

Rejuvenative Foods

GARDEN
KIM-CHI



Perishable Keep Refrigerated

Net Wt. 15 oz.

INGREDIENTS: Cabbage,* carrots,* broccoli,* ginger, *onions,* dandelion greens,* lemon juice,* Celtic Sea Salt®, garlic,* celery seed,* fennel,* thyme,* basil,* sage,* rosemary,* ground dried red pepper.* Ingredients with an asterisk are organically grown.
Eat this • Feel better or your money back (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, PhD., *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

Rejuvenative Foods
P.O. Box 8464
Santa Cruz, CA 95061
(800) 805-7957

www.rejuvenative.com
Certified Organic by Monterey
County Certified Organic



Rejuvenative Foods

GARDEN
KIM-CHI



Perishable Keep Refrigerated

Net Wt. 15 oz.

INGREDIENTS: Cabbage,* carrots,* broccoli,* ginger, *onions,* dandelion greens,* lemon juice,* Celtic Sea Salt®, garlic,* celery seed,* fennel,* thyme,* basil,* sage,* rosemary,* ground dried red pepper.* Ingredients with an asterisk are organically grown.
Eat this • Feel better or your money back (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, PhD., *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

Rejuvenative Foods
P.O. Box 8464
Santa Cruz, CA 95061
(800) 805-7957

www.rejuvenative.com
Certified Organic by Monterey
County Certified Organic

