



BLUE MOUNTAIN COUNTRY

True Caribbean Taste



Blue Mountain Country Ackee

Native to West Africa, the Ackee has been adopted as Jamaica's national fruit. Delicious and nutritious, Blue Mountain Country ackees are best paired with saltfish or other classic Caribbean dishes.



Blue Mountain Country Butter Beans

A staple of Caribbean cooking, Butter Beans, known elsewhere as lima beans, are a tasty and healthy compliment to a wide variety of dishes. Naturally buttery in flavor, Blue Mountain Country Butter Beans are an excellent source of protein and cholesterol-lowering fiber.

Blue Mountain Country Pigeon Peas

Blue Mountain Country Pigeon Peas are a delicious compliment to a wide range of Caribbean dishes. They're healthy too, serving as a good source of protein and dietary fiber.



Product	Pack / Size	TiHi
Ackee	24 x 19 oz	11 x 6
Butter Beans	24 x 14 oz	8 x 12
	6 x 5lb 8oz	7 x 7
Pigeon Peas	24 x 14 oz	9 x 10