



Watercress



Plant: You can start the seeds in a small clay pot set in a pan of water indoors. You can also start by planting store-bought watercress stems into moist potting soil indoors. Keep well watered.

Grow: When the stems have developed roots and are producing new leaves, transplant them into an outdoor garden 6 to 8 inches apart. In 4 to 5 weeks you can start harvesting.

Harvest: Harvest by cutting off the top 3 to 4 inches of the plants.

Watercress is also found in abundance alongside slow running water ways and natural springs, however harvesting from these locations is not recommended.

Nutrition Facts

Serving Size 1 cup, chopped 34g (34 g)

Amount Per Serving

Calories 4 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 14mg 1%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 1%

Sugars 0g

Protein 1g

Vitamin A 22% • Vitamin C 24%

Calcium 4% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Nutrition Information:

Watercress is a great low calorie leafy green. It is antioxidant rich and is known as one of the top "powerhouse fruits and vegetables." It has a very high concentration of vitamin C which helps support a healthy immune system. It is also high in vitamin A which aids in vision health.

How to Prepare:

Watercress is known for its peppery flavor. Prepare by washing in cold water, trimming off the stems with a knife, and dry the leaves with a paper towel or put in the salad spinner to remove excess water and enjoy! Watercress adds great flavor to any sandwich, omelet, fish or salads.



Watercress Fennel Salad

Yields: 6 servings

Serving size: 1 cup

Ingredients for Salad

- 1/2 gallon watercress, packed
- 1/3 cup fresh fennel, shaved
- 1/3 cup red onion, sliced thin
- 1/3 cup granny smith apple, julienned
- 1/3 cup red delicious apple, julienned
- 1/2 cup orange chipotle vinaigrette

Ingredients for Vinaigrette

- 1 1/2 tablespoons orange marmalade
- 1 teaspoon canned chipotle peppers, pureed
- 3/4 teaspoon fresh garlic clove, peeled
- 3/4 teaspoon fresh shallots, peeled
- 1/4 cup fresh orange juice
- 2 tablespoons rice vinegar
- 1 1/2 teaspoons honey
- 1/3 teaspoon black pepper, ground
- 3/4 teaspoon extra virgin olive oil

Preparation

1. In a bowl combine marmalade, chipotle peppers, garlic, shallots, orange juice, vinegar, honey and black pepper. Mix well. Slowly whisk in oil. Refrigerate vinaigrette.
2. In a bowl combine watercress, fennel, red onions and apples. Toss gently with vinaigrette. Refrigerate until service

Nutrition Facts per Serving:

70 calories, 2 g fat, 13 g carbohydrates, 2 g fiber, 2 g protein