassium, zinc, and vitamins A, B complex, C, D, E, and K. In studies around the world they have been proven to boost immune system function. Many essential trace minerals completely missing in modern diets are easily available in sea vegetables together with valuable vitamins, enzymes, and amino acids. They are delightful culinary variety as well.

CLEANSING PROPERTIES

A remarkable property of sea vegetables is their cleansing effect. This action is linked to alginic acid, a polysaccharide abundant in brown algae sea vegetables such as EDEN Wakame, Kombu, Arame, Hiziki, and Mekabu. All of us are contaminated with heavy metals from environmental pollution. These may include barium, mercury, lead, cadmium, radioactive strontium, and others. Research lead by Dr. Yukio Tanaka at McGill University in Montréal demonstrated that sea vegetable alginic acid binds with heavy metals rendering them into forms that can be harmlessly eliminated. Dr. Tanaka's research has shown that the alginic acid in sea vegetables attaches to and draws out pollutants that are already stored in our bodies, thus "...lowering the body's burden."

ABUNDANT BENEFITS

Interest in tonic value of sea vegetables began in 1927 when Professor S. Kondo of Tohoku University, Japan discovered that people regularly eating sea vegetables had particularly long and healthy lives. Since then scientists have learned that sea vegetables have unique antibacterial, antioxidant, and immunity enhancing benefits. One particularly beneficial compound is fucoidan, a polysaccharide found in the cell wall of brown sea vegetables. It has been scientifically proven that fucoidan acts as an antioxidant, enhances immune system and cellular health, supports heart health, and protects the body against heavy metals. Within the molecular structure of fucoidan is an important sugar called fucose. Fucose is necessary for proper nerve cell communication to the brain, kidney function, reproductive health, skin hydration, and it fosters a more healthy metabolism.





Pacific Ocean

Ise Bay, Japan

Ocean currents surrounding Japan.

PURITY PLEDGE

We are stunned by the ongoing Japanese nuclear tragedy, disaster, and coverup. It has polluted some of our artisan suppliers and their ability to craft traditional foods for us. Eden was immediately forced to distance supply from fifteen of them. We have reacted intelligently, quickly, and vigorously and are confident in our thorough attention to detail in our responsibilities associated with EDEN food imports. There has been a huge body of work created and dutifully executed both overseas and here at Eden.

Having acquired radionuclide detectors and training, we are inspecting the exterior and interior of every shipping container. Before anything is loaded on a clean one, samples of the foods are dispatched to an independent laboratory for testing, and when it arrives here at Eden the same is repeated. The winds and ocean currents of fate have been kind, so far. We monitor this situation closely.

Of our twelve Japanese sea vegetables, ten come from the Ise Bay, well south of Tokyo. Ocean currents take seawater radiation directly away from Eden's sea vegetable producing area in Ise Bay and our kombu supply in Hokkaido. Prognosis for steady supply seems good at this time.

Cherry Kanten

2 cups Organic EDEN Apple Juice
2 cups Organic EDEN Cherry Juice
5 Tablespoons EDEN Agar Agar Flakes
1 pinch EDEN Sea Salt
1 cup (2 pkgs.) EDEN Dried Montmorency Cherries, coarsely chopped



Place all ingredients in a saucepan and bring to a boil, stirring occasionally. Simmer on low 3 to 4 minutes until the flakes dissolve. Pour into a shallow bowl or dessert cups and refrigerate until gelled, approximately 1½ hours. Serves 4

Agar Agar Bars

wild, hand harvested (K)



Sea vegetable gelatin of eight varieties. Prepared and naturally freeze dried in the mountains using only winter freezes. Used to make vegetarian 'gelatin treats' and in vegetable or fruit aspics, custards, and pie fillings. Very beneficial fiber.

Seaweed

Gracilaria and Gelidium

.5 oz. - 6 / case

item 108960

Agar Agar Flakes

wild, hand harvested (K)



Vegetarian gelatin substitute. Easy to use flakes ideal for pie fillings, jellies, preserves, kanten, custards, and aspics. Agar Agar bars or flakes are a far better option to rendered gelatin. Over 80% beneficial fiber with zero calories.

Seaweed

Gelidium and Gracilaria

1 oz. - 6 / case

item 108940

Arame

wild, hand harvested (K)



Wild harvested, shredded, cooked, and sun-dried. Fiber rich, a good source of vitamin A, calcium, and magnesium. Add to sautéed vegetables and salads. Sweeter and milder than its cousin hiziki.

Arame

Eisenia bicyclis

2.1 oz. - 6 / case

item 108840

2.2 lb.

item 108600

BULK



Dulse harvest, Grand Manan Island, New Brunswick

CANADIAN DULSE FLAKES AND WHOLE LEAF

Organic EDEN Dulse is an exceptionally soft crimson sea vegetable with a tangy flavor. This wild seaweed is hand harvested near the mouth of the Bay of Fundy just off the picturesque island of Grand Manan, New Brunswick.

Grand Manan Island is world famous for dulse due to a unique growing environment. High cliffs on the West shade the dulse beds from early sunlight. This, they say, results in the highest quality dulse. Dark Harbour dulse is thicker, darker, and richer in flavor than dulse grown anywhere else. The cold North Atlantic, morning shade, and tidal flow nurturing creates ideal growing conditions for EDEN Dulse.

It is Organic Crop Improvement Association (OCIA) certified organic and sustainably hand harvested from April through September. Dulsers travel to the island in dories and harvest at low tide. The fronds are spread over nets held up by large flat stones on the beach to dry. The summer sun and sea breeze do their job in about a day and a half reducing moisture to 12 to 15%.

Use EDEN Whole Leaf Dulse in salad, soup, stew, on sandwiches, in stir-fries, dips, hot porridge, and in baked goods. It is a refreshing and nutritious snack food right out of the package. Dulse Flakes are great sprinkled on whole grain, pasta, salads, vegetables, popcorn or on almost any dish.



Dulse Flakes

Organic, wild, hand harvested, raw



Sustainably managed from Grand Manan Island, New Brunswick. Sun and sea breeze dried. Small flakes. For grains, vegetables, salads, pastas, almost any dish. Very low sodium. In glass with a sprinkle or pour dispenser cap.

Organic Dulse
Palmaria palmata

1.5 oz. - 12 / case

item 104270

Dulse Whole Leaf

Organic, wild, hand harvested, raw



Soft crimson whole leaf dulse with a delicious tangy flavor. The finest example of its kind in the world. For salads, soups, pasta, and pizza, in sandwiches and stir-fries; oven toast for a nutritious snack.

Organic Dried Whole Dulse
Palmaria palmata

1.4 oz. - 6 / case

NEW item 104275

Sautéed Vegetables with Dulse

- 1 teaspoon EDEN Extra Virgin Olive Oil
- 1/4 cup sliced onions
- 1 clove garlic, minced
- 1/4 cup sliced carrots
- 4 cups small broccoli florets
- 1/4 cup water
- 1/4 cup Organic EDEN Whole Leaf Dulse, soaked 3 minutes, chopped
- 1 Tablespoon Organic EDEN Garlic Gomasio

Heat oil in a skillet and sauté onion and garlic for 2 minutes. Add carrots, broccoli, and water. Cover and steam 3 to 4 minutes until broccoli and carrots are tender, but still brightly colored. Add dulse and sauté until all the water evaporates. Sprinkle it with gomasio. Serves 4



Hiziki

wild, hand harvested ☞



Only the prized tender black curls of the tips. Sun-dried, steamed for hours, and dried again. Rich flavor and delicate texture. Soak for ten minutes before cooking. Great with grain and in stir-fries and salads.

Hiziki
Hizikia fusiforme

2.1 oz. - 6 / case

item 108860

2.2 lb.

item 108620 **BULK**

Kombu

wild, hand harvested, raw ☞



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

Kombu
Laminaria japonica

2.1 oz. - 6 / case

item 108880

2.2 lb.

item 108680 **BULK**

Mekabu wakame

wild, hand harvested ☞



The ruffled, flowering sprout of wakame just above its root. To preserve its beneficial fucoidan, do not cook. Soak it for twelve minutes and just add ponzu; or blend toasted sesame oil, brown rice vinegar, and shoyu to put on it. Mildly sweet and supremely healthy.

Wakame Sporophyll
Undaria pinnatifida

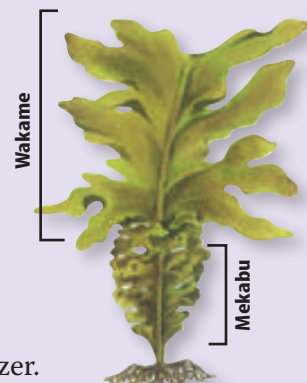
.88 oz. - 6 / case

item 109030

Sea Vegetable Benefits

Sea vegetables provide polysaccharides that have numerous health benefits. One of the most beneficial of these is fucoidan, found in the brown sea vegetables such as mekabu, wakame, kombu, arame, and hiziki.

Mekabu is especially rich in fucoidan. Its viscous, sticky texture comes from fucoidan contained in its cell walls. Researchers report fucoidan enhances immune system function and offers heart, digestive, and thyroid health benefits. It is a renowned fat metabolizer.



Nori

10 sheets, cultivated, not toasted



Best selling sea vegetable in the U.S.A., by far. Cultivated in the environmentally protected Ise (ee-say) Bay. The highest grade, hand harvested, and sun-dried. For sushi, nori rolls, rice balls, and as garnish. A quick toasting turns it emerald green.

Nori
Porphyra tenera

.8 oz. - 6 / case

item 109000

Nori Krinkles

toasted, cultivated



Thin strips toasted crispy green, mild and sweet. A healthy snack and versatile, fun condiment. A good source of vitamin C. Garnish grain, noodles and salads. Use in quick miso soup.

Nori
Porphyra yezoensis

.53 oz. - 6 / case

item 109020



EDEN SEA VEGETABLES

Spicy Nori Strips

toasted, cultivated



Seasoned, toasted small sheets of nori. Ten 5 piece packs.

