

**NORTHERN  
LIGHTS**



*CERTIFIED ORGANIC  
WILD RICE*



# Northern Lights Wild Rice satisfies the needs of today's health-conscious public by presenting a natural, versatile and Certified Organic choice!

In today's export-based market, where food is constantly being scrutinized for purity and cleanliness, a number of common questions arise about how food is produced and processed. Does it come from a clean, unspoiled environment? Was it grown naturally and does it contain only wholesome ingredients? Is this product guaranteed totally organic?

**Northern Lights Wild Rice answers all of the questions with a product that's both delicious and Certified Organic.**

We're proud to carry the QAI Certified Organic emblem as proof our wild rice satisfies the high standards set out by international inspectors. Growth of Northern Lights Wild Rice is naturally stimulated in fresh and pure Canadian waters, ensuring our product originates in a perfect setting and flourishes in its natural, ideal environment. Northern Lights

Wild Rice draws the best from its wilderness surroundings during a summer-long growing season and is plump and full of nutrients when harvested. It's natural quality is ensured as it is carefully cultivated, roasted to taste and prepared for shipping.

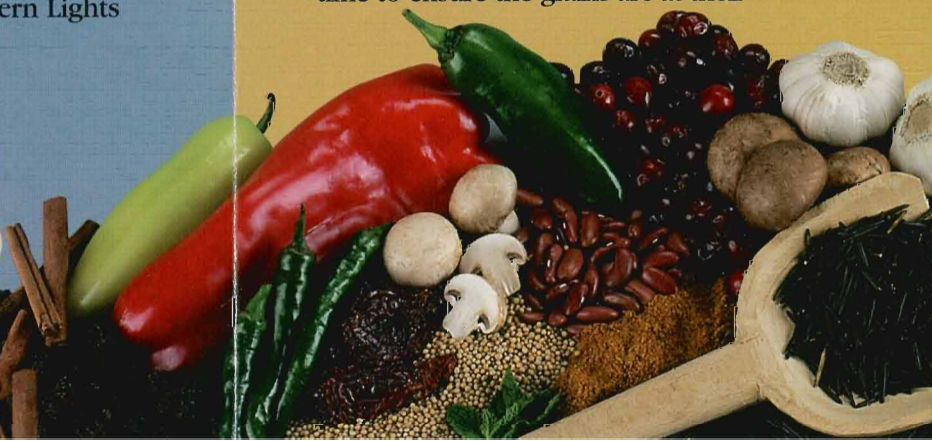
**Wild rice is favoured for its versatility, unique appearance and straightforward preparation.** With its distinctive dark colour and alluring roasted aroma, Northern Lights Wild Rice gives any presentation an added dimension in both sight and smell. The incomparable taste of wild rice is perfect for the creation of special dishes ranging from soups and salads through main course fish, meat and poultry selections right through to desserts. Northern Lights Wild Rice is harvested at precisely the right time to ensure the grains are at their

peak and will plump to as much as four times their size when cooked—providing an extraordinary visual presentation!

**High in fibre, low in fat, rich in protein and stacked with minerals and essential vitamins!** Northern Lights Wild Rice

adds vitality to meals and boosts a daily routine.

As part of a balanced diet, wild rice gives the energy needed to enjoy life to the fullest and the nutrients necessary to build and maintain a strong, healthy body. Northern Lights Wild Rice also delivers nearly 50 per cent more proteins than plain white rice and a vitamin content far outpacing its cousin!





**Northern Lights Wild Rice is always abundant and — thanks to our careful harvesting, storage and pro-**

**cessing methods — always in season. To maintain a moisture content below nine per cent and ensure optimum shelf life we package Northern Lights Wild Rice in burlap-encased plastic bags. These 50-pound bags also allow efficient shipping across North America and around the world. Combined with great taste and its Certified Organic designation, Northern Lights Wild Rice is the ideal choice for distributors to a health-conscious public!**



Inquiries for this time-honoured  
staple of life are welcome!  
Direct all of your comments to:

**NORTHERN  
LIGHTS**



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