

Organic Cashews - Whole Roasted Salted

Country of Origin: Canada from Imported Ingredients

Certified Organic

Pro-Cert

Nutrition Facts

Valeur nutritive

Per 1/3 cup (50 g) / par 1/3 tasse (50 g)

| Amount Teneur | % Daily Value % valeur quotidienne |
|--|---------------------------------------|
| Calories / Calories 340 | |
| Fat / Lipides 29 g | 44 % |
| Saturated / saturés 2 g + Trans / trans 0 g | 9 % |
| Cholesterol / Cholestérol 0 mg | |
| Sodium / Sodium 0 mg | 0 % |
| Carbohydrate / Glucides 7 g | 2 % |
| Fibre / Fibres 5 g | 21 % |
| Sugars / Sucres 2 g | |
| Protein / Protéines 11 g | |
| Vitamin A / Vitamine A | 0 % |
| Vitamin C / Vitamine C | 0 % |
| Calcium / Calcium | 15 % |
| Iron / Fer | 8 % |

Factoid:

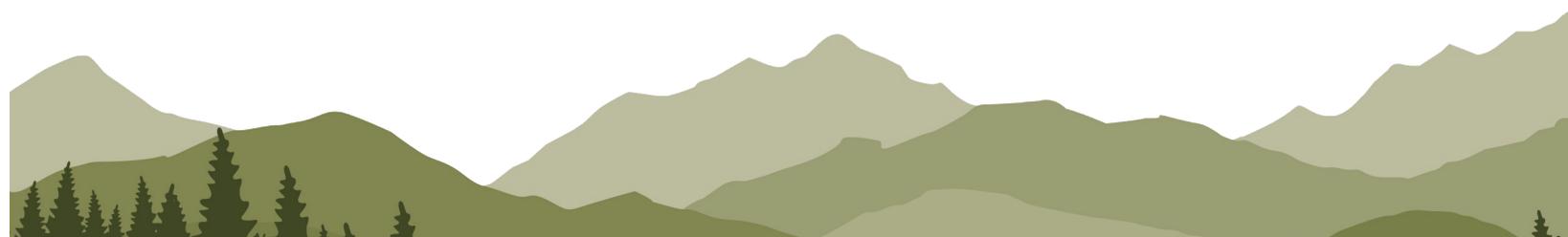
Cashew nuts are seeds found at the bottom of the cashew apple. They are related to pistachios and mangos. Cashews are rich in copper, iron, magnesium, manganese, selenium, zinc and potassium. Our cashews are 240 size which is a premium jumbo sized cashew. Our suppliers have been vetted to ensure their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

Allergen Information:

This product may contain sesame, milk, soy, wheat, gluten, and tree nuts.

Ingredients:

Organic cashews and sea salt



Recipe:

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Quick Tofu and Cashew Sour Cream

Ingredients:

1 1/2 C soft silken tofu (or 1 C regular tofu and 1/2 C water)

1/2 C whole roasted salted cashews

1 Tbl lemon juice

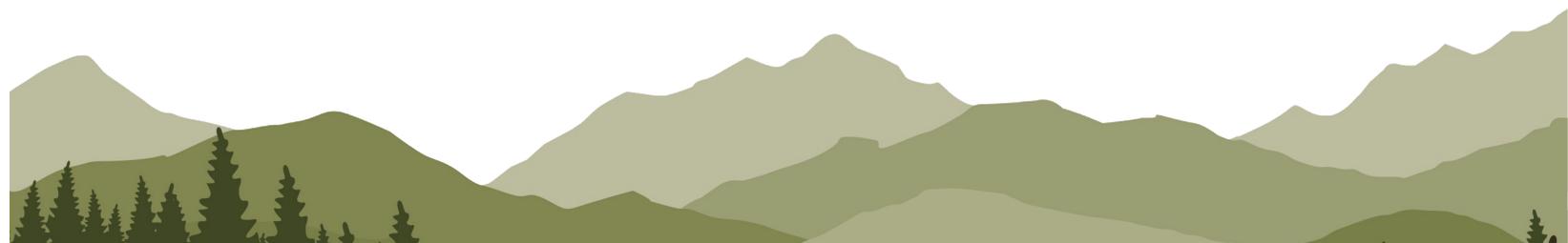
1 tsp salt

1 tsp onion powder

2 Tbl fresh or dried chives, snipped

Instructions:

1. Place all ingredients in blender, except the chives. Blend for at least 1 minute until silky smooth.
2. Add the chives. Blend briefly.
3. Serve. To thicken, chill longer.



Farmer:

Tradin

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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.