Toasted Nori *Porphyra tenera*, Organic Shoyu (organic whole soybeans, organic whole wheat, sea salt, koji *Aspergillus oryzae*), Organic Mirin (organic sweet rice, organic rice, koji *Aspergillus oryzae*), Barley Malt Syrup (sweet potato starch, sprouted barley), Sea Salt, Kombu Seaweed, Shiitake Mushrooms, Chili Pepper

.47 oz. - 12 / case

item 109040

Sushi Nori

7 or 50 sheets, toasted, cultivated



Ready to use sheets of pre-toasted nori for sushi, nori rolls, or rice balls. Versatile, popular, delicious. Ise Bay purity. This nori's differences are its deep color, bright luster, and very appealing flavor.

Nori
Porphyra tenera

.6 oz. - 6 / case

item 108980

4.4 oz.

item 108760 **BULK**

Bamboo Sushi Mats



It has many uses in addition to creating professional looking sushi and nori rolls. Superior quality untreated bamboo strips bound with unwaxed cotton string for a flat, flexible surface. 9½ inches by 9½ inches. Made in Japan.

Bamboo and Cotton

6 / case

item 111200



Sushi making instructions

edenfoods.com/sushi

You'll be a sushi master with easy to follow, step-by-step directions – color photos, filling suggestions, and more.



Wakame

cultivated, hand harvested, raw (K)



Sun-dried from environmentally protected, national treasure, Ise Bay. Essential for miso soup. It turns a bright, happy green when soaked. Trace minerals and many efficacious nutritional components - truly health food.

Wakame
Undaria pinnatifida

2.1 oz. - 6 / case

item 108900

2.2 lb.

item 108700 **BULK**

Instant Wakame Flakes

cultivated



Grown in the Naruto Strait. Pre-washed, cut, and ready to use right out of the bag for miso soup. Soak briefly for salads, expands 20 times. Twenty-five processes from leaf to flakes and seventeen of these remove any foreign material, but none of them reduce its nutrient content.

Wakame
Undaria pinnatifida

1.06 oz. - 10 / case

item 108920

EDEN SNACKS

VITAL ♦ HANDY ♦ PURIFYING

People the world over have been ingenious in making food into essential snacks. There is an instinctive and practical need for food that stores well, is portable, and provides quick energy. Variety is sought, soft or crunchy, sweet or salty, lean or rich, depending upon mood and activity level.

EDEN snacks satisfy these needs, providing good nutrition and healthy, sustaining energy. They're wholesome food of simple, multi-step preparation that maintains or enhances nutrients, and the purity our customers demand.

Designed to deceive snack foods deplete energy and well-being with saturated, commonly hydrogenated (trans) fat, excessive poor quality salt, refined sugars, preservatives, dyes, additives, and a long list of toxic chemical processing aids. Eden provides snack food that is not junk food; snack food that is enjoyable, beneficial, real food that's actually good for you.

SO MANY WAYS TO USE

Reclosable pouch, 4 ounce EDEN Snacks and 1 ounce EDEN Pocket Snacks™ are easy to keep at hand – on the go, at school, work, or home – and they have many other uses. They are great on salads, grains, pasta, and porridge, and as garnish on soups and stews. Include them in making desserts, pastries, breads, muesli, popcorn balls, hot cereal, and wherever imagination leads. There are nine pure, delicious, and nourishing items

including ♦ dried wild blueberries ♦ Montmorency tart cherries ♦ cranberries ♦ almonds ♦ pistachios, and ♦ pumpkin seeds; plus ♦ nut, seed, and dried fruit mixes.

Unsalted or with a bit of EDEN sea salt, all are low or very low sodium with no refined sugars, trans fats, sulfites, or preservatives.



NEW
1 ounce



They contain only the finest ingredients, and where used, only non-irradiated organic, Eden selected seasonings.

Every detail is looked after to ensure purity. All are prepared at our certified organic, Non-GMO, kosher, Michigan HQ. This facility, including equipment and practices, is inspected and highly rated by AIB International – the highest rating for safety and purity.



Great tasting EDEN Popcorn, a superb whole grain snack

ORGANIC POPCORN

EDEN Popcorn becomes large, fluffy puffed kernels that are sweet and delicious. It is family farm organic from Nebraska prepared at an organic mill with thorough popcorn handling expertise. Exacting measures are taken to retain moisture by preventing kernels from being scratched, so they pop more completely. Arriving at Eden, the popcorn is packed in reclosable standing pouches chosen to retain necessary popping moisture and prevent photo-oxidation. A great deal of common sense care is necessary to deliver such superior quality.



- Best Food Awards from *Men's Health* and *Women's Health* magazines
- No refined sugar or chemical additives
- No refined oil, trans-fats, or sulfites
- Low sodium, low fat, fat free, and gluten free selections
- Hole punched for strip displays
- 1 oz. Pocket Snacks™ and reclosable 4 oz. snack pouches packed in merchandising boxes

♥ **Heart Healthy** Diets containing foods that are a good source of potassium and that are low in sodium may reduce the risk of high blood pressure and stroke. Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.

Dried Wild Blueberries

Organic, hand harvested (K)



Wild, low-bush blueberries, *Vaccinium angustifolium*, dried and infused with organic apple juice concentrate. No refined sugar. USDA's number-one source of potent antioxidants. Organic sunflower oil misted to discourage clumping.

Organic Wild Blueberries, Organic Apple Juice Concentrate, Organic Sunflower Oil

1 oz. - 4 x 12 - 48 / case

NEW item 103261

4 oz. - 15 / case

item 103260



Dried Montmorency Tart Cherries

(K)



Prunus cerasus, organic and transitional to organic family cherries. The "healing cherry" with its efficacious tartness. 1.4mg of valuable antioxidant anthocyanins per serving.

Montmorency Tart Cherries, Organic Apple Juice Concentrate, Organic Safflower Oil

1 oz. - 4 x 12 - 48 / case

NEW item 103271

4 oz. - 15 / case

item 103270



10 lb.

item 103285

BULK

Dried Cranberries

Organic (K)



Cranberries, *Vaccinium macrocarpon*, named after sandhill and whooping cranes that fancy them. The first fruit to carry a French certified health claim – beneficial to urinary tract health. Photo essay at edenfoods.com/PECranberry

Organic Cranberries, Organic Apple Juice Concentrate, Organic Sunflower Oil

1 oz. - 4 x 12 - 48 / case

NEW item 103263

4 oz. - 15 / case

item 103262



Wild Berry Mix

Organic (K)



Women's Health "Best Packaged Foods for Women."

Organic Dry Roasted Almonds, Organic Dry Roasted Pumpkin Seeds, Organic Raw Sunflower Seeds, Organic Raisins, Organic Cranberries (Organic Cranberries, Organic Apple Juice Concentrate, Organic Sunflower Oil), Organic Wild Blueberries (Organic Wild Blueberries, Organic Apple Juice Concentrate, Organic Sunflower Oil)

1 oz. - 4 x 12 - 48 / case

NEW item 112031

4 oz. - 15 / case

item 112030



Quiet Moon

(formerly All Mixed Up Too) (K)



Organic nuts, fruits, and seeds.

Organic Roasted Pumpkin Seeds, Organic Sunflower Seeds, Organic Tamari Roasted Almonds (Dry Roasted Organic Almonds, Organic Tamari Soy Sauce (Water, Organic Soybeans, Sea Salt)), Organic Thompson Raisins, Dried Montmorency Cherries (Montmorency Tart Cherries, Organic Apple Juice Concentrate, Organic Safflower Oil)

1 oz. - 4 x 12 - 48 / case

NEW item 112016

4 oz. - 15 / case

item 112015

Pumpkin Seeds

Organic (K)



Dry roasted and EDEN Sea Salt misted. *Men's Health* magazine awarded "Best Foods for Men" stating, "A high protein snack equally suited to the ballpark and the office." Low sodium, rich in protein, magnesium, & fiber. A good source of zinc.

Organic Pumpkin Seeds, Sea Salt

1 oz. - 4 x 12 - 48 / case

NEW item 113016

4 oz. - 15 / case

item 113015



10 lb.

item 113020

BULK

Spicy Pumpkin Seeds

Organic (K)



Men's Health "Best Organic Foods for Men" stating, "Seasoned with soy sauce, garlic, and cayenne, these put spicy chips to shame."

Organic Dry Roasted Pumpkin Seeds, Organic Tamari Soy Sauce (Water, Organic Soybeans, Sea Salt), Organic Garlic, Organic Cayenne Pepper

1 oz. - 4 x 12 - 48 / case

NEW item 112366

4 oz. - 15 / case

item 112365



10 lb.

item 112360

BULK

Pistachios

Organic (K)



California organic pistachios, shelled, dry roasted, and misted with EDEN Sea Salt. Low sodium. Good source of fiber and protein. Pistachios may be beneficial to heart health.

Organic Pistachios *Pistacia vera*, Sea Salt

1 oz. - 4 x 12 - 48 / case

NEW item 113031

4 oz. - 15 / case

item 113030



Tamari Almonds

Organic (K)



Gas fire infrared roasted. Misted with organic tamari soy sauce. Untreated California family orchard organic almonds.

Organic Dry Roasted Almonds, Organic Tamari Soy Sauce (Water, Organic Soybeans, Sea Salt)

1 oz. - 4 x 12 - 48 / case

NEW item 112426

4 oz. - 15 / case

item 112425

10 lb.

item 112420

BULK

25 lb.

item 112400

BULK

Popcorn

Organic 100% Whole Grain (K)



Authentically organic from Nebraska family farms. Exceptional taste. Superior popping qualities from purpose minded handling provides large, fluffy popcorn. Heart healthy whole grain. Tested GMO free.

Organic Yellow Popcorn
Zea mays averta

20 oz. - 12 / case

item 105400



50 lb.

item 105815

BULK

Brown Rice Crackers



Magnificent snack food. Eighteen steps in its making. Baked, tamari misted, and baked again. Awarded the Gold Medal at the All Japan Confectionery Exposition. Gluten free.

