

Native Forest® Organic Stir Fry is a delicious medley of organic Asian vegetables, certified to USDA organic standards. It combines exotic Thai specialties (banana blossom and water spinach) with familiar favorites (bamboo shoots, baby corn and bean sprouts). Crisp and tasty, Native Forest Organic Stir Fry is a wonderful wok foundation to pair with fresh, seasonal vegetables, such as broccoli, cabbage or squash. Serve as a side dish, or add your preferred protein while cooking to create a delicious entrée in minutes.

You and your family will love the convenience, quality and flavor of Native Forest Organic Stir Fry Asian Vegetables. The quality that you see and taste is only a hint of the care behind every Native Forest product. Enjoy!

Directions: Drain, rinse and cook in wok or skillet with seasonal fresh vegetables and your protein of choice.

Serving Suggestions:

- Add to soup for Asian flair.
- Enhance your stir fry with **Native Forest Organic Water Chestnuts**. Season

with **Gluten Free Premier Japan® Organic Teriyaki**.



CONTENTS OF CAN

See edwardandsonsrecipes.org for delicious recipe ideas!

NON-BPA CAN (BPANI)



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Convenience
Without
Compromise®



ORGANIC STIR FRY ASIAN VEGETABLE MEDLEY



WITH ORGANIC
BANANA BLOSSOM
& WATER SPINACH

SERVING SUGGESTION



NET WT 14 OZ 400g / DR WT 5.9 OZ 170g

Nutrition Facts

About 1.25 servings per container
Serving Size 1 cup (130g)

Amount per serving
Calories 20

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein less than 1g

Vit. D 0mcg 0% • Calcium 33mg 2%

Iron 0.4mg 2% • Potas. 65mg 2%

* 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: Water, Organic Mung Bean Sprouts, Organic Baby Corn, Organic Bamboo Shoots, Organic Water Spinach, Organic Banana Blossom, Organic Carrot, Citric Acid, Ascorbic Acid.

Distributed by:



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



Refrigerate unused portion and enjoy within 4 days.

Questions?
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