

AGAR AGAR Bars

Wild, hand harvested

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.

AGAR AGAR Flakes

Wild, hand harvested

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.

ARAME

Wild, hand 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.

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 it for a fun snack.

DULSE Flakes

Organic, wild, hand harvested, raw

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



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.

NORI

10 sheets, cultivated, raw

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.



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.

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 a blend of toasted sesame oil, brown rice vinegar and shoyu. Mildly sweet and supremely healthy.

Sushi NORI

7 or 50 sheets, cultivated

Handy sheets pre-toasted for sushi, nori rolls, and rice balls. Versatile and popular. Ise Bay grown purity. Differences you can see and taste in its deep color, brilliant luster, and appealing flavor.

WAKAME

Cultivated, hand harvested, raw

Sun-dried from the environmentally protected national treasure, Ise Bay. Essential for miso soup. It turns a happy bright green when soaked. A traditional beauty tonic for centuries in Japan.

WAKAME Flakes - Instant

Cultivated

Pre-washed, cut, and ready to use right out of the bag for miso soup. Soak briefly for salads, expands 20 times. Sanriku-san grade means highest value. Twenty-five cleansing processes from leaf to flakes, but none of them reduce nutrient content.

SUSHI MATS - Bamboo

Multiple uses in addition to helping make professional looking sushi and nori rolls. Superior quality untreated bamboo strips bound with unwaxed cotton string for a flat, flexible surface. Made in Japan.



Sushi making instructions edenfoods.com/sushi

Become a sushi master with easy step-by-step directions, color photos, filling suggestions, and recipe ideas.



EDEN® Sea Vegetables

Orange Wakame Salad
recipe at edenfoods.com



Long Relationships

Eden has been supplying Japanese Sea Vegetables since 1968, and we reintroduced Canadian dulse in 2005. Our keen interest, due diligence, and knowledge about every possible source for these important vegetables ensures you the finest of each.

EDEN Japanese sea vegetables are renown for purity, superb flavor, and unique nutritional value. Wild or cultivated, they are hand harvested from environmentally protected areas designated as national natural treasures. Each is prepared using old artisan methods. Organic EDEN Dulse is wild from the cold North Atlantic waters of the Bay of Fundy off Grand Manan Island, New Brunswick. Biologist oversee the hand harvesting to ensure a sustainable yield and minimal upset to near shore ecology.

Crucial Benefits

Sea vegetables offer profound positive impact on human nutrition and well-being with a complete spectrum of imperative trace minerals not found in land vegetables. They offer an array of potent phytonutrients, polysaccharides, and vitamins, and are appreciated for stimulating weight loss as a catalyst in the burning of fat.

Modern interest in the 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.



Deep Cleansing Value

A remarkable and precious efficacy 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 and chemicals from environmental pollution. Metals include barium, mercury, lead, cadmium, radioactive strontium, and others. Research at McGill University in Montréal shows the alginic acid in sea vegetables binds with heavy metals, rendering

them into forms that can be easily eliminated by us. So the pollutants that are stored in our bodies are drawn out and eliminated, thus "... lowering the body's burden."

In addition to their cleansing properties, it has been discovered that fucoidan, a polysaccharide found in brown algae, acts as an antioxidant, enhances immune system and cellular health, supports heart health, and protects the body against heavy metals. Within fucoidan is an important sugar called fucose, necessary for nerve cell communication to the brain, kidney function, reproductive health, skin hydration, and fostering healthy metabolism.

- **Arctic current grown, hand harvested, sun and wind seashore dried**
- **Cleanest, radionuclide tested pure, solely traditionally handled**
- **Fourteen kinds, wild and cultivated**
- **Over 1,100 free recipes and much more at edenfoods.com**



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

Peach Berry Kanten

Serves 4 | Prep 1 hour, 10 minutes | Cooks in 10 minutes

- ½ cup peaches, sliced
- ½ cup blueberries, strawberries or raspberries, fresh or frozen
- 2 cups EDEN Apple Juice
- 1 pinch EDEN Sea Salt
- 1 bar EDEN Agar Agar Bars, or 2 Tbsp EDEN Agar Agar Flakes

Arrange fruit in a mold or shallow bowl. Place juice, sea salt, and agar in a saucepan. If using agar bars, cut into 1 inch pieces before adding to the juice. Bring to a boil, reduce flame to medium low and simmer 15 minutes for bars or 5 to 8 minutes for flakes. Stir occasionally until completely dissolved. Pour over fruit. Let set or chill in the refrigerator for 1 to 2 hours until firm.