Brown Rice, Black Sesame Seeds, Tamari Soy Sauce (Water, Soybeans, Sea Salt), Job's Tears (Hato Mugi)

2.6 oz. - 20 / case

item 110820

Nori Maki Rice Crackers



A potent and delicious snack. Pounded sweet brown rice mochi is baked, glazed with traditionally brewed tamari soy sauce, rebaked, and hand wrapped with a piece of nori. Gluten free.

Sweet Brown Rice, Nori Seaweed, Tamari Soy Sauce (Water, Soybeans, Sea Salt), Shiitake Mushroom Powder, Kombu Seaweed Powder

2.4 oz. - 12 / case

item 110800

Five Flavor Arare Rice Puffs



Baked, light, crunchy snack puffs of an 800-year-old method and the finest ingredients with a sweet and salty glaze. Say - *ah-rah'-ray*. Wheat free.

Sweet Brown Rice, Tamari Soy Sauce (water, whole soybeans, sea salt), Black Sesame Seeds, Nori Seaweed, Barley Malt Syrup, Koji *Aspergillus oryzae*, Shiitake, Kombu, Sea Salt

2.4 oz. - 12 / case

item 110940

Brown Rice Chips



Airy and crisp. Kneaded dough dried, baked into chips, flash fried in rice bran oil, and centrifuge spun to remove oil. Great with dips. Low sodium. Google *Rice Bran Oil Heart* for insight.

Brown Rice, Rice Bran Oil, Sea Salt, Nori Seaweed

1.7 oz. - 20 / case

item 110840

Sea Vegetables Chips



Airy seaweed enriched snacks. Crispy with four sea vegetables: wakame, kombu, hiziki, and nori. Crumble them for garnish over soup, salad, and stew.

Potato Starch, Rice Bran Oil, Seaweed (Wakame, Kombu, Hiziki, Nori), Sea Salt, Potato Syrup (Potato Starch, Barley Malt)

2.1 oz. - 20 / case

item 110900

Vegetable Chips



Six vegetables in light crispy chips. Baked, rice bran oil flash fried, centrifuge spun, and lightly tamari glazed.

Potato Starch, Organic Tamari Soy Sauce (Water, Organic Soybeans, Sea Salt, Grain Alcohol, Koji), Rice Bran Oil, Carrot, Cabbage, Spinach, Bell Pepper, Parsley, Lettuce, Sea Salt, Potato Syrup (Potato Starch, Barley Malt)

2.1 oz. - 20 / case

item 110890

Chips & Crackers - Tasty, Good Food

The Nori Maki crackers and Arare puffs are whole grain mochi, uniquely multi-step made into delicious snacks. They begin with steamed pounded sweet brown rice mochi and a tamari soy sauce glaze. They are simply baked (no added oil). The Brown Rice Crackers were awarded the Gold Medal at the All Japan Confectionery Exposition. Each is low fat.

All are wheat free, and two are gluten free.

Four EDEN chips are crafted mixing dough with various vegetables and seasonings, flash frying in rice bran oil, and centrifuge spinning to remove the oil. This produces chips that are super crispy with a light airy texture.



Wasabi Chips hot 'n spicy



The original hot chip of the natural food Hall of Fame. Real wasabi root, *Wasabia japonica*.

Potato Starch, Organic Tamari Soy Sauce (Water, Organic Soybeans, Sea Salt, Grain Alcohol, Koji), Rice Bran Oil, Carrot, Cabbage, Spinach, Bell Pepper, Wasabi (Japanese Horseradish), Parsley, Lettuce, Sea Salt, Potato Syrup (Potato Starch, Barley Malt)

2.1 oz. - 20 / case

item 110970

SOY SAUCE, MIRIN, AND PONZU



KOJI FERMENTED SOY SAUCE

EDEN naturally brewed shoyu soy sauce is artisan made by those skilled in ancient methods of koji *Aspergillus oryzae* fermentation. Koji spore inoculated whole soybeans and wheat are aged in cedar casks through two full cycles of the seasons. EDEN Tamari Soy Sauce is crafted in the same manner, but without wheat being added.

A good shoyu or tamari is otherworldly, like a fine wine. Avoid imitations like caramel colored salt water and soy isolate concoctions. EDEN soy sauces are crafted of the finest ingredients, skill, and patience. Such rich character and bouquet can only develop over long-term fermentation.

EDEN imported soy sauces and EDEN domestic tamari that's made in Virginia, are made of U.S.A. family farm Eden selected or approved Non-GMO soybeans.

#1 RATED SHOYU AND TAMARI

EDEN Traditionally Brewed Shoyu was the highest rated and the only 'Highly Recommended' brand in two comparisons of 12 soy sauces by *Cook's Illustrated* Magazine, as reported in its January/February 2000 issue. "Tasters decisively ranked this distinct soy sauce number one in both taste tests. The flavor was toasty, caramely, and complex, not wimpy. Rich, clean, and balanced with 'vivid' flavor. The salt flavor was tangible but not overpowering."*

EDEN Imported Tamari was awarded 'Best Tasting' of the seven brands sampled at a competitive evaluation held at the *San Francisco Chronicle* newspaper. They wrote of EDEN Tamari, "The top tamari, was Eden's imported version, with the green label, which is organic and made in Japan in the traditional long-fermented way. This tamari was dark and thick, almost syrupy. Its flavor was rounded, with a nice complexity of flavor that balanced salt and caramel."



Easy EDEN Udon in Shoyu broth

BRING FOOD TO LIFE

EDEN shoyu, tamari, mirin, and ponzu work wonders in cooking, seasoning, and marinating. While tamari imparts its own flavor, shoyu's value is in how it melds, harmonizes, and enhances flavors where it is used. The effects of a good shoyu are wondrous, in both enjoyment and in creating dishes that satisfy. It is irreplaceable. Shoyu and Mirin are the right and left hands of Japanese cuisine. Ponzu's harmony of five flavors adds sparkling delight wherever used. All of them bring food to life to enrichen ours.

- Delightful essences - cook, season, and marinate
- Authentic, and very rare
- Never adulterated, Non-GMO
- Multiple awarded



* *Cook's Illustrated* is an independent publication that is not affiliated with Eden Foods and does not endorse products.

Shoyu Soy Sauce

Eden selected (K)



Brew masters and koji fermentation. Traditionally brewed, aged in wood casks for two years. Versatile, rewarding. Non-GMO.

Water, Whole Soybeans, Whole Wheat, Sea Salt, Koji *Aspergillus oryzae*

| | |
|------------------------|-------------------------|
| 10 fl. oz. - 12 / case | item 107190 |
| 20 fl. oz. - 12 / case | item 107210 |
| 5 gal. | item 107160 BULK |
| 55 gal. | item 107140 BULK |

Shoyu Soy Sauce

traditionally brewed Organic (K)



Extraordinarily fine shoyu. It enhances and harmonizes. It melds, brightens, and brings out depth of character in any fine food, whenever it's used. Promotes easy digestion and lasting satisfaction.

Water, Whole Organic Soybeans, Organic Wheat, Sea Salt, Koji *Aspergillus oryzae*

| | |
|-----------------------|-------------------------|
| 10 fl oz. - 12 / case | item 107310 |
| 55 gal. | item 107295 BULK |

🍁 = Canadian available



SOY SAUCE, MIRIN, AND PONZU

Shoyu Soy Sauce

reduced sodium Organic (K)



The beauty and character of EDEN Shoyu with half of the sodium. Brewed from certified organic, Non-GMO soybeans.

Water, Whole Organic Soybeans, Organic Wheat, Sea Salt, Organic Rice Alcohol, to preserve freshness (Water, Organic Rice, Koji *Aspergillus oryzae*), Koji

10 fl. oz. - 12 / case

item 107270

55 gal.

item 107240 **BULK**

Tamari Soy Sauce

traditionally brewed Organic (K)



Aged two years in cedar casks. Declared 'Best' by the *San Francisco Chronicle*. Gluten free.

Whole Organic Soybeans, Water, Sea Salt, Organic Rice Alcohol, to preserve freshness (Water, Organic Rice, Koji *Aspergillus oryzae*), Organic Soybean Flour, Koji

10 fl. oz. - 12 / case

item 107410

20 fl. oz. - 12 / case

item 107420

55 gal.

item 107400 **BULK**

Tamari Soy Sauce

naturally brewed in the U.S. Organic (K)



Koji brewing and aging. Tamari was originally the liquid that was created as miso aged. Gluten free.

Water, Whole Organic Soybeans, Sea Salt, 2% Organic Grain Alcohol to preserve freshness, Koji *Aspergillus oryzae*

10 fl. oz. - 12 / case

item 106970

20 fl. oz. - 12 / case

item 106980

55 gal.

item 107020 **BULK**

Mirin

rice cooking wine (K)



The finest, Ajino-haha. Made in Japan of Lundberg organic short grain brown rice. Brewed in cedar kegs. Essential in noodle broth, teriyaki sauce, marinades, and sushi rice. Shoyu and mirin are the right and left hands of Japanese cooking.

Water, Rice, Koji *Aspergillus oryzae*, Sea Salt

10.5 fl. oz. - 12 / case

item 109780

4.75 gal.

item 109720 **BULK**

Ponzu ~ Five Flavor Seasoning

EDEN Ponzu Sauce is a blend of shoyu soy sauce, rice vinegar, mirin, barley malt, and yuzu and sudachi citrus juices. 'Yuzu' is a yellow fruit similar to lime, but larger and not as acidic. 'Sudachi' is a small green citrus thought to be a cross of Chinese lemon and a citron.

Quick and easy, ponzu is a dipping sauce or drizzle for noodles, cooked vegetables, tofu, and fish, splendid as a salad dressing, salad dressing ingredient, and marinade. Versatile and handy.

EDEN Ponzu Sauce has no artificial coloring, flavorings, additives, or preservatives. It is made without oil, adds tons of flavor, yet zero fat.

Ponzu Sauce

five flavor seasoning



Traditional dazzle. Delightful medley of sweet, sour, tangy, salty, and savory. No refined sugar. Great on whole grain pasta, noodles, tofu, fried food, or any dish to brighten it.

