

Native Forest® Organic Sliced Water Chestnuts are delicious, slightly nutty tasting vegetables that lend their refreshingly crisp character to many favorite recipes. Add them to soup or stir fry for an authentic Asian flair.

Directions: Drain, rinse and serve.

Refrigerate unused portion and enjoy within 4 days.

See delicious recipes at edwardandsonsrecipes.org

Organic farming nourishes soil, promotes biodiversity, and produces some of the best tasting water chestnuts in the world!



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A Family-Owned Vegetarian Company Offering
Convenience Without Compromise® Since 1978.
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**NON-BPA
CAN (BPANI)**



*Great In Stir Fry,
Soup & Salad*



ORGANIC SLICED WATER CHESTNUTS

NET WT. 8 oz 227g / DR. WT. 4.9 oz 140g

SERVING SUGGESTION



Nutrition Facts

About 1 serving
per container

Serving size
1/2 cup (130g)

Calories
per serving **70**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 0g	0%	Total Carb. 16g	6%
Sat. Fat 0g	0%	Fiber 3g	11%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 0mg	0%	Incl 0g Added Sugars	0%
Sodium 10mg	0%	Protein 1g	
Vitamin D 0% • Calcium 0% • Iron 6% • Potassium 3%			

Ingredients:
Organic Water Chestnuts,
Filtered Water, Citric Acid.

Product of China

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