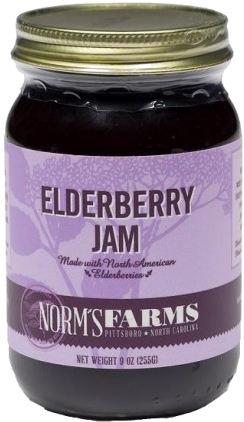


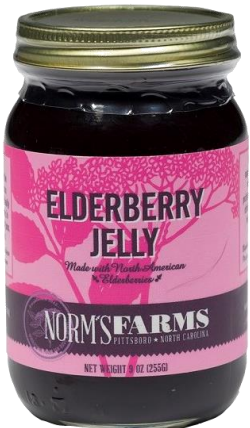
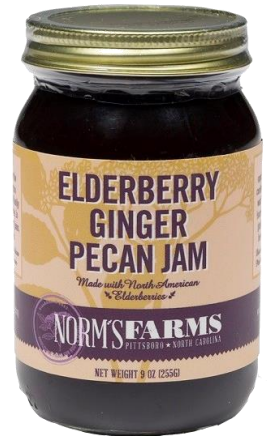
# BE WELL. GET ELDERBERRY!

**NORM'S FARMS**  
PITTSBORO ★ NORTH CAROLINA



Our Elderberry Jam is made with the whole fruit and no seeds. It is then lightly sweetened with pure cane sugar and a touch of lemon juice. Dr. Oz names Elderberry Jam as one of his top five foods for brain health, and you won't find a better tasting Elderberry Jam anywhere. Excellent stirred into plain yogurt or used to sweeten oatmeal. It is also great on fresh home made biscuits.

Our Elderberry Ginger Pecan Jam is loaded with chunks of pecans and candied ginger. Delicious with soft cheeses and crusty bread, this tasty and unique jam is a wonderful way to get your daily serving of elderberry.



Our all natural Elderberry Jelly is made with pure elderberry juice, lightly sweetened with pure cane sugar, and then finished with a touch of lemon juice. This is a brighter, lighter version of our best-selling Elderberry Jam.

Norm's Farms found the tastiest North Carolina grown blueberries to feature in our new line of Preserves. Loaded with lots of whole blueberries and oh-so-good-for-you elderberries, these preserves are the perfect treat. And at only 8 grams of sugar per serving (the same as most fruit spreads), this is a treat you can afford!

