



# WATERCRESS

THE MOST NUTRIENT-DENSE FOOD IN THE WORLD



## LARGEST GROWER OF WATERCRESS IN THE U.S.

B&W Quality Growers has been farming responsibly since **1870**. We're among the largest growers of distinctive leafy greens, including watercress, arugula, spinach, water spinach, and kale. 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.



## 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 offering a distinctive taste that stands out from the muted flavors of other leafy greens.

## 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.

**EXCLUSIVE  
TO B&W!**

# OVER 50 ESSENTIAL NUTRIENTS

## VITAMIN K

Vitamin K supports blood clotting and is necessary for calcium absorption to strengthen bones. Vitamin K has also been shown to reduce cardiovascular disease risk and could be a key component in preventing Alzheimer's disease.

## VITAMIN C

Vitamin C shields the body against free radicals and supports the normal function of blood vessels. Vitamin C has also been shown to aid in the healing of wounds and assist in iron absorption and neurological function.

## VITAMIN A

Vitamin A supports the immune system, eye health reproduction, and growth and development. Vitamin A helps your heart, lungs, and other organs work properly. In addition, studies show that people whose diet is high in Vitamin A or beta-carotene can have a lower risk of certain kinds of cancer.

## 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. Antioxidants may protect your cells from free radicals and can play a role in heart disease, cancer, and other diseases.

## B VITAMINS

This family of vitamins plays a unique role in keeping our bodies healthy and energized. B Vitamins help convert energy from carbohydrates to be used as fuel, assist fat cells in breaking down amino acids, and aid in transporting oxygen and energy-containing nutrients around the body.

## PEITC

PEITC (Phenethyl isothiocyanate) is a naturally occurring isothiocyanate whose precursor, gluconasturtiin. PEITC has been shown to have chemo-preventive effects in cell and animal studies of cancer.

## MAGNESIUM

Magnesium is crucial in muscle function, your nervous system, and energy production. Magnesium is also a critical stabilizing nutrient for blood sugar and blood pressure and helps your body rest and recover.

## CALCIUM

Your body needs calcium to build and maintain strong bones and muscles. Additionally, calcium supports your heart and nervous system.

## ZINC

Zinc is an essential micronutrient for total health and a robust immune system, and it supports keeping infections at bay. Research shows that zinc aids every step of the immune process, from the growth and development of immune cells to their fight against upsetting agents, including bacteria, viruses, and parasites.

## IRON

Watercress's highly absorbable iron is one of the best ways to incorporate iron and help your body carry oxygen to cells, playing a significant part in the immune system process. The iron in Watercress helps maintain your energy levels, impacting how your body feels. In addition, iron builds up your immune cells, allowing them to reach full maturity and optimally perform.

## POTASSIUM

Potassium helps maintain normal fluid levels inside our cells. Potassium also helps muscles to contract and supports normal blood pressure.

## 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.

## AMINO ACIDS

Amino Acids are the building blocks of protein. Break down food, grow and repair tissue, make hormone and brain chemicals, create an energy source, maintain healthy skin, hair, and nails, build muscle, boost your immune system, and sustain a regular digestive system.