

Native Forest® Organic Hearts of Palm present a fine example of socially and ecologically responsible enterprise, which begins with over 100,000 acres of native Peruvian rainforest protected from development. In this preserve, the hearts are harvested from stalks of select wild "Euterpe precatoria" palms, which grow back again – a renewable resource. Employment is provided for indigenous natives in the rainforest region who have learned how, where, and when to cut the plants to maintain and repopulate the palm species.

Native Forest® Organic Hearts of Palm are tender and delicious, yet low in fat and calories. They are the perfect complement to any meal!

Directions: Drain, rinse and enjoy.

Refrigerate unused portion in glass or plastic container and use within 4 days.

Serving suggestions: Add hearts of palm to salads, serve them alone with vinaigrette for a delicious cold appetizer, or warm them in the oven with butter, Parmesan cheese, and spices for a savory side dish.



SERVING SUGGESTION



# Organic HEARTS OF PALM Salad Slices

NET WT 28 OZ 800g DR WT 17.5 OZ 500g



SERVING SUGGESTION

## Nutrition Facts

Serving Size 1oz (dr. wt.) 1/2 Piece  
Servings Per Container About 17

Amount Per Serving	
<b>Calories</b> 10	Calories from fat 0
<b>%Daily Value*</b>	
<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> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%

\*Percent of Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Organic Hearts of Palm, Citric Acid, Water, Salt.

Certified organic by QAI

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