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 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.

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat 0%</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 4</td>
<td>Calories from Fat 0%</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>Saturated Fat 0g</td>
<td>Trans Fat</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>Sodium 14mg</td>
<td>Total Carbohydrate 0g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dietary Fiber 0g</td>
</tr>
</tbody>
</table>

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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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