



WATERCRESS

THE MOST NUTRIENT-DENSE FOOD IN THE WORLD



LARGEST GROWER OF WATERCRESS IN THE WORLD

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 ong choy. We sustainably grow, pack, and ship the highest quality distinctive leafy greens, providing well-being for our consumers and value for our customers. We've done this with **zero** product recalls and aim to provide a healthier, more flavorful world using premium leaves in everyday recipes.



RED WATERCRESS

Offering the same nutritional benefits, 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.

WATERCRESS

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 and is naturally low-calorie, fat-free, cholesterol-free, and very low-sodium food. Watercress is globally recognized as a superfood, outperforming kale as a better substitute, and offers a distinctive taste that stands out from the muted flavors of other leafy greens.

**EXCLUSIVE
TO B&W!**



OVER 50 ESSENTIAL NUTRIENTS

VITAMIN K

Watercress provides 106% of your daily value of Vitamin K, which supports blood clotting and is necessary for calcium absorption to strengthen bones.

VITAMIN C

Watercress has more Vitamin C than an orange.

VITAMIN A

Watercress contains more Vitamin A than kale, supporting the immune system, eye health reproduction, and growth and development.

VITAMIN E

Vitamin E is a nutrient critical to vision, reproduction, and the health of your blood, brain, and skin. Vitamin E also has antioxidant properties.

B VITAMINS

This family of vitamins plays a unique role in keeping our bodies healthy and energized. One serving of watercress contains more B Vitamins than an egg.

PEITC

PEITC has been shown to have chemo-preventive effects in cell and animal studies of cancer.

CALCIUM

Your body needs calcium to build and maintain strong bones and muscles, and watercress contains four times the amount of calcium as milk.

IRON

Watercress's amount of highly absorbable iron is nearly comparable to the iron of a potato.

ZINC

Zinc, usually found in red meat, can also be found in watercress. This essential micronutrient for total health and a robust immune system.

MAGNESIUM

Magnesium is crucial in muscle function, your nervous system, and energy production. Watercress provides 133% more magnesium than pumpkin.

POTASSIUM

One serving of watercress contains nearly the same amount of potassium as a banana.

PROTEIN

Protein is a critical part of the processes to fuel your energy and carry oxygen throughout your body in your blood. In addition, protein helps make antibodies that fight off infections and illnesses, keeps cells healthy, and creates new ones.

WATERCRESS

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

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