

Rejuvenative Foods

GARDEN

KIM-CHI

Organic

Salt Free!



Perishable Keep Refrigerated

Net Wt. 15 oz.

INGREDIENTS: Cabbage,* carrots,* broccoli,* ginger,* onions,* dandelion greens,* lemon juice,* garlic,* celery seed,* fennel,* thyme,* basil,* sage,* rosemary,* ground dried red pepper.* (*certified organically grown). *Eat this • Feel better or your money back (contact us)!*

This is a unique salt-free Kim Chi for special "no salt" and low sodium diets. If you are not on a salt-free diet and want a zestier and more delicious Kim Chi, please try one of our other organic Kim Chi products with CELTIC® SEA SALT. What is this product? Kim-Chi without salt is very unique and special. Kim-Chi has been a staple in the Korean diet for centuries. It is fresh, shredded unheated vegetables (see ingredients) that are put into a stainless steel container and left to culture for five to seven days. No water or vinegar is added. These delicious, high-fiber, unheated, organic cultured vegetables are one of the richest sources of lactobacilli and enzymes available. **We make this Kim-Chi 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 or rice cakes with fresh raw organic almond (or other nut and seed butters or mixtures), tortillas, avocados, vegetables, salads, seeds, nuts, grains, pizza, eggs, potatoes, meat, sandwiches and omelettes. **RECOMMENDED READING:** *The Maker's Diet* by Jordan S. Rubin, *Body Ecology Diet* by Donna Gates; *Healing with Whole Foods* by Paul Pitchford; *Detoxification* by Linda Page, 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.** 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



DATE OF ORIGIN: unknown DATE MODIFIED: 2/18/05 FILE NAME: Garden Kim Chi AUTHOR: Sandy Hughes

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