

CRESS & PLANT SPECIALITIES

Fresh wakame

A fresh brown seaweed, supple and slightly sweet.

Wakame is a brown seaweed with broad, supple fronds. Fresh, it has a tender, slightly crunchy texture and a mild, iodised taste. It is rinsed before use and used raw or in a broth. It is delivered in 250 g punnets or loose.

FLAVOUR
iodised, mild

Seasons and origins

Peak season · Early · Late · Rare

	J	F	M	A	M	J	J	A	S	O	N	D
Availability	●	○	○	●	●	●	○	○	●	●	●	●

Indicative calendar based on our sales. Our sales team will confirm current availability.

Pack sizes

- **Bulk 1 kg**

In the kitchen

- In a seaweed salad, with sesame and rice vinegar
- In a miso soup
- As an accompaniment to fish

Orders and prices

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