Shoyu (Water, Soybeans, Wheat, Sea Salt), Rice Vinegar, Mirin (Water, Rice, Koji *Aspergillus oryzae*, Sea Salt), Barley Malt, Yuzu and Sudachi Citrus Juices

6.75 oz. - 12 / case

item 109880

EDEN SWEETENER

TRADITIONAL MALT SYRUP

Malting is ancient. A simple process that transforms grain into wholesome sweetness in the miracle of sprouting. EDEN Barley Malt Syrup is crafted from two ingredients: U.S.A. family organic whole grain malting barley and pure water. In a 30 to 45 day procedure the barley is sprouted converting carbohydrates to sugars, kiln roasted, cured, mashed, and cooked down into a thick, rich sweet concentrate. Its enticing mild caramel flavor and malty fragrance adds complexity to breads, baked goods, glazes, sauces, cereals, and home brew.

EDEN Barley Malt sugars do not stress us as do refined sugars. They are slowly metabolized with its many other nutrients. The sugar profile is 76% maltose, 16% glucose, 6% sucrose, and 2% fructose. Use it one-for-one to replace honey and molasses in recipes. To replace sugar, use 1/4 cup less liquid for each cup of barley malt used. It is a happy, delicious sweetener.



Whole grain waffles w/ barley malt & berries

GOOD FOR YOU SWEETNESS

EDEN Barley Malt Syrup is from simple, traditional methods creating syrupy sweetness that nourishes. No additives of any kind whatsoever are used to make it.

EDEN Barley Malt Syrup uses only the grain's enzymes which are created as the grain sprouts to convert starch to healthy sweet sugars. Genetically engineered enzymes and dubious chemicals that speed up these processes are completely avoided. Artisan maltsters finesse this creation using traditional know-how.

From seed, through packaging into glass jars, great care is taken to prevent any adulteration at any step. Three undeclared ingredients are skill, patience, and practice.

- U.S.A. family organically grown
- Traditional, no test tube enzymes
- Sweetness that slowly metabolizes

Banana Nut Muffins (malt sweetened)

- 2 ½ cups organic whole wheat pastry flour
- 2 teaspoons baking soda
- 1 teaspoon non-aluminum baking powder
- ½ teaspoon ground cinnamon
- ½ teaspoon EDEN Sea Salt
- 2 cups EDENSOY Original or EDENSOY EXTRA Original
- 2 Tablespoon EDEN Extra Virgin Olive Oil
- 2 Tablespoon EDEN Organic Brown Rice Vinegar
- ¼ cup EDEN Organic Barley Malt Syrup or organic maple syrup
- 2 teaspoons pure vanilla extract
- 2 medium ripe bananas, mashed
- 1 cup walnuts, chopped
- ½ cup organic seedless raisins

Preheat oven to 350°. Stir dry ingredients together in a large bowl. In a separate bowl, combine liquids. Add dry ingredients to wet and stir. Fold in the bananas, walnuts and raisins. Spoon into oiled muffin tin. Bake for 30 to 35 minutes. Yields 12 large muffins.

Barley Malt Syrup

Organic ®



U.S.A. organic sprouted malting barley, kiln roasted, water extracted, and reduced to thick rich syrup. Half the sweetness of refined sugar. An appealing, nourishing, versatile sweetener.

Organic Sprouted Barley,
Water

20 oz. - 12 / case

item 104050

🍁 = Canadian available



GREEN TEA & INFUSIONS



Nagata family tea plantation in Uji.

TEA - GIFT OF NATURE

Tea can be many things, but true tea all stems from the plant *Camellia sinensis*. Tea becomes green, black, oolong, or other varieties solely in the way it is handled, cured, or allowed to oxidize. For Chinese and English black teas the leaves are thoroughly oxidized. For Japanese Green Tea like EDEN Sencha, oxidation is stopped immediately after harvest with a purposeful steaming and rubbing that preserves the bright green of its chlorophyll. This preventing of oxidation is why green tea has special health values. Various grades of green tea are from harvesting at different times of the year and from different methods of curing.

Brewing tea leaves with hot water takes a few minutes. The first phytochemicals released are the acidic, astringent ones. Next come the alkaloid compounds creating balance.

Taking tea is rewarding. It nourishes, refreshes, and induces reflection that provides an antidote to life's pressures. Make tea time a custom with the finest, most satisfying tea that can be found - EDEN Tea.



- Nagata family organic green tea, herbal blends, and infusions
- Oxygen washed Manila fiber tea bags, individually paper wrapped
- Mu 16 tea bags, loose leaf sencha, and kukicha in standing reclosable pouches
- Tea bag boxes can be merchandised horizontally or vertically

The first sentence of *The Book of Tea*, in its first chapter *The Cup of Humanity*, is

“TEA BEGAN AS A MEDICINE AND GREW INTO A BEVERAGE.”

After water, tea is the most consumed beverage in the world. The teatime ritual and its benefits catalyze life and human relations. In America, tea drinking has quadrupled since 1990. More people are enjoying green tea, benefiting from its potent antioxidant health benefits and pleasurable effects. Modern green tea research has focused on its polyphenol antioxidants, tannins, and flavonoids, including epigallo-catechin gallate (EGCG) compounds that altogether comprise 40 percent of green tea's dry weight. Research has linked green tea to gradual, but remarkable weight loss consequence and found that it helps in safely losing weight by raising metabolism, combusting fat, and abating fat storage. Its amino acid L-theanine causes the stimulating effects of tea to be a smoother and steadier uplift than that of coffee.

PURIFYING PURITY

EDEN Green Tea comes from the Nagata family tea cooperative. These tea farmers have been using organic management practices on their plantations since 1974, and the plants growing these leaves are the happiest they can be. The Uji region of Kyoto prefecture, about 240 miles southwest of Tokyo, is world famous for its green tea where early morning mists moisten the leaves as they warm in the sun. Small wonder we are asked, “Why does EDEN green tea taste so much better than all the others?” The simple answer is because of the long-term organic management, the potent health of the tea plants, and the painstaking excellence in the hand harvested tea's handling.

While chemically treated tea bushes ‘burn out’ after about 20 years, Nagata family tea bushes produce vibrant, happy leaves for 40 years, some much longer.

INFUSIONS, HERB BLENDS, & MATCHA

Herb teas do not contain actual tea leaves. They can be infusions from leaves and flowers like organic EDEN Chamomile Tea. In the case of roots, barks, and seeds they're usually boiled like EDEN Mu 16 and EDEN Lotus Root Tea. Four infusions or EDEN teas combine Japanese organic green tea with organic:

- rose hips and rose petals
- ginger root
- spearmint and peppermint leaves, and a
- chai spice blend.

EDEN tea selections are made into tea bags in Montréal.

For a concentrated green tea experience we offer organic matcha. A ceremonial grade, stone-ground green tea powder. EDEN Matcha is dazzling, whether it's served warm or chilled. It is a delightful ingredient in baked goods, kanten, and other recipes. Matcha is green tea concentrate where the entire leaf is consumed. It takes only a minute to prepare.





Chamomile Tea

Organic 16 tea bags / box (K)



Egyptian organic chamomile flowers, hand-harvested and naturally dried. A calming and soothing tea, actually an infusion or tisane, of rich character and sweet floral notes.

Organic Chamomile Flowers

12 boxes / case

item 110590

Genmaicha Green Tea w/ Brown Rice

Organic 16 tea bags / box (K)



First picking sencha green tea with roasted organic short grain brown rice. Green tea and the flavor and aroma of the roasted grain sparkle with each other. Serve hot, chilled, or iced.

Organic Sencha Green Tea Leaves
Camellia sinensis,
Organic Roasted Brown Rice

12 boxes / case

item 110530

Hojicha Chai Roasted Green Tea w/ Spices

Organic 16 tea bags / box (K)



Acclaimed, "Innovating, breathtaking, this audacious blend combines familiar malty notes of Hojicha with exotic Indian spices. A classic revisited."

Organic Roasted Green Tea Leaves
Camellia sinensis,
Organic Cinnamon Bark, Organic
Cardamom Seeds, Organic Ginger
Root, Organic Star Anise, Organic
Roasted Chicory Root, Organic Cloves

12 boxes / case

item 110575

Hojicha Roasted Green Tea

Organic 16 tea bags / box (K)



Early summer, hand picked organic green tea leaves slowly gas fire roasted imparting character and flavor reminiscent of English tea. A pleasure in all seasons, served hot or cold.

Organic Roasted Green Tea Leaves
Camellia sinensis

12 boxes / case

item 110540

Kukicha Twig Tea

Organic 16 tea bags / box (K)



A soothing, nourishing tea of cauldron roasted tea twigs and mature leaves. Aged 2 to 3 years to mellow it. 50% kukicha tea and 50% apple juice is an excellent children's beverage.

Organic Roasted Tea Twigs & Leaves
Camellia sinensis

12 boxes / case

item 110550

Kukicha Twig Tea

Organic loose tea (K)



Kukicha was made popular by George Ohsawa in the 1960s as an everyday tea for every meal. Refreshing, yet not stimulating. In a recloseable standing pouch.

Roasted Organic Tea Twigs
Camellia sinensis

1.75 oz. - 12 / case

item 110665

11 lb.

item 110640 **BULK**



GREEN TEA & INFUSIONS

Sencha Green Tea Organic 16 tea bags / box ☯



Hand picked first Spring leaves steamed and twice rubbed to capture its cherished green, aroma, flavor, and antioxidants. A profound tea providing the experience sought by green tea aficionados the world over.

Organic Sencha Green Tea Leaves
Camellia sinensis

12 boxes / case

item 110560

Sencha Green Tea Organic loose tea ☯



Green tea research affirms its healthful properties. Polyphenol antioxidants, tannins, flavonoids, and EGCG, collectively referred to as catechins, make up 40% of green tea's dry weight.

Organic Sencha Green Tea Leaves
Camellia sinensis

2.25 oz. - 12 / case

item 110625

13.2 lb.

item 110600 **BULK**

Sencha Ginger Green Tea w/ Ginger Organic 16 tea bags / box ☯



Hand picked Spring green tea leaves and organic Tanzanian ginger root. Proverbs hold that everything good is found in ginger and that it is essential for longevity. Soothes, warms, and brightens.

