

Native Forest® Asparagus are conscientiously grown and packed in Peru according to principles of sustainable agriculture. We employ strategies such as intercropping and crop rotation to control weeds and insects while enhancing biodiversity. Our mission is to offer you the most delicious and healthful asparagus while renewing soil fertility using natural, time-tested farming techniques. We believe sustainable farming benefits the land, the farmers and the quality of the crop.

The proof is in the great taste of Native Forest Asparagus: consistently fresh, tender, and flavorful. The quality that you taste is only a hint of the care that goes into each can.

Serving Suggestions:
COLD: Simply drain and serve. Try topping with French Dressing or Mayonnaise. **HOT:** Empty contents into a saucepan. Bring almost to a boil, drain, and serve. Refrigerate unused portion in glass or plastic container and enjoy within 4 days.

Fresh Packed

NATIVE FOREST

Tender Green
ASPARAGUS CUTS & TIPS

VEGAN

Nutrition Facts
 Serving Size 1/2 cup (120g)
 Servings Per Container 3.5

Amount Per Serving		%Daily Value*	
Calories 30	Calories from fat 4		
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 260mg		11%	
Total Carbohydrate 3g		1%	
Dietary Fiber 1g		4%	
Sugars 0g			
Protein 3g			
Vitamin A 0%	Vitamin C 20%		
Calcium 15%	Iron 2%		

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS:
 Green Asparagus, Water, Salt.

Dist. by Edward & Sons Trading Co., Inc.
 P.O. Box 1326
 Carpinteria, CA 93014 USA
 www.edwardandsons.com
 "Convenience Without Compromise"®
 Product of Peru

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Barcode: 0 43182 00888 4 10

NET WT 15 OZ 425g DR WT 7.8 OZ 220g

Bleed 2,5 mm
 GLUE FLAP

DIELINE FOR

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Fresh Packed

NATIVE FOREST

Tender Green
ASPARAGUS SPEARS

VEGAN

Nutrition Facts
 Serving Size 1/2 cup (120g)
 Servings Per Container 3.5

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Trans Fat 0g			
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TEXT AREA
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