

**Perfect in salads, side dishes and appetizers.**

Native Forest® Organic Hearts of Palm are tender and delicious, with a delicate flavor reminiscent of artichokes. Low in fat and calories, they are tasty and versatile 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 enjoy! Refrigerate unused portion in a glass or plastic container - enjoy within 4 days.

Native Forest Organic Hearts of Palm are culinary delicacies derived from renewable resources in two countries: Peru and Colombia. The Hearts of Palm in this can are sourced from the Amazon rainforest of Colombia, which boasts a wonderful diversity of life and pristine setting for palms and other flora to thrive. Indigenous villagers living in this rainforest zone know where and when to cut the stalks of wild "Euterpe Oleracea" palms to maintain and repopulate the palm species.



Over 200,000 acres of native rainforest are now protected from development as a result of this Organic Hearts of Palm project, which supports regional prosperity and ensures protection of the rainforest for years to come.

For more of our story, visit [edwardandsons.com/palmhearts.itml](http://edwardandsons.com/palmhearts.itml)



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 **A Family Owned Vegetarian Company Since 1978**  
 Convenience Without Compromise®  
 email [custserv@edwardandsons.com](mailto:custserv@edwardandsons.com)

*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% Potassium 50mg 1%

\* The % Daily Value 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.

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[edwardandsons.com](http://edwardandsons.com)  
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 Product of Colombia

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