



Garden Cress (BIO)

Lepidium

Origin	Africa
Taste / Aroma	Mustard, peppery, radish
Season(s)	Spring, Summer, Autumn, Winter, Asparagus, BBQ, Christmas, Easter, Game, Herring, Mushroom, Mussel, Pumpkin
Storage	Cold, 2-7 °C

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TASTE

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TASTE FRIENDS

It provides a peppery, aromatic flavour in soups and salads. It can be used as a very tasty sandwich filling with sugar or a hard-boiled egg. Try a milkshake made with strawberries and a little Garden Cress.

ORIGIN

Garden Cress is a very old crop that was cultivated in ancient times in Egypt. The Romans brought it to Europe due to its supposed health benefits. Garden Cress contains strikingly high levels of vitamin C and is rich in minerals and carotene.

AVAILABILITY

Garden Cress is available all year and can be easily stored for up to 7 days at 2-7°C. Garden Cress is sown and cultivated on a substrate of absolutely clean natural fibers. The plant is produced according to socially responsible cultivation methods and complies with hygiene standards for culinary use. Produced following the guidelines.

SPECIFICATIONS

Taste	Bitter, Sour, Umami
Cultures	Alpine, Balkan, Baltic, Dutch, English, French, German, Greek, Indian, Nordic, North American, Polish, Portuguese, Russian, Spanish, Turkish

Usage	Decoration, Garnish
Colors	Green
Dishes	Breakfast, Cheese, Functional, Lunch, Main course, Meat, Pasta, Pizza, Poultry, Salad, Sandwich, Snack, Soup, Starter, Vegetarian, Vegetables
Taste Friends	Cheese (others), Cod, Eel, Monkfish, Salmon, Fish (saltwater), Fish (freshwater), Shellfish, Apple, Corn, Cucumber, Eggplant, Olives, Pineapple, Pumpkin, Tomato, Chives, Anise, Beans, Beef, Dried ham, Goat, Lamb, Offals, Porc, Sheep, Veal, Meat, Porcini mushrooms, Shiitake mushroom, Truffle, Mushrooms (others), Pistachio, Chicken, Duck, Goose, Pheasant, Pigeon, Quail, Turkey, Poultry (other), Black pepper, Mustard, Chili, Artichokes, Asparagus, Avocado, Beetroot, Celery, Carrot, Cauliflower, Chicory, Garlic, Ginger, Horseradish, Kale, Kidney beans, Lettuce, Onion, Potato, Radish, Butternut squash, Bread, Couscous, Egg, Olive oil, Pumpkin seeds, Rice, Tofu
Nutrients	Vitamin A, Biotin, Folic Acid / Vitamin B9, Iron, Molybdenum, Vitamin C, Vitamin E, Vitamin K, Calcium
Latin Name	Lepidium
Dimensions	Minimum 2.5 cm above the growing medium. There should be enough seeds on the growing medium so that no gaps appear between the leaves when the cress is fully grown.
Microbiological standards	"Pathogens: Salmonella Absent in 25 g, Listeria monocytogenes Absent in 25 g, Staphylococcus aureus <1.105 cfu per g, Bacillus cereus <1.105 cfu per g, EHEC/STEC Absent in 25 g"