

solspring®

BIODYNAMIC®

organic spaghetti

durum wheat pasta

bronze-drawn & crafted in Italy



cook time 7 to 10 min

NET WT. 16 OZ. (1 LB) (454 g)

BIODYNAMIC®

organic spaghetti durum wheat pasta



Solspring Biodynamic Organic Pastas are made from durum wheat grown in the fields of Tuscany and Sicily. These abundant agricultural regions have specialized in growing wheat since ancient times. With wheat being Italy's second largest crop, the Biodynamic practices employed protect the quality and nutritional content of the soil and harvest. Wheat is typically grown as a monocrop which depletes the soil's nutrients. Instead, regenerative Biodynamic methods enrich the health of the soil and environment by practicing crop rotation, promoting biodiversity.

Our wheat is ground into semolina flour by one of the earliest expert milling facilities in Northern Italy, which has served as a pioneer in adopting regenerative organic practices. Solspring Biodynamic Organic Pastas are bronze-drawn, which naturally creates a coarser, more porous surface. This allows sauces to cling onto the pasta noodles, ensuring a perfect flavorful bite.

WHY BIODYNAMIC®?

Biodynamic agriculture goes beyond Organic Standards by using holistic, regenerative farming practices to promote the health of the soil, crops and livestock. Biodynamic farmers strive to create a diverse and balanced ecosystem within their farm to enhance the nutrition and quality of the food being grown with a heavy focus on sustainability.



Nutrition Facts

About 8 servings per container
Serving size 2 oz (56 g)
about 1/8 box

Amount per serving	
Calories	190
	%DV*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 39 g	14%
Dietary Fiber 2 g	7%
Total Sugars <1 g	
Includes 0 g Added Sugars	0%
Protein 6 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0 mg	0%
Potassium 0 mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BIODYNAMIC ORGANIC SEMOLINA FLOUR. CONTAINS WHEAT.

DISTRIBUTED BY: NHP, 125 SW 3rd Place Cape Coral, FL 33991 USA (877) 985-2696

CERTIFIED ORGANIC BY: ICEA PRODUCT OF ITALY



cooking directions

1. Bring 4–6 quarts of water to a boil, adding salt to taste.
2. Add contents of the Solspring Biodynamic Organic Pasta package to the boiling water and stir gently.
3. Return water to a boil and continue cooking, uncovered for 7 minutes, checking the consistency every 30 seconds until desired texture is met.
4. Drain pasta from water, top with your favorite Solspring Biodynamic Organic Pasta Sauce, and serve.

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