

Native Forest® Whole Artichoke Hearts are grown by independent farmers, who farm sustainably and promote biodiversity by using natural predators to eliminate insect pests and mulch their crop to conserve water and replenish soil nutrients.

You and your family will love the great taste of Native Forest Artichokes: consistently fresh, tender and delicious! The quality that you see and taste is only a hint of the care in this and every Native Forest product. Enjoy!

Directions: Drain, rinse and serve.

Serving Suggestions: Delicious sliced on salad, chopped in pasta sauce or eaten straight from the jar. Add to pizza prior to baking. Combine with sliced Native Forest Organic Hearts of Palm and drizzle with vinaigrette for a delicious "Hearts Salad".

Refrigerate unused portion and enjoy within four days.

See our many delicious recipes at edwardandsonsrecipes.org.



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*Delicious on
Salad &
Antipasto*



FANCY WHOLE ARTICHOKE HEARTS



NET WT 9.9 OZ 280g / DR WT 5.8 OZ 165g



Nutrition Facts Serv Size: 7 pieces (130g), Servings Per Container: about 1, Amount Per Serving: Calories 40, Fat Cal. 0, Total Fat 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 340mg (14% DV), Potassium 210mg (6% DV), Total Carb. 8g (3% DV), Fiber 3g (12% DV), Sugars 2g, Protein 2g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (4% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients:

Artichoke Hearts, Water, Salt, Citric Acid.

Artichoke Hearts are a gluten free food.

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Product of Peru

Questions? email custserv@edwardandsons.com