

# WATERCRESS

## MOST NUTRIENT-DENSE FOOD

Watercress is the only food to receive a perfect score from ANDI and the CDC, which means this healthy, flavorful leafy green delivers a potent portion of health benefits. Watercress is packed with over 50 essential nutrients, naturally low calorie, fat free, cholesterol free, and low in sodium. Watercress is recognized as a superfood offering a distinctive taste that stands out from the muted flavors of other leafy greens.



### BENEFITS

- ✓ Vivid green and red colors with a unique peppery flavor
- ✓ Adds a delicate crunch
- ✓ Triple-washed and air-tunnel dried
- ✓ Special packaging preserves freshness and flavor, and reduces spoilage
- ✓ 100% usable and ready to eat

Red  
Watercress  
Exclusive  
to B&W

### HANDLING

Refrigerate immediately.  
Store at 34° F. Keep dry.  
Rotate first in, first out.

### RECIPES

Recipes available at  
[bwqualitygrowers.com/recipes](http://bwqualitygrowers.com/recipes)



Available  
Year-round



Food Safety  
Compliant



Ready  
to Eat



Reduced  
Labor Costs



## WORLD'S LARGEST GROWER OF HEALTHY, FLAVORFUL LEAFY GREENS

B&W Quality Growers has been farming responsibly since 1870. We're among the largest growers of distinctive leafy greens, including watercress, arugula, spinach, and water spinach. We've done this with zero product recalls and aim to provide a healthier, more flavorful world using premium leaves in everyday recipes.

B&W 獨家紅西洋菜

# 西洋菜

## 營養最豐富的食物

西洋菜是唯一獲得 ANDI 和 CDC 滿分的食品，這意味著這種健康、美味的綠葉蔬菜能夠最有效的起到健康受益的作用。西洋菜富含 50 多種必需營養素，天然低熱量、無脂肪、無膽固醇、低鈉。西洋菜被認為是一種超級食品，具有柔和的獨特味道，並從其他綠葉蔬菜中脫穎而出。



### 好處

- ✓ 鮮豔的綠色和紅色，帶有獨特的胡椒味
- ✓ 增添嬌嫩的嘎吱聲
- ✓ 經過三次水洗和風洞乾燥處理
- ✓ 特殊包裝可保持新鮮度和風味，並減少腐爛
- ✓ 100% 可用且可立即食用

### 降低人工成本

#### 處理

立即冷藏。儲存於 34° F。保持乾燥。循環先入先出。

#### 食譜

食譜在 [bwqualitygrowers.com/recipes](http://bwqualitygrowers.com/recipes)



## 世界上最大的健康、美味綠葉蔬菜種植者

B&W Quality Growers 自 1870 年以來一直以負責任的方式耕作。我們是特色綠葉蔬菜（包括西洋菜、芝麻菜、菠菜和空心菜）的最大種植商之一。我們已經做到了零產品召回，並致力於在日常食譜中使用優質葉子，為您提供一個更健康、更美味的世界。

WATERCRESS	PACK SIZE	UNITS/ BOX	UPC	GTIN	NET WEIGHT	SHIP WEIGHT	BOX DIMENSIONS	TIERS	CASES/ TIER	CASES/ PALLET
GREEN	1.5 lbs	1	611123140018	00611123140018	1.5 lbs	2 lbs	15" x 4.2" x 9.5"	14	13	182
RED	1.5 lbs	1	611123140012	00611123140012	1.5 lbs	2 lbs	15" x 4.2" x 9.5"	14	13	182