

CRESS & PLANT SPECIALITIES

Wheat Grass

Young, bright green wheat shoots from Koppert Cress.

Wheat Grass is a young wheat shoot grown by Koppert Cress, delivered live in its punnet. Its fine, intensely green blades have a vegetal, slightly sweet taste. They are pressed into juice or used as a decoration. It is delivered in cases of sixteen punnets.

FLAVOUR
vegetal, slightly sweet

ORIGIN
Netherlands

BOTANICAL NAME
Triticum

Seasons and origins

Peak season · Early · Late · Rare

	J	F	M	A	M	J	J	A	S	O	N	D
Netherlands	●	●	●	●	●	●	●	●	●	●	●	●

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

Pack sizes

- **16 punnets** — Netherlands

In the kitchen

- In a juice or a smoothie
- As a presentation decoration
- To finish a plate

Technical sheet — Koppert Cress

Taste / aroma	sweet · Bitter, Sweet
Storage	Cold, 2-7 °C
Size	Minimum 7 cm and maximum 12 cm above the growing medium. There must be enough seeds on the growing medium so that the tray is full once the cress has reached maturity. Nutritional values "Dry fibre: 0.6% Sodium: 2.5 mmol Calcium: 7.0 mmol Magnesium: 7.5 mmol Potassium: 90 mmol Iron: 0.2 mmol"
Pairings	In terms of health, Wheat Grass juice is a popular product. This popularity is due to its high concentration of chlorophyll, magnesium and selenium. Wheatgrass shoots are a naturally rich source of vitamin A, vitamin B, B12, C, E and K. The health effect of Wheat Grass has not, however, been scientifically proven.
Availability	Wheat Grass is available all year round and can be stored for up to 7 days at between 2°C and 7°C. Grown using biological pest control, it meets kitchen hygiene standards. ALLERGENS Wheat Grass is a young wheat sprout. Wheat (grains), as is well known, contains gluten. People who are hypersensitive to gluten may have an allergic reaction. This is also well known.

Orders and prices

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