Organic Sencha Green Tea Leaves
Camellia sinensis,
Organic Ginger Root

12 boxes / case

item 110570

Moisture proof
envelope
Oxygen washed
Manila tea bag,
no polluting whiteners



Pure
100% cotton
string

Crimp sealed,
no plastics or staple

Sencha Mint Green Tea w/ Spearmint & Peppermint Organic 16 tea bags / box ☯



Organic sencha with Egyptian organic spearmint and organic peppermint. A calming tea with a pleasant aroma and a refreshing cool taste.

Organic Sencha Green Tea Leaves
Camellia sinensis,
Organic Spearmint Leaves,
Organic Peppermint Leaves

12 boxes / case

item 110580

Sencha Rose Green Tea w/ Rose Hips & Petals Organic 16 tea bags / box ☯



Organic sencha green tea, Bulgarian organic rose hips, and Moroccan organic rose petals. A superb green tea with the sweetness of rose petal and rosehips. A soothing stimulant.

Organic Sencha Green Tea Leaves
Camellia sinensis,
Organic Rosehips,
Organic Rose Petals

12 boxes / case

item 110585



Lotus Root Tea

powder in glass jar ☺



Ground dried root of the Asian water lily, treasured for contributing to respiratory health, with 5% ginger root. Boil a teaspoonful for three minutes and sip. Eden pure, authentic, unadulterated.

95% Lotus Root Powder,
5% Ginger Powder

2 oz. - 6 / case

item 110745

Matcha Powdered Green Tea

Organic ☺



Thirty grams of ceremonial green tea powder. April tea leaves steamed, rubbed, dried, and ground on small granite stone mills. Whisked into hot water, consuming all of the tea leaf, it enriches life. 30 servings.

Matcha, Powdered Organic
Green Tea *Camellia sinensis*

1.06 oz. - single or 5 / case

item 110510

Matcha Green Tea Kit

Organic ☺



Everything needed for matcha powdered green tea: eighty bristle bamboo whisk and spoon, ceramic bowl, 30 gram can of stone ground matcha, and a DVD. A perfect gift.

Matcha Powdered Organic
Green Tea *Camellia sinensis*,
Ceramic Tea Bowl, Bamboo Tea
Whisk & Scoop, DVD

1 kit

item 110520

Mu 16 Herb Tea

6 tea bags / pouch ☺



Configured by George Ohsawa. Purpose blended to tone and strengthen. One tea bag makes a large pot. You experience the vegetable kingdom's power.

Mandarin Orange Peel, Hoelen,
Japanese Parsley Root, Peony Root,
Atractylis Root, Cinnamon, Angelica
Root, Licorice, Ginger Root, Cyperus
Root, Apricot Kernel, Rehmannia
Root, Panax Ginseng Root, Clove,
Coptis Root, Moutan Root

1.3 oz. - 12 / case

item 110730



100% of Green Tea's Potency

Matcha organic green tea is usually served warm, but is also enjoyed chilled. Citrus enhances its antioxidant availability. These revered catechins make up 40% of its dry weight. Adding orange or lemon slices enhances refreshment and benefit.

L-theanine, a nonessential, non-protein amino acid in green tea, is a key to matcha's unique flavor. It enhances learning ability, induces relaxation, and smooths its effects. Matcha is uplifting and a soothing mental, emotional, and physical catalyst.

EDEN Matcha green tea powder is far more than a beverage. Its subtle sweetness and flavor blends well with other tastes. It is used in desserts, confections, green tea ice cream, and kanten (a gelatin made with agar agar). Perk up an EDENSOY smoothie with matcha. It is the best thing we've found for ethereal physical fare. It brightens both countenance and well-being.





Bob Kerr, organic farmer Ontario, Canada

ROMAS ARE PREFERRED

Organic EDEN tomatoes and sauces are made exclusively of fresh Roma tomatoes. Romas are preferred for deep color, low acidity, and a sweeter fuller flavor. Fewer seeds and firmer fruit make them ideal for canning and they are the chef's choice for tomato sauces.

EDEN tomatoes are organically grown on over 800 acres of the third generation Kerr family farm in the Thames River Delta of southern Ontario. Bob Kerr's practiced tending and rich, vital organic soil produce deep red, firm Roma tomatoes that taste splendid indeed when cooked and canned.

Harvested perfectly red ripe, organic EDEN tomatoes are washed, hand sorted, cooked, and packed within hours of harvest for maximum nutrients, aroma, and rich flavor.



- Third generation Midwestern family managed, organic, vital soil
- Cooked and packed within hours, fresh red ripe Roma tomatoes
- Amber glass jar offerings
- Deliciously seasoned and no salt added tomatoes
- 100% organic herbs and spices
- All ingredients dutifully declared
- No preservatives or chemical processing



EDEN TOMATOES

VALUE, PURITY AND SATISFACTION

Organic EDEN sauces, diced tomatoes, and crushed tomatoes are made from fresh, unpeeled tomatoes for absolutely the best taste and most nutrients. Organic EDEN whole tomatoes have their skins removed with hot water and brushing instead of commonly used lye. Organic EDEN sauces are made with a bit of organic Spanish olive oil, and seasoned with Eden's finest sea salt and 100% organic herbs and organic spices. Organic EDEN diced and crushed tomatoes are made with no salt. All are free of GMO derived citric acid, calcium chloride, and preservatives, with all ingredients dutifully declared. EDEN brand is the wise choice for superior value, purity, and satisfaction.

MOST BENEFICIAL

Cooked tomatoes are a better source of lycopene than raw, as lycopene becomes more bio-available when cooked especially with a little fat. Over 600 carotenoids (plant pigments) are recognized as antioxidants. Research shows lycopene outperforms all known carotenoids in antioxidant efficacy. It was found that cooked deep red Roma and cherry tomatoes are the highest in lycopene, and that organic are higher yet. Cooking with a bit of oil, like the organic extra virgin olive oil we use, increases lycopene absorption. Although lycopene is beneficial to health, it's not lycopene that makes tomatoes healthy. Lycopene must work in concert with all the phytonutrients in whole tomatoes, making this source much more effective than lycopene supplements that are mere facsimiles and isolates. Organic EDEN tomatoes contain up to 14.4mg of lycopene per serving. They are a good to excellent source of antioxidant vitamins A and C, and provide fiber, potassium, protein, calcium, iron, B vitamins, and magnesium.

AMBER GLASS PROTECTED

Amber glass 14 and 25 ounce jars of crushed tomatoes and sauces enhance Eden's line with eight items: Organic EDEN

- Spaghetti Sauce • No Salt Spaghetti Sauce • Pizza Pasta Sauce
- Crushed Tomatoes • Crushed Tomatoes with Sweet Basil, and
- Crushed Tomatoes with Roasted Onion & Garlic.

They are the first and only tomatoes in the U.S.A. offered in amber glass that protects flavor and nutrients from light damage. Light damages color and flavor by causing chemical change. Photo-oxidation light damage is systemic in food stores where fluorescent lighting in particular, reduces food quality. Amber glass is difficult to get and more costly, but it best protects food.

The driving force at Eden for amber glass tomatoes was the avoidance of bisphenol-A (BPA) in high acid food cans, and failure of the can manufacturers to make BPA free cans for tomatoes.



Crushed Tomatoes organic (K)



Romas are oblong, firm, plum tomatoes and are Italian preferred. Simply put, they make the best sauce. EDEN brand is always fresh packed. Good source of vitamins A and C. Sodium free. View photo essay: edenfoods.com/PEtomato

Organic Roma Tomatoes

| | | |
|--------------------|-------------|---|
| 15 oz. - 12 / case | item 104070 | 🍁 |
| 28 oz. - 12 / case | item 104080 | 🍁 |
| 14 oz. - 12 / case | item 104870 | 🍁 |
| 25 oz. - 12 / case | item 104880 | 🍁 |

Glass Jar Lids and BPA Avoidance

Our search for a lid for glass jars again confirmed 'there's no such thing as a perfect food package.' Regardless, we found the best there is. The inside of the caps has two coats of sealer between the food and the metal. The first applied coating has BPA present. The second protective sealant does not, isolating the first coating from contact with the jar's contents. Potential for migration of BPA is reduced by the following:

- An additional protective vinyl base overcoat facing the food, isolating the epoxy, BPA containing, coating. The coating containing BPA can never be in contact with the food.
- The cap's inner surface is separated from the food by an air/vacuum. Also, surface area exposed to the food is substantially less for a cap than for canned goods.

The most stringent regulations for food safety is in the European Union where these caps have been tested as safe in regards to BPA for use on food. We are told, there is no viable alternative to BPA based epoxy coatings that provides the same level of required corrosion resistance. We continually push our suppliers to develop BPA free caps that will deliver corrosion resistance, shelf life, and safety.

Crushed Tomatoes w/ Sweet Basil organic (K)



Unpeeled, ground, cooked, and screen finished with a generous amount of organic dried sweet basil. Good source of antioxidant vitamins A and C. Perfect for making spaghetti sauce, soups, stews, casseroles... gazpacho. Sodium free. Fresh packed.

Organic Roma Tomatoes, Organic Dried Basil

| | | |
|--------------------|-------------|---|
| 15 oz. - 12 / case | item 104065 | 🍁 |
| 28 oz. - 12 / case | item 104075 | 🍁 |
| 14 oz. - 12 / case | item 104865 | 🍁 |
| 25 oz. - 12 / case | item 104875 | 🍁 |

Crushed Tomatoes w/ Onion & Garlic organic (K)



Clean Eating 2013 award recipient. Roasted organic onion and roasted organic garlic. Good source of antioxidant vitamins A and C. Sodium free. EDEN Crushed Tomatoes provide 1.3 mg of the antioxidant lycopene per ¼ cup. Fresh packed.

