**Watercress Content:**

Watercress is a versatile green leafy vegetable with a unique, peppery flavor that can add a bold twist to your menu. It has a distinct taste and is incredibly nutritious, packed with vitamins and minerals that can do wonders for your health.

Our watercress is harvested year-round and undergoes a gentle air tunnel drying system that eliminates nearly 100% post-harvest bruising. Our product is 100% natural and meticulously packed without additives or preservatives.

There are many ways to incorporate watercress into your menu. You can add it to a salad for a fresh, peppery crunch, use it in a sandwich or wrap for an added layer of flavor, or sauté it with other vegetables for a delicious and nutritious side dish. The possibilities are endless. Consider substituting your basic lettuce with fresh, peppery watercress.