



KOPPERT CRESS
Architecture Aromatique

Helios Cress



Origin	North America
Flavor	Sweet and Nutty, Succulent and Crunchy
Use	Salads, Soups, Summer Vegetable and Fish Dishes, Sandwiches
Availability	Year-round
Packaging	Living Cress – 16 Cups
Storage & Shelf Life	Up to 7 days at 36 to 40°F

Description

Helios Cress leaves are crunchy and juicy and have a delicious sweet and nutty flavor. It also may very well be one of the most versatile crops in American history. Nearly every part of the plant can be used for food production, and its health benefits are numerous. The shoots are packed with vitamins and minerals and are a complete source of protein.

History

The sunflower has a very circular history. Although wild sunflowers are native to North America, the flower as we know it today was first cultivated in Russia. Wild sunflowers were used by Native Americans

for food, dyes, and building materials. Eventually, the crop made its way back to the Americas where it was farmed intensively for sunflower oil production. Today, nearly 2,000 acres of the amazing plant is grown in the US.

Pairs well with

Salad Greens and Lettuces, summer fruits and vegetables, most fish and meat dishes, Sandwiches

Example Dish

Sliced Heirloom Tomatoes with Helios Cress, Feta, Pickled Shallot, and Sunflower Seed Granola.



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Availability and Storage

Helios Cress is available year-round. It should be stored at a temperature between 36 and 40°F for up to seven days.

Sustainability & Food-Safety

Helios Cress is grown in a sustainable manner using an environmentally friendly biological crop-protection system. Because Helios Cress is grown in a natural fiber instead of dirt, it satisfies hygiene standards in the kitchen.

Available from your favorite
fruit & vegetable supplier
Distributed by

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