Organic Roma Tomatoes, Organic Roasted Minced Onion, Organic Roasted Minced Garlic

| | | |
|--------------------|-------------|---|
| 28 oz. - 12 / case | item 104085 | 🍁 |
| 25 oz. - 12 / case | item 104885 | 🍁 |



EDEN TOMATOES

Diced Tomatoes

organic (K)



Unpeeled, retaining all nutrients and garden fresh flavor, diced into medium-small pieces ideal with pasta. Excellent source of vitamins A and C. Fat and sodium free. 4.55mg lycopene per serving. Fresh packed.

Organic Roma Tomatoes

14.5 oz. - 12 / case

item 103970



28 oz. - 12 / case

item 103975



Diced Tomatoes w/ Sweet Basil

organic (K)



Diced whole tomatoes with a generous dose of organic dried sweet basil and a touch of garlic. Toss with EDEN canned beans and pasta for a fast meal. An excellent source of the antioxidant vitamins A and C.

Organic Roma Tomatoes,
Organic Dried Basil,
Organic Roasted Minced Garlic

14.5 oz. - 12 / case

item 103990



Diced Tomatoes w/ Green Chilies

organic (K)



Diced whole tomatoes with organic diced jalapeño chili peppers. Use straight from the can for soups, stews, burritos, tacos, and pasta. An excellent source of vitamin A and a good source of vitamin C. Fresh packed.

Organic Roma Tomatoes,
Organic Jalapeño Peppers

14.5 oz. - 12 / case

item 103980



Diced Tomatoes w/ Onion & Garlic

organic (K)



Roasted organic onion, *Allium cepa*, and organic garlic. All EDEN diced tomatoes provide 4.55mg of antioxidant lycopene per serving. Rich in antioxidant vitamins A and C. Fat free and very low sodium. Fresh packed.

Organic Roma Tomatoes,
Organic Roasted Minced Onion,
Organic Roasted Minced Garlic

14.5 oz. - 12 / case

item 103995



Whole Tomatoes

peeled organic (K)



Hot water peeled (no lye) and cooked in fresh organic tomato juice. These whole tomatoes provide 5.2mg of healthy antioxidant lycopene per serving. Rich in antioxidant vitamins A and C. Fat free and very low sodium.

Organic Roma Tomatoes,
Organic Tomato Juice

28 oz. - 12 / case

item 103960



Whole Tomatoes w/ Basil

peeled organic (K)



A healthy dose of organic dried sweet basil is needed for good basil flavor. Other 'basil tomatoes' have very weak to non-existent basil flavor. Rich in antioxidant vitamins A and C. Fresh packed.

Organic Roma Tomatoes,
Organic Tomato Juice,
Organic Dried Basil

28 oz. - 12 / case

item 103950



= Canadian available



Spaghetti Sauce organic



Fresh organic tomatoes, organic extra virgin olive oil, and a traditional blend of Italian organic herbs and organic spices. Rich in vitamins A, C, and fiber. 14.4mg lycopene per serving. Fresh packed.

Organic Roma Tomatoes, Organic Extra Virgin Olive Oil, Sea Salt, Organic Basil, Organic Oregano, Organic Black Pepper, Organic Roasted Garlic, Organic Dried Onion, Organic Thyme

25 oz. - 12 / case

item 104020



Spaghetti Sauce - No Salt organic



A very low sodium sauce made of fresh organic tomatoes. Rich in vitamins A, C, and fiber. A good source of iron with 14.4mg lycopene per serving.

Organic Roma Tomatoes, Organic Extra Virgin Olive Oil, Organic Basil, Organic Oregano, Organic Black Pepper, Organic Roasted Garlic, Organic Dried Onion, Organic Thyme

25 oz. - 12 / case

item 104030



A Tomato is What?

Once called 'love apple' in France, the tomato is referred to as both a fruit and a vegetable. Actually, the tomato is a berry, but legally it is a vegetable. In 1883 the United States Supreme Court ruled in a written opinion that, "Botanically speaking, tomatoes are fruits of a vine, just as are cucumbers, squashes, beans, and peas. But in common language of the people... all these are vegetables."

Europeans brought the tomato over as an ornamental and medicinal plant.



Fresh Tomato Made

EDEN tomatoes are like our grandmothers would can, full red ripe, bursting with flavor, and never adulterated with chemicals. EDEN spaghetti and pizza pasta sauce are made from fresh, unpeeled tomatoes for absolutely the best taste and most nutrients. They are never made from tomato paste that is typically used in other's tomato sauces.

Commercial canned tomatoes are synthetically raised, artificially ripened with ethylene gas, travel great distance before processing, and are lye bathed for peeling. They are dosed with chemical processing aids, preservatives, and contain far too much cheap salt. Organic EDEN tomatoes are a much healthier and much tastier choice. Keep them in the pantry for pure, great tasting tomatoes year-round. The discerning do.



Pizza • Pasta Sauce organic



A thick, spreadable sauce. Good source of vitamins A, C, and fiber. Provides 7.2mg of lycopene per serving. Use on pizza, pasta, baked burritos, enchiladas, or polenta, and it makes a very nice bread dip.

Organic Roma Tomatoes, Organic Extra Virgin Olive Oil, Sea Salt, Organic Basil, Organic Oregano, Organic Black Pepper, Organic Roasted Garlic, Organic Dried Onion, Organic Thyme

15 oz. - 12 / case

item 103920



14 oz. - 12 / case

item 103925





Ume plum blossom | Concord grapes

‘VIN AIGRE’ TO VINEGAR

The word vinegar is from the French *vin aigre* meaning sour wine; ‘a wine past its time.’ The fermenting of grape juice first converts sugars into alcohol. A second fermentation makes acetic acid from the alcohol. When the second fermentation is complete, you have vinegar.

Vinegar historical records go back more than 10,000 years. They declare appreciation of its many values. Vinegar uses and benefits are numerous. The Internet is an easy way to learn about the healthy blessings of good vinegar.

It is wise to choose very carefully, a vinegar for food and body care. What it’s made of and how it’s made make huge differences in its affect on us, especially health benefit potential. White vinegar, an excellent cleaner, defies being described as a food. It is usually made from petrochemical by-product, and so expresses only an acetic acid similarity to good vinegar.



- Healthful organic acids and enzymes
- Amber glass protects flavor and nutrients
- Traditional crafting and patient aging
- Potent, ancient health food
- Full flavor
- Mellow aging

RAW VINEGAR TONIC

Organic EDEN Apple Cider Vinegar and Red Wine Vinegar are raw, unpasteurized, and traditionally crafted with no additives or processing aids. Their color, fruity bouquet, and smooth rich taste are achieved through the finest ingredients, skill, and a good deal of resolute aging to mellow it.

Real vinegar contains a variety of beneficial organic acids, friendly bacteria, enzymes, and many phytonutrients. Research is only beginning to explain the extensive anecdotal evidence of vinegar’s ability to promote overall health. These benefits are not from any single component of raw vinegar, but rather from all of its components working in concert.

Organic EDEN Apple Cider Vinegar and Red Wine Vinegar contain ‘mother’ which shows as cloudiness. The efficacious complexity of the mother ferments alcohol into acetic acid and is a main reason that raw vinegar has a healthy repute.

ANCIENT METHODS = HIGHEST VALUE

Organic EDEN Brown Rice Vinegar is made using methods that have been used for over one thousand years. Organic brown rice, koji *Aspergillus oryzae*, and mountain spring water are mixed in earthenware crocks that are partially buried outdoors, covered, and fermented for about eight months.

Authentic brown rice vinegar that Eden offers is a highly valued health food in Japan. It is served with meals at all times of day. Its sweetness enhances a broad range of food, and it is integral in the making of sushi.

Today, it’s very common that vinegars marketed as ‘rice vinegar’ are many other things. Commercial vinegars are synthetic products made from glacial acetic acid, a petroleum by-product. Wise chefs insist that they have Eden’s traditional brews.



TREASURED BRINE

EDEN Ume Plum Vinegar is the pickling brine from making the umeboshi and has a salty, 4.3% acidity. This blend of organic acids and salty brine has been used since ancient times to flavor and preserve foods. Its native name is *ume su* or plum vinegar. Its ruby hue is from red *shiso* leaves, *Perilla frutescens*, aka beefsteak leaf. Commercial versions use toxic dyes for the red. EDEN Ume Plum Vinegar contains absolutely no additives of any kind whatsoever. It embodies the wisdom of the ages and the energy and phytonutrients that made *ume su* so famous.

AMBER GLASS PROTECTED

All EDEN vinegar, in fact all EDEN oil, fruit juices, some tomatoes, some concentrates, and our soy sauces, are bottled in dark amber glass to protect flavor and nutrients. chart p. 44



Apple Cider Vinegar

Organic raw (K)



Cider vinegar with living 'mother.' Naturally fermented, raw, unpasteurized, and aged in cypress wood vats. Mellow flavor and aroma from organic apples. Amber glass protected.

Organic Apple Cider Vinegar
5% acidity

| | | |
|------------------------|-------------|-------------|
| 16 fl. oz. - 12 / case | item 103480 | 🍁 |
| 32 fl. oz. - 12 / case | item 103500 | 🍁 |
| 55 gal. | item 103400 | BULK |

Mother of Vinegar

'Mother of vinegar' is an affectionate name given to the gelatinous, cloudy mass found in raw, unpasteurized vinegar. Its Latin name, *Mycoderma aceti*, means 'skin of the acid.' Composed of cellulose and acetic acid bacteria, mother develops on fermenting alcoholic liquids and with the help of oxygen turns this into vinegar. Mother of vinegar is friendly bacteria similar to sourdough starter that is an opaque mass and sediment in raw vinegar.

Filtering and pasteurization removes mother from vinegar. When present in raw vinegar like Organic EDEN Apple Cider and Red Wine Vinegar, mother is a quality indicator that offers health benefits to help us maintain and renew sensitive balance.

Red Wine Vinegar

raw



Red wine that is further fermented to vinegar. Being raw it contains mother. No additives or sulfating agents. It has nice color, a fruity bouquet, and rich smooth flavor.

Red Wine 5% acidity

| | |
|------------------------|-------------|
| 16 fl. oz. - 12 / case | item 103560 |
| 32 fl. oz. - 12 / case | item 103580 |

Brown Rice Vinegar

Organic (K)



Organic brown rice, koji, and spring water fermented outdoors in clay crocks and aged eight months. A 1,000-year-old method. Precious, sweet, smooth, and mellow.

