



KOPPERT CRESS

Architecture Aromatique

Olympia Cress

Taste Anise, Mint, Eucalyptus
Usage Salads, soups, fish and egg dishes, grilled vegetables, shellfish
Culture Socially responsible culture with biological crop protection
Availability Year round
Storage Up to 7 days at 2–7°C

Taste and Usage

Olympia Cress is a decorative plant with fronds which has a subtle sweet and pronounced anise taste. The cress is often used to give a fresh twist to a dish. In some cases (with fish) it is an excellent dill substitute.

Combine *Olympia Cress* with fish, lobster, prawns and shellfish. The cress an eye-catching 'finishing touch' for desserts, cocktails or smoothies.

Origin

Olympia Cress is a type of fennel, native to the Mediterranean region. A flavourful, highly aromatic herb with both culinary and supposedly medicinal properties. Fennel leaves are used extensively in numerous culinary traditions worldwide. This type of sweet fennel is found growing in Central and Eastern Europe, France, Italy, Greece and Turkey.



Olympia Cress (Foeniculum)

Availability and Storage

Olympia Cress is available all year round and can be kept at a temperature of between 2–7°C for up to seven days. The optimum temperature for maintaining the best quality is between 2–4°C.

Produced according to socially responsible cultivation methods, *Olympia Cress* satisfies hygiene standards in the kitchen. You can use this product directly, as it is cultivated cleanly and hygienically.

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16



Solitary Box: 16x
(30x40x14 cm)



CressSingle Box: 12x
(30x40x14 cm)



Sweet



Umami



Salt



Sour



Bitter

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