



CRUNCHY MIX



Archaeologists believe dry peas and lentils were some of the first crops ever cultivated 9,000 years ago. Crunchy Mix is a bean/pulse mix high in protein, potassium, iron, vitamin A, folic acid and fiber making it a great tasting addition to any diet. Crunchy Mix can be eaten straight out of the box, in salads for added crunch, add to a broth for an easy bean soup, made as chilies or anywhere you use beans.

GROWING STANDARDS

- ✓ Grown hydroponically
- ✓ No soil or growing medium
- ✓ Pesticide and herbicide free
- ✓ No additives or preservatives.
- ✓ Year round production
- ✓ Every lot tested for E. coli and Salmonella prior to shipping

FAQ:

Which beans are in the crunchy mix?

A mix of adzuki beans, mung beans, green lentils, red lentils, and green peas.

SPECIFICATIONS

Available sizes:

8 pk. / 6 oz. and 12 pk. / 6 oz.
5 lbs

Handling and storage:
Store at 2.2°C/36°F

Shelf life:
3-4 weeks