Water, Organic Brown Rice, Koji
Aspergillus oryzae 4.5% acidity

| | |
|------------------------|-------------------------|
| 5 fl. oz. - 12 / case | item 109160 |
| 10 fl. oz. - 12 / case | item 109170 |
| 5 gal. | item 109150 BULK |
| 55.4 gal. | item 109140 BULK |

Ume Plum Vinegar

raw (K)



Pickling brine from umeboshi plum making with *shiso*, aka beefsteak leaf. Ruby red and tart. Delicious on vegetables, in dressings, and dips. Excellent for making pickles.

Ume Plum, Beefsteak Leaf (*shiso*)
Sea Salt 4.3% acidity

| | |
|------------------------|-------------------------|
| 5 fl. oz. - 12 / case | item 109320 |
| 10 fl. oz. - 12 / case | item 109330 |
| 1 gal. - 4 / case | item 109310 BULK |
| 55.4 gal. | item 109280 BULK |

Internal and External Benefits

Apple Cider Vinegar's soothing, cleansing, and rejuvenating effects are well documented, from the diaries of early settlers to today's Internet.

Its healthful properties are attributed to its minerals especially potassium, acetic and other organic acids, and beneficial enzymes.

The 'Vermont tonic' of two teaspoons cider vinegar and one teaspoon raw honey in a cup of water is said to aid weight loss, relieve fatigue, headache, sore throat, insomnia, and joint stiffness. Applied externally it's used to treat bee stings, insect bites, athlete's foot, dandruff, acne, soothe sunburns, soften dry skin, strengthen nails, restore shine to dull hair, and for massaging sore muscles.



A

| | |
|-----------------------------|--|
| About Eden | 4 - 7 |
| Aduki Beans * | 9, 16 |
| Agar Agar Seaweed | 57 |
| Ajino-haha * | 66 |
| Alluring Vanilla | 28 |
| Almonds - tamari roasted * | 63 |
| Alphabet Pasta | 49 |
| Amber Glass | 21, 31, 43, 44, 65, 66, 72, 73, 75, 77 |
| Antioxidants | 11, 12, 19, 21, 28, 29, 31, 32, 35, 44, 49, 63, 68, 70, 72 |
| Apple Butter | 30 |
| Apple Cherry Butter | 30 |
| Apple Cider Vinegar - raw * | 77 |
| Apple Juice | 31 |
| Apple Sauces | 30 |
| Arame Seaweed * | 57 |
| Arare Rice Puffs | 64 |
| Arctic Current | 57 |
| Artichoke Ribbons | 49 |
| Aseptic Cartons | 27 |
| Awards | 4, 8, 9, 13, 14, 17, 26, 29 - 33, 43, 51, 53, 61 - 65 |

B

| | |
|------------------------------------|---------------------------|
| Baby Lima Beans | 10 |
| Bainiku Ekisu | 21 |
| Baked Beans | 12 |
| Bamboo Sushi Mats | 60 |
| Barley * | 35 |
| Barley & Great Northern Bean Chili | 17 |
| Barley Malt Syrup | 67 |
| Beans * | 8 - 16 |
| Beefsteak Leaves | 39 |
| Bifa-15 - probiotic | 20, 21 |
| Bifidophilus | 20, 21 |
| Bifun Rice Pasta | 54 |
| Bisphenol-A Free | 8, 13, 17, 18, 24, 72, 73 |
| Black Eyed Peas | 9 |
| Black Sesame | 23 |
| Black Soybean * | 10, 13, 16 |
| Black & Tan Sesame | 23 |
| Black Turtle Beans * | 9, 12 - 16 |
| Black Turtle Bean & Quinoa Chili | 17 |
| Blueberries - dried | 62 |
| Bonito Flakes - seasoning | 37 |
| BPA Free - Bisphenol-A | 8, 13, 17, 18, 24, 72, 73 |
| Brine | 76 |
| Brown Mustard | 24 |
| Brown Rice & Beans - canned | 18 - 19 |
| Brown Rice & Black Soybean Mochi | 42 |
| Brown Rice Chips | 64 |
| Brown Rice Crackers | 63 |
| Brown Rice Flakes | 34 |

| | |
|---|------------|
| Brown Rice Mochi | 42 |
| Brown Rice Udon * | 53 |
| Brown Rice Vinegar * | 77 |
| Buckwheat - groats | 33 |
| Buckwheat Soba | 52 - 54 |
| Bulk - all index listings followed by * | |
| Butter - Bean, Apple, Cherry | 10, 30, 31 |

C

| | |
|---------------------------------|----------------|
| Cajun Rice & Beans | 18 |
| Cannellini Beans * | 9 |
| Caribbean Black Beans | 12 |
| Caribbean Rice & Black Beans | 18 |
| Carob Edensoy | 28 |
| Celtic Sea Salt * | 25 |
| Cereal, Whole Grain | 34, 35 |
| Chai Roasted Green Tea | 69 |
| Chamomile Tea | 69 |
| Cherries - dried * | 62 |
| Cherry Apple Sauce | 30 |
| Cherry Butter | 31 |
| Cherry Concentrate | 31 |
| Cherry Juice | 31 |
| Chick Peas * | 10, 15 |
| Chili - bean & grain | 17 |
| Chili Beans | 12 |
| Chips | 64 |
| Chocolate Edensoy | 28 |
| Cinnamon Apple Sauce | 30 |
| Cinnamon Muesli | 34 |
| Cleansing Process | 5 |
| Cloudy Juice | 29 |
| Cocoa Dark | 28 |
| Comfort Food | 40, 41 |
| Company Goals - Eden | 3 |
| Concentrated Food | 20, 21 |
| Conchiglie - shell pasta | 50 |
| Conchigliette - shell pasta | 49 |
| Concord Grape Juice | 31 |
| Condiments * | 22 - 25 |
| Cover Explanation | 3 |
| Crackers | 63 - 64 |
| Cranberries - dried | 62 |
| Crushed Tomatoes | 73 |
| Curried Rice & Lentils | 18 |

D

| | |
|--------------------------------------|-----------|
| Daikon Radish | 37 |
| Dandelion Root Concentrate | 21 |
| Dentie Tooth & Gum Powder | 25 |
| Diced Tomatoes | 74 |
| Ditalini - pasta | 46 |
| Dried Fruit * | 62 |
| Dry Beans * | 15 - 16 |
| Dulse Flakes & Whole Leaf | 24, 58 |

E

| | |
|-----------------------------------|----------------|
| Ecological Pest Control | 7 |
| Eden Organic Pasta Company - EOPC | 45 |
| Eden Shake | 23 |
| Edensoy | 26 - 28 |
| Eggplant - toothpowder | 25 |
| Elbows | 46 |
| Extra Virgin Oils * | 43, 44 |

F

| | |
|----------------------|----------------|
| Farro - spelt | 34, 47, 48, 52 |
| Fermentation | 40, 55, 65 |
| Flakes - whole grain | 34 - 35 |
| Flax Rice Pasta | 48 |

| | |
|-------------------------------|----------------|
| Flour - whole grain * | 35 |
| Food Safety - AIB / Eden | 6 |
| Fortification - Edensoy Extra | 28 |
| French Celtic Sea Salt * | 25 |
| Fruit | 29 - 31 |
| Fruit - dried * | 62 |
| Fucoidan | 56, 59 |
| Furikake - Eden Shake | 23 |
| Fusilli - spiral pasta * | 46 - 50 |

G

| | |
|---|----------------|
| Garbanzo Beans * | 10, 15 |
| Garlic & Parsley Pasta * | 48, 50 |
| Garlic Gomasio | 23 |
| Gemelli - pasta twists | 47, 48 |
| Genetically Engineered Organisms aka Genetically Modified Organisms | 6, 27 |
| Genmai Miso * | 41 |
| Genmaicha Tea | 69 |
| GEO Free aka GMO Free | 6, 27 |
| Ginger Green Tea | 70 |
| Ginger Pickled * | 38 |
| Gluten Free | 6 |
| Gomasio - sesame salt | 23 |
| Grains - whole * | 32 - 35 |
| Grape Butter | 31 |
| Grape Juice | 31 |
| Great Northern Beans | 11 |
| Great Northern Bean & Barley Chili | 17 |
| Great Root - Kuzu | 37 |
| Green Lentils * | 12, 15, 16 |
| Green Split Peas * | 16 |
| Green Tea * | 68 - 71 |
| Gum Health | 25 |

H

| | |
|----------------------------|---------------------------------|
| Hacho Miso * | 41 |
| Hand Harvested | 24, 25, 33, 56 - 60, 62, 69, 70 |
| Harusame - mung bean pasta | 54 |
| Herman Aihara | 36 |
| Hiziki Seaweed * | 59 |
| Hojicha Tea | 69 |
| Hot Pepper Sesame Oil * | 44 |

J

| | |
|---------------------------------------|----|
| Japanese Agricultural Standards - JAS | 42 |
| Juice | 31 |

K

| | |
|----------------------------------|-----------------|
| Kamut | 34, 46, 47, 52 |
| Kamut & Buckwheat Rigatoni | 46 |
| Kamut & Kidney Bean Chili | 17 |
| Kamut & Quinoa Twisted Pair | 47 |
| Kamut Flakes | 34 |
| Kanten - agar agar | 57 |
| Khorosan Wheat | 34, 46, 47, 52 |
| Kidney Beans * | 10, 12, 14 - 16 |
| Kidney Bean & Kamut Chili | 17 |
| Koji - <i>Aspergillus oryzae</i> | 40, 65 |
| Kombu Seaweed * | 59 |
| Kosher | 7 |
| Kukicha - twig tea * | 69 |
| Kuzu Root Starch * & Noodles | 37, 54 |

