

Organic Cashews - Whole Raw

Country of Origin: Vietnam/Brazil

Certified Organic

Pro-Cert

Nutrition Facts Valeur nutritive

Per 1/4 cup (30 g) / par 1/4 tasse (30 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 170	
Fat / Lipides 15 g	23 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 5 g	2 %
Fibre / Fibres 4 g	16 %
Sugars / Sucres 1 g	
Protein / Protéines 7 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	8 %
Iron / Fer	8 %

Factoid:

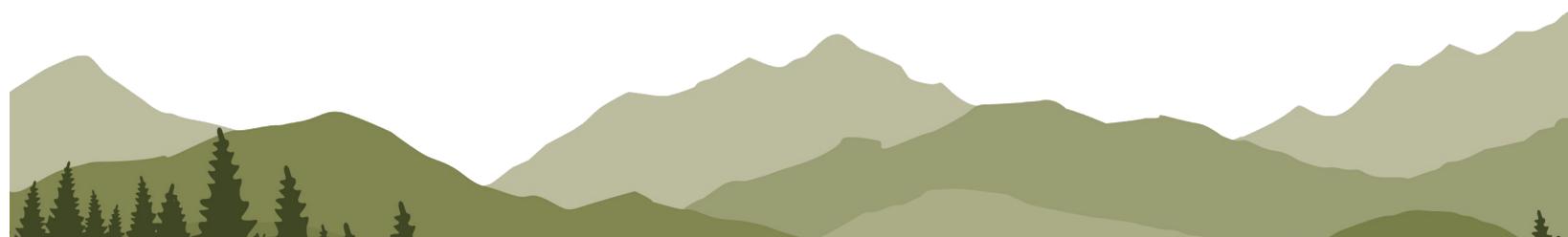
Cashew nuts are seeds found at the bottom of the cashew apple. They are related to pistachios and mangos. Cashews are rich in copper, iron, magnesium, manganese, selenium, zinc and potassium. Our cashews are 240 size which is a premium jumbo sized cashew. Our suppliers have been vetted to ensure their labour practices are safe and audited by a third party. All cashew shelling is done by machine.

Allergen Information:

Tree Nut

Ingredients:

Organic cashews



Recipe:

left coast
ORGANICS

Cashew Chicken

Ingredients:

1/2 C ketchup

4 tsp soy sauce

1/2 tsp salt

2 Tbl Worcestershire sauce

3 Tbl sugar

1 1/2 tsp sesame oil

1/4 tsp cayenne pepper

1/2 C chicken broth

2 Tbl cornstarch

1/2 tsp sugar

1/4 tsp salt

2 Tbl fresh ginger root, minced

1 Tbl garlic, minced

1 onion, chopped

2 carrots, sliced thinly

1 green bell pepper, chopped

2 C snow peas

1 1/2 C cashews

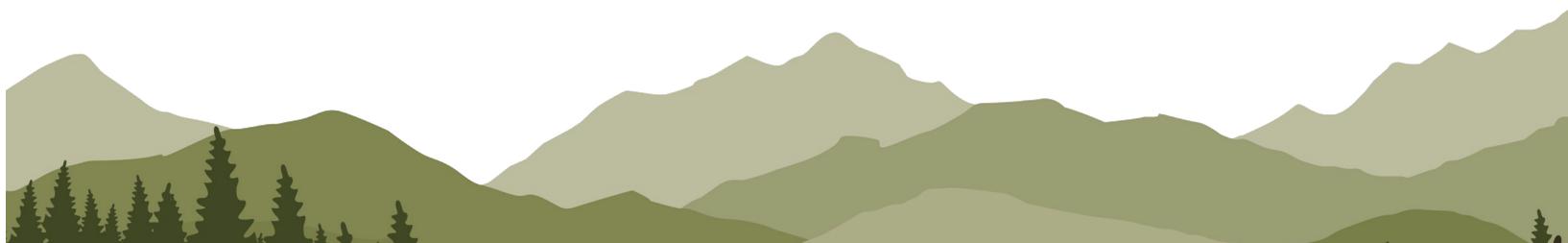
2 C cooked white rice

3 whole chicken breasts,
cut into bite size pieces

1/4 C cooking oil

Instructions:

1. Combine ketchup, soy sauce, salt, Worcestershire Sauce, sugar, sesame oil, cayenne pepper, and chicken broth and set aside.
2. In a bowl, combine cornstarch, sugar, and salt.
3. Toss the chicken with cornstarch mixture.
4. Heat a wok or frying pan to a high heat and add cooking oil.
5. When oil is hot add chicken.
6. Add ginger root, garlic and onion.
7. Stir fry mixture until chicken is cooked through and opaque.
8. Add bell pepper and carrots, stir fry until tender yet crisp, about 2-3 minutes, then add snow peas.
9. Continue to stir fry until tender yet crisp.
10. Add ketchup-soy sauce mixture to chicken and vegetables and cook until it comes to a boil.
11. Add the cashews and serve immediately over white rice.



Farmer:

Tradin

**left coast
ORGANICS**

Tradin's organic cashews are grown in Vietnam. The cashews are sourced from a farm located in the Bu Dang district of the Binh Phuoc province and has been certified organic since 1998. Some organic farming techniques they use are growing legumes as a soil cover crop, using a targeted integrated pest management system, and fertilizing crops with organic compost. The head cashew farmer said he was motivated to become an organic farmer to live closer to nature and be in harmony with other living things. Transitioning to organic farming meant working with nature instead of using external inputs which can work against nature. In his experience, although an organic harvest can at times yield less than a conventional one, choosing organic helps him to save on expensive agrochemicals and to be healthier overall. Those working on the farm say organic farming gives them a sense of peace and happiness and they would "certainly recommend it to everyone because it provides an opportunity to understand the ecosystem closely and leave an unpolluted land to the new generation." To them, an organic farming system is beneficial because it reduces the costs of production and gives a higher economic value to the end product. As well, it has improved their animal husbandry practices and bee apiary. They have also been able to keep surrounding areas free from synthetic chemicals. As organic farmers they have seen firsthand the positive impacts of conserving local bio-diversity, soil, and water, and maintaining a sound ecosystem.

