



KOPPERT CRESS
Architecture Aromatique

Nasturtium Leaves



Origin	South America, first cultivated in Peru
Flavor	Sweet, aromatic, peppery
Use	Pairs perfectly with sushi, sashimi, in bento boxes, and a variety of entrées, salads and soups
Availability	Year-round
Storage	Store for up to ten days at 36° to 40°F
Packaging	Tamper-evident clamshells; 50 ct.

Description

Nasturtium Leaves are visually-arresting, versatile and vitamin-rich. Their sweet aroma and delicious flavor compliment any dish from soups and entrées, to salads and desserts. The size of each leaf is ± 4 cm in diameter.

Tip: to perk up the leaves, keep them in a small vase with water.

History

Also known as Indian Cress, Nasturtiums have traditionally been used as a hair growth stimulant and continue to appear on labels of high-end care products today. During the Victorian era, Nasturtium Leaves were eaten to prevent scurvy since they are rich in Vitamin C.



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Health Benefits

Nasturtium Leaves contain mustard oil, which has been used as a natural antibiotic. They can be chewed to soothe a sore throat and to ward off colds and flus. The leaves have also been known to alleviate respiratory congestion and to stimulate the digestive system.

Available from your favorite
fruit & vegetable supplier
Distributed by

Sustainability

The leaves are cultivated in a socially responsible manner using environmentally friendly biological crop-protection systems.

www.usa.koppertcress.com

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