Per serving 53 Calories, 0g Fat (0% calories from fat), 0g Protein, 15g Carbohydrate, 2g Fiber, 0mg Cholesterol, 29mg Sodium



Wakame & Tangerines

Serves 5 | Prep 70 minutes

- 2 Tbsp EDEN Wakame Flakes
- 3 tsp water, or vegetable stock
- 2 Tbsp EDEN Mirin
- ½ tsp EDEN Shoyu Soy Sauce
- 2 cups tangerine sections

Soak wakame flakes in cold water to cover for 10 minutes and drain. Discard soaking water. Mix all ingredients together. Let mixture marinate for 1 hour, drain and serve. Delicious in salads. Garnish with tofu mayonnaise for a tasty treat!

Per serving 48 Calories, 0g Fat (3% calories from fat), 0g Protein, 11g Carbohydrates, 6g Fiber, 0mg Cholesterol, 173mg Sodium



Kombu Dashi - Traditional Japanese Soup Stock

Serves 4 | Prep 3 minutes | Cooks in 7 minutes

- 4 cups water
- 1 piece EDEN Kombu, 4 to 6 inches long

Place water and kombu in a pot. Cover and bring to a boil. Reduce the flame to medium-low and simmer 5 minutes. Remove the kombu and use in other dishes or make a second soup stock with it.

The dashi stock is now ready to season with EDEN Shoyu Soy Sauce or any EDEN Organic Miso for broth, or to add vegetables and other ingredients to make soups, sauces, or gravies.

EDEN Shiitake Mushrooms, EDEN Bonito Flakes, or EDEN Dried Daikon Radish can be added at the beginning of cooking to create various flavored dashi.

Per serving 5 Calories, 0g Fat (0% calories from fat), 0g Protein, 1g Carbohydrate, 0g Fiber, 0mg Cholesterol, 52mg Sodium

Dulse Miso Soup

Serves 4 | Prep 10 minutes | Cooks in 10 minutes

- 4 cups water
- ¼ cup EDEN Bonito Flakes, optional, crushed in small pieces
- ¼ cup thinly sliced onions
- ¼ cup julienne carrots
- ¼ cup fresh green beans, sliced in 1½" lengths
- ½ pound organic tofu, cubed
- ⅓ cup EDEN Shiro Miso, or to taste
- 2 Tbsp EDEN Whole Leaf Dulse, soaked 3 minutes in cold water, chopped
- 2 Tbsp green onions, thinly sliced for garnish

Place water in a saucepan and bring to a boil. Add bonito flakes and onions. Reduce the flame to medium-low and cook 2 to 3 minutes. Add carrots and green beans, cover and simmer about 4 to 5 minutes. Reduce the flame to low. Add the miso, tofu and dulse. Cook 2 minutes. Serve garnished with green onion.

Per serving 112 Calories, 4g Fat (34% calories from fat), 10g Protein, 9g Carbohydrate, 2g Fiber, 0mg Cholesterol, 573mg Sodium



Hiziki & Dried Cherry Salad w/ Miso Dressing

Serves 6 | Prep 15 minutes | Cooks in 10 minutes

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

Dressing

- 3 Tbsp EDEN Shiro Miso
- 3 Tbsp organic roasted tahini (sesame butter)
- 1 tsp EDEN Brown Mustard
- 1 tsp EDEN Brown Rice Vinegar
- ¼ cup orange juice, freshly squeezed
- 1 Tbsp fresh parsley, minced
- ¼ cup cold water

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

Per serving 140 Calories, 5g Fat (27% calories from fat), 4g Protein, 22g Carbohydrate, 4g Fiber, 0mg Cholesterol, 235mg Sodium



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