Fresh Vegetable

WATERCRESS



Ref: SAL-06

Italian name: Crescione

Weight order: 10 bundles by case

Description: Watercress is one of the oldest known leaf vegetables. A member of the cabbage family botanically related to mustard and garden cress. With deep green leaves, and crisp, paler stems, watercress is related to mustard and is one of the strongest-tasting salad leaves available. It has a pungent, slightly bitter, peppery flavour and is highly nutritious, containing significant amounts of iron, calcium, vitamins A, C and E.

Season: all year round

Serving suggestion: is good combined in a salad with milder leaves, or made into soup.

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