



KOPPERT CRESS

Architecture Aromatique

Gardencress

Taste	Mustard, peppery, radish
Usage	Salads, sausage, sliced cold meat, soups
Culture	Socially responsible culture with biological crop protection
Availability	Year round
Storage	Up to seven days at 2-7°C



Gardencress ((*Lepidium*))

Taste and Usage

Gardencress is a very popular type of cress that can be used in countless different ways. 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

Gardencress 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. Gardencress contains strikingly high levels of vitamin C and is rich in minerals and carotene.



Zoet/Sweet/
Süß/Doux



Umami



Zuur/Sour/
Saur/Aigre



Bitter/Amer



Zout/Salt/
Salzig/Salé

