



# New Products for Tengu Catalog ver14.2007

Please check our website or contact us for product details!

B12	'Ryce'Loaf (German Natural Sweets)	500g	¥525	Brown rice and rye flours with natural leaven.
B01	Natural Brownies (Alishan Cafe)	400g	¥600	Naturally sweetened and vegan meet moist, chocolately delicious! Different than our last Brownie.
E34	Roasted Flax Seed (C-Pro)	250g	¥630	Use in baking, or breakfast cereals.
F35	Mango (Fair Trade Company)	100g	¥840	Sundried mango, naturally sweet and satisfying.
F69	Cherries (Daabon)	60g	¥750	Pitted, organic, unsweetened, no oil, a joy to munch on.
N16	Roasted Hemp Seed (New Age Trading)	100g	¥750	Great source of good omega oils, minerals, vitamins
G40	Kuzu (Warabemura)	100g	¥462	Hand-extracted from wild roots.
H63	Black Sesame Safflower Oil Dressing	130g	¥504	The fresh, authentic and colorful range of OFUKURO salad dressings are made with organic Japanese ingredients.
H64	Creamy Kabocha Dressing	130g	¥504	
H65	Yuzu Miso Dressing	130g	¥504	
G18	Shortening (Daabon)	680g	¥850	Made from organic palm fruit oil it has zero trans fats.
H67	Plum Vinegar (Musu)	360ml	¥504	Great vinegar for use in various cooking.
M96	Basil Paste (Udokuseikosonsha)	130g	¥893	Made in Saitama, by Goto-san. Purely handmade.
M65	Whole Wheat Spaghetti (Italy)	500g	¥420	Italian wholegrain pasta with an uncommonly smooth
M67	Corn Penne (Italy)	250g	¥420	Refreshing change in color and flavour 100% corn!
M68	Kamut Fusilli (Italy)	250g	¥420	Twirly Pasta stubs made with organic kamut wheat.
M69	Spelt Penne (Italy)	250g	¥420	Spelt is closest genetically to semolina, and suits pasta
K54	Thai Coconut Soup (Amy's)	400g	¥588	A well-seasoned and generously chunky tom kha recipe.
X35	Vegetable Lasagna (Amy's)	269g	¥1040	Worthy of the finest Italian restaurant
X19	Cheese Pizza Small (Amy's)	176g	¥924	Everyone's favorite flavours, Spinach and Cheese in a small size, just perfect for one!
X21	Spinach Pizza Small (Amy's)	204g	¥924	
X34	Indian Spinach Tofu Wrap	156g	¥567	Indian-spiced vegan snack in a wholegrain wrapping.
H25	Almond Mozzarella (Lisanatti)	227g	¥735	A rice, almond or soy base then they are all the same with water, casein, canola oil, natural & cultured flavors. Brown rice flour, rice bran, sodium, & calcium phosphates, sea salt, citric acid, carrageenan, cultured lactic acid.
H26	Rice Mozzarella (Lisanatti)	227g	¥735	
H27	Soy Cheese Pepper Jack (Lisanatti)	227g	¥735	
H29	Soy Cheese Cheddar (Lisanatti)	227g	¥735	
B89	Oat Cakes (Nairns)	250g	¥588	The old Scots favorite goes organic.
XX14	Valrhona Dark Chocolate	100g	¥630	New organic options from the famed French chocolatier:
XX15	Valrhona Milk Chocolate	100g	¥630	
XX07	Super Bitter Chocolate (Fair Trade Company)	50g	¥250	Organic Bolivian cocoa and white cane sugar from the Philippines. Fair trade
B98	Jocolat Bar Chocolate (Humm Foods)	48g	¥368	An Organic and fair trade based bar for people who love chocolate. The richness comes from pure organic chocolate and nuts. Indulgently smooth with a satisfying crunch.
B99	Jocolat Bar Chocolate Coffee (Humm Foods)	48g	¥368	
B100	Jocolat Bar Chocolate Orange (Humm Foods)	48g	¥368	
B91	Larabar Cashew Cookie (Humm Foods)	48g	¥315	
B92	Larabar Cinnamon Roll (Humm Foods)	51g	¥315	Raw, Vegan Gluten and soy free, non GMO. Made with simple ingredients of dried fruits and nuts, spices only. All are healthy and great on the go.
B93	Larabar Lemon (Humm Foods)	51g	¥315	
B94	Larabar Cherry Pie (Humm Foods)	48g	¥315	
B95	Larabar Pecan Pie (Humm Foods)	45g	¥315	
G58	Kay's Lilliy Flower Jelly (Taiwan)	60g	¥450	Makes a natural jelly from natural pectin of a fig.
M97	Fermented Dried Black Bean	200g	¥760	Boiled whole black beans, salt and fermentation make these tasty and digestible for use in Taiwanese stir fry.
M98	Fermented Miso Chili Sauce	315g	¥800	
D37	Organic Oolong Tea (Taiwan)	50g	¥1200	This organic tea Fay found in Taiwan.
D39	Jasmine Dragon Pearls (Rishi-tea)	50g	¥1200	Green tea flavored with the aroma of jasmine petal.
J60	Fruit juice Blend (Vita Verde)	750ml	¥750	Organic juice from Germany. Unsweetened.
J61	Beet root Juice (Vita Verde)	750ml	¥750	
D23	Soy Whip Cream (Tofu Town)	300ml	¥578	100% vegetable whipped topping with a vanilla taste.
D22	Mimic Cream, unsweetened	946ml	¥1200	Allows you to make any recipe that needs cream. Vegan.



