

Organic Young Jackfruit

Edward & Sons® Organic Young Jackfruit is native to southern India, where prolific trees flourish on family farms that are certified organic to USDA standards. While mature jackfruit is sweet and fragrant, young jackfruit is not sweet at all, because young fruit is picked before its starch changes into sugar. Local cooks prize its neutral taste and meaty texture, which assumes the flavors of accompanying spices in popular regional dishes. Even so, the plentiful fruit exceeds local demand and remains on the tree. We purchase organic young jackfruit from this seasonal abundance, helping farmers earn important additional income from their crop.

Guided by our motto to offer *Convenience Without Compromise®*, we carefully pack Organic Young Jackfruit into shelf-stable packages without added ingredients. When you enhance our jackfruit with your favorite sauces and seasonings, it will adopt their flavors to star in your culinary creations. Edward & Sons Organic Young Jackfruit Pieces easily flake into the ideal texture for vegan pulled pork and other meatless dishes. Both soy and gluten free, it will quickly earn a valued place in your pantry. Imagine what you can create with a fruit that performs like meat...for example:

Jackfruit BBQ Veggie Burgers:

- 1 package Edward & Sons Organic Young Jackfruit Pieces
- 2 Tbsp olive oil (or other vegetable oil)
- ½ small onion (¼ inch diced pieces)
- 1 clove garlic, minced
- ⅓ cup your favorite BBQ sauce
- ⅓ cup water
- Water sufficient to cover jackfruit
- Vegan cheese slices (optional)
- In a frying pan, cover jackfruit with water and bring to a boil. Reduce heat to medium-high and simmer about 10 minutes.
- Mash the jackfruit to loosen and separate.
- Drain off remaining water.
- Add oil, onion and garlic to the jackfruit and sauté on medium-high until the onion is translucent.
- Stir in 1/3 cup of water and your favorite BBQ sauce. Cook until almost all the liquid is gone.
- Serve piled high on a bun, with or without your favorite vegan sliced cheese and enjoy!

Nutrition Facts

About 2 servings per container
Serving Size 1/2 cup (89g)

Amount per serving
Calories 40

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 7g	25%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	

Vit. D 0mcg 0% • Calcium 56mg 6%
Iron 4mg 20% • Potas. 180mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.

Ingredients:

Organic Young Jackfruit.
Organic Young Jackfruit is a
gluten free and soy free food.

Distributed by:
Edward & Sons Trading Co., Inc.
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Carpinteria, CA 93014 USA
edwardandsons.com

Certified organic by QAI
Convenience Without Compromise®

PRODUCT OF INDIA

Questions? custserv@edwardandsons.com

Refrigerate after opening.
Enjoy within 4 days.

Organic certification prohibits the use of GMOs and other unwelcome ingredients. Choosing organic foods benefits our farmers, our families and our planet.



Try these recipes at
edwardandsonsrecipes.org



Jackfruit Chili



Jackfruit Enchiladas



Jackfruit Pizza



Organic Jackfruit
Nacho Non-Carne™

Edward & Sons
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ORGANIC YOUNG
JACKFRUIT
MEATLESS ALTERNATIVE
UNSEASONED PIECES

NO SAUCE
JUST JACKFRUIT



For Vegan Burgers,
Stews, Curries
& More...

ORGANIC YOUNG
JACKFRUIT
MEATLESS ALTERNATIVE

UNSEASONED
PIECES

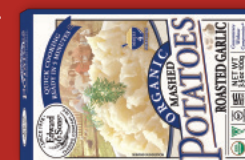
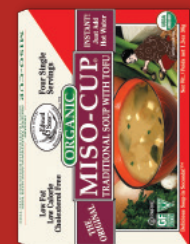


Jackfruit BBQ
Veggie Burgers -
Recipe On Back



NET WT 7 oz 200g

Try these other great organic products from Edward & Sons:



Edward & Sons Trading Co., Inc.
is an independent, family owned
vegetarian company, offering
*Convenience Without
Compromise®* since 1978.

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