L

| | |
|-------------------|------------|
| Lentils - green * | 12, 15, 16 |
| Light Damage | 43, 44, 72 |
| Local Supply | 5, 8 |
| Lotus Root | 38, 53, 71 |
| Love Apple | 75 |



| | |
|--|---|
| Low Bush Blueberries - dried | 62 |
| Lycopene | 72 |
| M | |
| Macrobiotic - definition | 36 |
| Maitake Mushroom | 38 |
| Maki Crackers | 63 |
| Malt Syrup | 67 |
| Matcha - powdered green tea | 71 |
| Mekabu Seaweed | 59 |
| Mexican Rice & Black Beans | 18 |
| Microcapsules | 20, 21 |
| Millet - yellow | 33 |
| Mint Green Tea | 70 |
| Mirin * | 66 |
| Miso * | 40, 41 |
| Miso Condiment | 39 |
| Mochi - pounded sweet rice | 42 |
| Montmorency Tart Cherries * | 62 |
| Moroccan Rice & Chick Peas | 19 |
| Mother of Vinegar | 76, 77 |
| Mu-16 Herb Tea | 71 |
| Muesli | 34 |
| Mugi Miso * | 41 |
| Mugwort | 42, 54 |
| Mung Bean Pasta - harasume | 54 |
| Mushrooms | 38 |
| Mustard - brown & yellow | 24 |
| N | |
| Nagata Family | 68 |
| Natto Miso * | 41 |
| Navy Beans * | 11, 12, 16 |
| Network Map | 80, 81 |
| Nitrogen Flushed | 32, 43 |
| Noirmoutier Isle, Brittany | 22, 25 |
| Non-GMO Project | 6, 27 |
| Noodles * | 52 - 54 |
| Nori Seaweed * | 59, 60 |
| Nori Maki Crackers | 63 |
| Nuts * | 62 - 63 |
| O | |
| Oat Flakes | 35 |
| Oil - unrefined vegetable * | 43, 44 |
| Olive Oil * | 43 |
| Oral Health | 25 |
| Original Edensoy | 27 |
| P | |
| Parsley & Garlic Pasta * | 48, 50 |
| Pasta * | 45 - 54 |
| Pasta - 100% whole grain * | 46 - 48, 53, 54 |
| Pasta - 60% whole grain | 48, 49 |
| Pasta - sifted flour * | 49, 50 |
| Pearled Barley * | 35 |
| Pepitas - pumpkin seeds * | 62 - 63 |
| Phytonutrients | 12, 19 - 22, 26, 40, 43, 45, 55, 56, 72, 76 |
| Pickled Beefsteak Leaves, Daikon, Ginger | 37 - 39 |
| Pinto Beans * | 11, 12, 14, 16 |
| Pinto Bean & Spelt Chili | 17 |
| Pistachios | 63 |
| Pizza Pasta Sauce | 75 |
| Pocket Snacks™ | 61 - 63 |
| Ponzu Sauce | 66 |
| Popcorn - yellow * | 33, 63 |
| Portuguese Sea Salt * | 25 |
| Pounded Sweet Rice | 42 |

| | |
|----------------------------------|--------------------|
| Probiotic Bifa-15 | 21 |
| Pumpkin Seeds * | 62 |
| Q | |
| Quiet Moon | 62 |
| Quinoa - red & white * | 33 |
| Quinoa & Black Turtle Bean Chili | 17 |
| R | |
| Recipes | 14, 35, 55, 57, 58 |
| Red Beans * | 9 - 12, 14 - 16 |
| Red Wine Vinegar - raw * | 77 |
| Reduced Sodium | 66 |
| Refried Beans | 13, 14 |
| Refried Black Beans | 13 |
| Refried Black Soy & Black Bean | 13 |
| Refried Kidney Beans | 14 |
| Refried Pinto Beans | 14 |
| Ribbon - pasta * | 48 - 50 |
| Rice & Beans - canned | 18 - 19 |
| Rice & Chick Peas | 19 |
| Rice & Kidney Beans | 19 |
| Rice & Lentils | 18, 19 |
| Rice & Pinto Beans | 19 |
| Rice Pasta - bifun | 54 |
| Rigati - pasta w/ ridges | 48 |
| Rigatoni - pasta w/ ridges | 46 |
| Roasted Eggplant | 25 |
| Roasted Sesame | 23 |
| Rose Green Tea | 70 |
| Rye Flakes | 35 |
| Rye Spirals | 47 |
| S | |
| Safflower Oil * | 44 |
| Saffron Ribbons | 50 |
| Sauerkraut | 55 |
| Sea Salt * | 25 |
| Sea Vegetables * | 56 - 60 |
| Sea Vegetable Chips | 64 |
| Seaweed Gomasio | 23 |
| Seeds * | 23, 62, 63 |
| Sencha - green tea * | 70 |
| Sesame Oil * | 44 |
| Sesame Salt | 23 |
| Shell - pasta small & medium | 49, 50 |
| Shiitake Mushrooms | 38 |
| Shiso Leaf Powder | 39 |
| Shiro Miso | 41 |
| Shoyu Soy Sauce * | 65, 66 |
| Shredded Daikon | 37 |
| Small Red Beans * | 9, 11, 16 |
| Snacks * | 33, 61 - 64 |
| Snack Mixes | 62 |
| Soba & Udon * | 51 - 54 |
| Sobaya | 51 |
| Sodium / Potassium Balance | 22 |
| Soy milk | 26 - 28 |
| Soy Sauce * | 65, 66 |
| Spaghetti * | 46 - 48 |
| Spaghetti Sauce | 75 |
| Spanish Rice & Beans | 19 |
| Specialty Imports | 36 - 39 |
| Spelt | 34, 47, 48, 52 |
| Spelt & Buckwheat Gemelli | 48 |
| Spelt & Pinto Bean Chili | 17 |
| Spelt Flakes | 35 |
| Spicy Nori Strips | 60 |
| Spicy Pintos | 12 |
| Spicy Pumpkin Seeds * | 63 |

| | |
|-----------------------------------|----------------------------------|
| Spicy Refried Black Beans | 14 |
| Spicy Refried Pinto Beans | 14 |
| Spinach Pasta | 49 |
| Spirals * | 46 - 50 |
| Spiritual Freedom | 36 |
| Sprouted Brown Rice Mochi | 42 |
| St. Hildegard | 48 |
| St. Johns Bread | 28 |
| Strawberry Apple Sauce | 30 |
| Super Food * | 33, 40, 42 |
| Sushi Mats | 60 |
| Sushi Nori * | 60 |
| Sweet Brown Rice | 42, 63 |
| Sweet Brown Rice Mochi | 42 |
| Sweetener - traditional | 67 |
| T | |
| Takuan - daikon pickle | 37 |
| Tamari Almonds * | 63 |
| Tamari Soy Sauce * | 66 |
| Tanaka Family | 51 |
| Tart Cherries * | 62 |
| Tea and Infusions * | 68 - 71 |
| Tea - bags & loose * | 69 - 71 |
| Tekka | 39 |
| Timeline - of Eden | 1 |
| Toasted Sesame Oil * | 44 |
| Tofu - dried | 37 |
| Tomatoes | 72 - 75 |
| Toothpowder | 25 |
| Trace Minerals | 22, 25, 56 |
| Twig Tea * | 69 |
| U | |
| Udon * | 51 - 53 |
| Uji Japan | 68 |
| Umeboshi Plums & Paste * | 39 |
| Ume Plum Balls | 21 |
| Ume Plum Concentrate | 21 |
| Ume Plum Vinegar - ume su - raw * | 77 |
| Unrefined Oils * | 43, 44 |
| Unsweetened Edensoy | 27 |
| V | |
| Vacuum Packed | 42 |
| Vanilla Edensoy | 27, 28 |
| Vanilla Extract | 28 |
| Vegetable Chips | 64 |
| Vegetable Oils * | 43, 44 |
| Vegetable Pastas * | 47, 49, 50 |
| Vinegars * | 76, 77 |
| W | |
| Wakame Seaweed * | 59, 60 |
| Wasabi Chips | 64 |
| Wasabi Powder * | 39 |
| Water Lily | 38, 53, 71 |
| Wheat & Rice Udon * | 52, 53 |
| White Kidney Beans * | 9 |
| Whole Grain | 32 - 35, 42, 45 - 49, 53, 54, 63 |
| Whole Tomatoes | 74 |
| Wild | 33, 37, 54, 56 - 59, 62 |
| Wild Berry Mix | 62 |
| Wild Rice | 33 |
| Wild Yam Soba | 54 |
| Y | |
| Yansen - dandelion root | 21 |
| Yellow Mustard | 24 |
| Z | |
| Ziti Rigati - pasta | 48 |

EDEN NETWORK



“ORGANIC AGRICULTURE IS SOCIETY’S BRIGHTEST HOPE FOR POSITIVE CHANGE.”



Real wild rice, hand harvested in canoes by Native Americans. Not a paddy grown imitation.

Fresh red ripe Roma tomatoes cooked and jarred within hours. BPA Free amber glass.



The finest Udon and Soba noodles in the Western Hemisphere made at Eden's Sobaya facility in Montréal.



NORTH AMERICA

Montmorency tart cherries. New 1 oz. 'Pocket Snacks'.



Meridian Foods Cannery. U.S.A. beans soaked over-night & thoroughly cooked in BPA Free cans.



Eden Organic Pasta Company. The finest grain, vintage Italian equipment, and traditional methods since 1923.

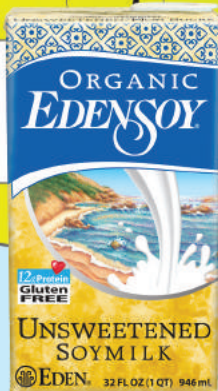


Southern Spain's lovingly tended centuries old groves grow the world's best olives.



EUROPE

EDENSOY family farm soybeans. Verified Non-GMO.



Sun & wind evaporates the sea leaving all of the sea's trace minerals.



SOUTH AMERICA

A hearty meal of black turtle beans and quinoa in a rich chili sauce.



Family plots at over 12,000 feet on the Andean Plateau. Ancient variety EDEN Quinoa supports ancient native culture and values.

Organic agriculture is society's
brightest hope for positive change.



300+ foods and 1,100+ free recipes at edenfoods.com | 888-424-EDEN

