

**Native Forest® Organic Hearts of Palm** are tasty treasures found within the stalks of "Euterpe Oleracea", a bushy palm indigenous to the Amazon rainforest of Colombia. Here, local people have learned how to selectively harvest mature stalks while assuring the maintenance and repopulation of the native palm species.

Native Forest Organic Hearts of Palm are prized for their delicate flavor, which some say reminds them of artichokes. Containing no fat and low in calories, they are tender and delicious additions to any meal.

**Serving suggestions:** Slice and add to salads. Serve with vinaigrette as a delicious cold appetizer. Warm in oven with butter, Parmesan cheese and spices as a savory side dish.

**Directions:** Drain, rinse and serve.

Refrigerate unused portion and enjoy within 4 days.

See delicious recipes at [edwardandsonsrecipes.org](http://edwardandsonsrecipes.org)

**This hearts of palm project**, founded and led by Édgar Montenegro, employs over 1,000 Afro-Colombian and indigenous families, including hundreds of women heads-of-households. The project supports their prosperity and ensures the protection of the region's rainforest for years to come. For more of the story, visit [store.edwardandsons.com/pages/hearts-of-palm](http://store.edwardandsons.com/pages/hearts-of-palm)



NON-BPA CAN (BPANI)

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**Edward & Sons** A Family Owned Vegetarian Company  
 Since 1978.

Convenience Without Compromise®

*Delicious in Salads*



# ORGANIC HEARTS OF PALM

*Rainforest Friendly*



SERVING SUGGESTION



NET WT 14 OZ 400g / DR WT 7.7 OZ 220g



## Nutrition Facts

About 7 servings per container  
 Serving Size 1 oz (28g)

Amount per serving  
**Calories 10**

|                              | % Daily Value*  |
|------------------------------|-----------------|
| <b>Total Fat</b> 0g          | <b>0%</b>       |
| Saturated Fat 0g             | <b>0%</b>       |
| Trans Fat 0g                 |                 |
| <b>Cholesterol</b> 0mg       | <b>0%</b>       |
| <b>Sodium</b> 65mg           | <b>3%</b>       |
| <b>Total Carbohydrate</b> 1g | <b>0%</b>       |
| Dietary Fiber less than 1g   | <b>0%</b>       |
| Total Sugars 0g              |                 |
| Includes 0g Added Sugars     | <b>0%</b>       |
| <b>Protein</b> less than 1g  |                 |
| Vit. D 0mcg 0%               | Calcium 16mg 2% |
| Iron 1mg 4%                  | Potas. 50mg 1%  |

\* 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 Wild Hearts of Palm,  
 Water, Salt, Citric Acid, Ascorbic Acid.  
 Distributed by:

**Edward & Sons Trading Co., Inc.**  
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