**Products:**

B&W’s distinctive leafy greens are available year-round from seasonal farms spanning eight states, are food safety compliant, Non-GMO, and naturally packed for maximum freshness.

**Watercress** - is the most nutrient-dense food in the world, with over 50 essential nutrients. Watercress is a Superfood offering a distinctive taste that stands out from the muted flavors of other leafy greens. B&W is the largest grower of watercress in the world and grows exclusively in the United States.

* Features & Benefits:
  + Vivid green color and unique peppery flavor.
  + Adds a delicate crunch.
  + Nutrition-packed SuperLeaves.
  + Versatile – can be used in soups, stir-fries, and smoothies.
  + Available year-round from a single trusted source.
  + Triple-washed and air-tunnel dried.
* Nutritional Facts:
  + Only food to receive a perfect score on ANDI and CDC rankings.
  + More Vitamin C than an orange.
  + One serving contains 106% DRD Vitamin K
  + Highly absorbable iron.
  + Plus, Zinc, Magnesium, Calcium, Vitamins A, E, B Complex, and more.
  + One of nature’s riches sources of PEITC (phenylethyl isothiocayanate) and its anticancer properties.
  + Watercress is Mother Nature’s version of a natural, great-tasting multivitamin.
  + Frequent consumption is associated with reduced DNA cell damage and increased antioxidant activity in your body.

**Red Watercress** – Exclusive to B&W, this watercress variety with purplish-red hues is an instant hit with chefs nationwide, bringing color and life to any meal. Packed with flavor and crunch, red watercress offers a distinctive taste that stands out from many of the muted flavors other leafy greens provide.

* Features & Benefits:
  + Colorful alternative with a unique peppery flavor.
  + Adds a delicate crunch.
  + Nutrition-packed SuperLeaves.
  + Versatile – can be used in salads, sandwiches, and various entrees.
  + Available year-round from a single trusted source.
  + Triple-washed and air-tunnel dried.
* Nutritional Facts:
  + One of nature’s most nutrient-dense foods
  + Including Zinc, Vitamin A, B6, Magnesium, Iron, Calcium, Protein, and more.

**Arugula** – Renowned for its woodsy, nutty taste and ability to stand up to vinegar-based dressings and creamy sauces, arugula makes a perfect salad by itself or paired with other leafy greens. It’s great on sandwiches, sauteed as a side dish, or sprinkled over pizzas and flatbreads.

* Features and Benefits:
  + Triple-washed and air-tunnel dried.
  + Available year-round from a single trusted source.
  + Special packaging preserves freshness and flavor to reduce spoilage.
* Nutritional Facts:
  + Scores a 604/1,000 on the ANDI scale.
  + Among the 10 most nutrient-dense foods.
  + Excellent source of A, C, and K
  + 12x Vitamin K of an avocado.

**Spinach** – Our delicious premium baby leaf spinach is sweeter and milder than other leafy greens. Our healthy and flavorful greens have a delicate, table-ready presentation that is second to none.

* Features and Benefits:
  + Tight size specifications that ensure true baby leaf sizing.
  + Triple-washed and air-tunnel dried.
  + All grown in the USA on B&W-owned and operated sustainable farms.
  + Available year-round from a single trusted source.
  + Special packaging preserves freshness and flavor and reduces spoilage.
* Nutritional Facts:
  + Scores a 707/1,000 on the ANDI scale.
  + High in soluble fiber.
  + Good source of Vitamin K and folate.
  + Romaine scores 510/1,000 on the ANDI scale.
  + Iceberg scores a 127/1,000, on the ANDI scale.

**Water Spinach** – in culinary applications, water spinach is often used in stir-fries, soups, stews, and curries. Its spinach-like leaves, long hollow stems, and mild flavor make it a great complement to bold spices and sauces. It’s a popular ingredient when its tender leaves and stems add a refreshing crunch.

* Features and Benefits:
  + Commercially permitted and licensed to grow and ship.
  + Uninterrupted, year-round supply from US
  + Robust food safety, quality control, and full traceability.
  + Distinctive crunch
  + Thick, crisp stems
* Nutritional Facts
  + Exceptional source of Vitamin A
  + Excellent source of Vitamin C, Iron, Magnesium, and more.

**Red Kale Medley -** Experience the unparalleled Red Kale Medley, a fusion of baby red and green kale with watercress, brought to you by B&W Quality Growers. This ready-to-eat, one-of-a-kind medley is a unique presentation, combining the goodness of baby kale and watercress, two of the most nutrient-dense foods in the world. These Superfoods are high in antioxidants and Vitamins A, C, and K. Kale's delicate crunch and distinctive taste combine perfectly with the peppery profile of watercress.

* Features and Benefits:
  + Tight size specifications that ensure true baby leaf sizing.
  + Triple-washed and air-tunnel dried.
  + All grown in the USA on B&W-owned and operated sustainable farms.
  + Available year-round from a single trusted source.
  + Special packaging preserves freshness and flavor and reduces spoilage.
* Nutritional Facts:
  + Scores a 1,000/1,000 on the ANDI scale.
  + Good source of Vitamin K
  + High in Vitamin C
  + Rich in antioxidants, beta-carotene, folate, and more.