

On the beautiful island nation of Sri Lanka, **organic young jackfruit** is harvested while it is green, before its starch has time to change to sugar. Its fleshy interior and mild taste make an excellent base to carry the flavor of your favorite seasonings and star in your culinary creations. As it cooks, young jackfruit naturally shreds into the ideal structure for meatless pulled-pork and chicken-style recipes. We have packed this **Original** variety of **Native Forest® Organic Young Jackfruit** the traditional Sri Lankan way: in filtered water with a little organic lime juice and salt.

It's an excellent vegan option for people who enjoy the texture of meat in their plant-based recipes.

Directions: Drain, rinse and prepare (see serving suggestions). Refrigerate unused portion and enjoy within 4 days.

Vegan Not-Chick'n™ Salad

1 can Native Forest® Original Organic Young Jackfruit (drained & rinsed)

1 cube Edward & Sons® Not-Chick'n™ Bouillon Cubes

1/3 cup Chopped vegetables (green onion, carrots, celery)

1/3 cup Vegan mayonnaise • Salt and pepper (to taste)

Put jackfruit in saucepan and cover with water. Boil until jackfruit starts to separate. Simmer for 5-7 minutes.

Drain jackfruit and return to pan. Add water to cover and 1 bouillon cube. Bring to boil then simmer for 5 minutes, stirring regularly. Drain and put jackfruit into bowl.

Add mayonnaise, veggies, salt and pepper and mash while stirring well to break up bigger chunks.

Serve with wholesome crackers, such as Edward & Sons Baked Brown Rice Snaps® or Exotic Rice Toast™, or make a great Not Chick'n™ sandwich!

See edwardandsonsrecipes.org for more delicious recipe ideas!



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Edward & Sons A Family Owned Vegetarian Company Since 1978.

3 Convenience Without Compromise®

SERVING SUGGESTION



Organic Young Jackfruit

• ORIGINAL •



NET WT 14 OZ 400g
DRWT 7.9 OZ 225g

Nutrition Facts

About 2.5 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 840mg **37%**

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.

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Certified organic by QAI

Product of Sri Lanka

Ingredients:
Organic Young Jackfruit, Water, Sea Salt, Organic Lime Juice.
Jackfruit is a gluten free food.

• Sauté with onions, mushrooms and other fresh local vegetables.

• Add leafy greens and stir fry with your favorite sauce and Native Forest® Organic Bamboo Shoots, Baby Corn and Water Chestnuts.

• Use as a plant-based alternative in tacos.

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

Try our other varieties:

Organic Young

Jackfruit

BARBECUE

SODIUM FREE

YELLOW CURRY

RED CURRY

NON-BPA CAN (BPANI)



PREPARE & SERVE • RECIPE ON BACK

PLANT-BASED ALTERNATIVE