

Rejuvenative Foods

Caraway

KIM-CHI

Organic

With Celtic Sea Salt®
and Garlic!



Perishable Keep Refrigerated

Net Wt. 15 oz.

INGREDIENTS: cabbage*, carrots*, caraway seeds*, Celtic Sea Salt®**, ginger*, garlic*, ground dried red pepper*. Ingredients with an asterisk are organically grown. *Eat This • Feel Better or your money back (contact us)!(contact us)!* **What is this product?** Kim-Chi has been a staple in the Korean diet for centuries. It is made from fresh, shredded, nonheated vegetables (see ingredients) which are put into stainless steel containers and left to culture for 5 to 7 days. No water or vinegar is added. These delicious, high-fiber, low-fat, nonheated, raw, organic, cultured vegetables are one of the richest sources of lactobacilli and enzymes available. Lactobacilli are probiotic microflora, naturally implanted by mother's milk, normally present in a healthy human digestive tract. *We make California-style, organic, Kim-Chi fresh year-round. Therefore from batch to batch, the taste, color and juiciness are different.*

Serving Suggestions: Add delicious live zing to meals! This Kim-Chi mixes nicely with starches, proteins and vegetables. Serve with or on: rice cakes with fresh raw organic almond butter (or other nut and seed butters), tortillas, avocados, salads, seeds, nuts, grains, pizza, eggs, potatoes, meat, sandwiches & omelettes.

RECOMMENDED READING: *The Maker's Diet* by Jordan Rubin; *Body Ecology Diet* by Donna Gates; *Healing with Whole Foods* by Paul Pitchford; *Detoxification* by Linda Page, N.D., Ph.D.; *Conscious Eating* by Gabriel Cousens, MD.



ALSO AVAILABLE: Unheated, raw cultured vegetables—salt-free or with mineral-rich Celtic Sea Salt® including **Vegi-Delite Zing Salad, Raw Sauerkraut and Salsas.** Assorted flavors of fresh, raw, low-temperature ground nut and seed butters, including **Raw Organic Almond and Brazil Nut Butters.** Four varieties of Fresh Organic Chocolate Spreads

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P.O. Box 8464

Santa Cruz, CA 95061

(800) 805-7957

www.rejuvenative.com

Certified Organic by Monterey
County Certified Organic



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