## Supplier Changes

Rice Loaf (Shifuku no Toki Bakery) → Ryce Loaf	
Chocolate Brownies (Kyle's Good Finds) → Alishan Cafe's Natural Brownie	
Shoyu (Yugeta) → Organic Shoyu (Yugeta)	
Miso (Maizuru) → Organic Miso (Polan)	
Umeboshi (Yuasa) → Organic Umeboshi (Polan)	
Brown Rice Vinegar (Polan) → Brown Rice Vinegar (Musu)	
Golden Flax Seed (US) → Roasted Flax Seed (Canada)	
Beginners Set (Beloved)	<p><b>We will change to Fair Trade Company Organic Essential Oils!</b></p> <p>—Spike Lavendar</p> <p>—Eucalyptus</p> <p>—Tea Tree</p> <p>—Majoram</p> <p>—Rosemarv</p>
Joy (Beloved)	
Meditation (Beloved)	
Calm (Beloved)	
Enchanted Garden (Beloved)	
Evening Melody (Beloved)	
Tonic (Beloved)	
Aroma Pot	

Kukicha→Masuokaen's Organic Bancha
Sencha→Masuokaen's Organic Green Tea
Hojicha→Masuokaen's Organic Hojicha
PLANET Dishwashing Liquid→Seventh Generation Dishwashing Liquid
PLANET Liquid Laundry Soap→Seventh Generation Laundry Soap (Powder/Liquid)



## No Longer Available, Dropped Products

Rye Loaf (ShifukunoTokiBakery)
Corn Thins (Organic Estate)
Coarse Graham Flour (Tomizawa Shoten)
Almond Butter (SunSpire)
Tomato and Aubergine Spread (Sierra Rica)
Red Pepper Spread (Sierra Rica)
Spanish Onion Spread (Sierra Rica)
Corn Flakes (Arrowhead Mills)
Vanilla Almond Crisp (Nishimoto Boeki)
Maple Raisin Crisp (Nishimoto Boeki)
Apricot (Regular)
Almond (Regular)
Walnut (Regular)
Calymrina Figs (San Joakin)
Pear
Cherry (Vandike)
Refried Pinto Beans Spicy (Eden)
Sprout Set (US)
Pearled Barley
Dry Jalapeno
Fenugreek
Mace Powder
Salsa Mild (Amy's)
Italian Vegetable Bouillon (Zangrando s.r.l)
Spinach Spiral (Eden)
Tree Pasta (Warabemura)
Pizza & Pasta Sauce (Eden)
Tomato Sauce (Muir Glen)
5-Spice Ramen (Warabemura)
Mushroom Ramen (Warabemura)
Garlic & Red Pepper Couscous (Fantastic Foods)
Tofu Scrambler (Fantastic Foods)
Spinach Feta Cheese Sandwich (Amy's)
Pasta Shell (Amy's)
Indian Samosa (Amy's)
Corn Thins (Organic Estate)
Oat Dream (Pure Harvest)
Red Grape Juice (Vitamont)
Radical Red Table Wine
Radical Cab
A' Notre Terre
Chardonnay
Pinot Noir
Syrah
Merlot Proprietor's Reserve
Decafe Breakfast Blend (Bean)
Decafe Breakfast Blend (Ground)
English Breakfast Tea
Easy-now (Traditional Medicinal)

Toms of Maine ALL products
Home Bakery
Extra Tray for Sprout Tower
Air Filter
PLANET All-purpose cleaner
DR.Bronners Sal Cleaner
Magic Charcoal
Joshiki Yaburino Cho kenkokakumei
Kodomotachi wa naniwo taberebaiika
50daikarano cho kenkokakumei
Organic Garden Book
Prescription for Nutritional Healing
Spontaneous Healing
The Tao of Health, Sex and Longevity
The Real Vitamin and Mineral Book
The Complete Book of Pregnancy and Childbirth
Eating Expectantly
Your Baby and Child from Birth to Age Five
20 Minutes to Dinner
Honest Pretzels
Pretend Soup
The New Laurels Kitchen
Arrowhead Mills Cookbook
The Sacred Kitchen
Essential Aromatherapy
Scents and Sensuality
Yoga for the Young at Heart
Massage for Busy People
Essential Homeopathy
18 Natural Ways to Beat the Common Cold
The Macrobiotic Way
Spontaneous Healing
The Real Vitamin & Mineral Book
The Complete Book of Pregnancy & Childbirth
Eating Expectantly
Your Baby and Child: From Birth to Age Five
Nutritional Yeast Cookbook
20 minutes to Dinner
The Bread Machine Cookbook: Whole Grains and Natural Sugars
The Pregnancy Cookbook
Honest Pretzels and 64 Other Amazing Recipes for Ages 8 & Up
The Top 100 Pasta Sauces
Yoga for Busy People
All Yoga Videos
All CDs

## Tengu Payment Options have CHANGED!

For payment options we now offer COD (¥200 handling charged to you and we pay another ¥200 charge) or by credit card. If you are a customer who is not home all day and do not use credit cards please tell us and we will figure out a way that works for both of us. We are sorry to have to change our system again.

Tengu Natural Foods

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