

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 this “shredded” variety of 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. Shredded Organic Young Jackfruit is ready to make vegan tacos, salads and other wonderful dishes. Imagine what you can create with a fruit that performs like meat... for example:

Jackfruit Not-Meatballs™:

- 1 package Edward & Sons Shredded Organic Young Jackfruit
- 1 cube Edward & Sons Not-Beef Bouillon Cubes
- ½ tsp The Wizard's® Vegan Worcestershire Sauce
- 1 cup water
- 2 tsp granulated garlic (or 1 large clove, minced)
- Salt and pepper to taste
- 4 tsp Let's Do Organic® Arrowroot Starch
- 3 tsp Let's Do Organic® Cornstarch
- 2 Tbsp vegetable oil
- In a frying or sauce pan, bring Jackfruit, Not-Beef cube, Worcestershire sauce and water to a boil.
- Reduce heat to med-high and continue to cook until the liquid is almost gone.
- Remove from heat and allow to cool. Drain the jackfruit to remove most of the remaining liquid.
- In a bowl, mix the drained jackfruit with the remaining ingredients (except oil) and form balls from the mixture.
- Preheat frying pan with oil at medium heat.
- Fry meatballs on all sides until golden brown.

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.
PO Box 1326
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, **ORGANIC >NON GMO** and our planet.



Try these recipes at
edwardandsonsrecipes.org



Vegan Jackfruit Crockpot Taco Filling



Vegan Jackfruit "Toonot" Salad™

Shop for these items to prepare the recipe on back panel:



Regular

Gluten Free



ORGANIC YOUNG
JACKFRUIT
MEATLESS ALTERNATIVE
UNSEASONED SHREDDED

**NO SAUCE
JUST JACKFRUIT**



For Vegan Tacos,
Sloppy Joes
& More...

ORGANIC YOUNG
JACKFRUIT
MEATLESS ALTERNATIVE

**UNSEASONED
SHREDDED**



Jackfruit
Not-Meatballs™
Recipe On Back

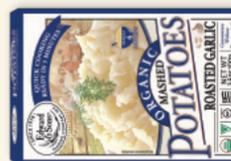
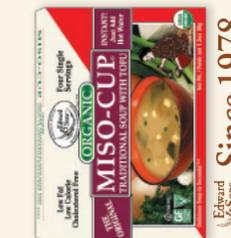


NET WT 7 oz 200g



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is an independent, family owned
vegetarian company, offering
*Convenience Without
Compromise*® since 1978.

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