



B & W

Fellsmere, FL

Distinctive baby leaves packed with
flavor, freshness and nutrition.

About B&W

B & W is the world's largest producer of both green and red watercress. They refer to watercress as the original antioxidant powerhouse since only kale can match it for sheer nutrient density. This potassium-rich green is also loaded with iron that is easily absorbed by the body. B & W Wild Red Watercress is a patented variety they originally discovered growing wild in across the south years ago. Now domesticated by B&W. Red watercress becomes unavailable when the weather gets too warm as high temperatures leach out the color. B & W grows it across numerous temperature zones in the country to keep those gaps at a minimum.

Featured Items



A1



POW4



W



W1



W1A



W2A



W10



W10A

A1	Baby Arugula	3 LB
A3C	Wild Arugula	6X4 OZ
POW4	Power 4 Baby Leaf Blend	1.5 LB
POW4A	Power 4 Baby Leaf Blend Retail Pack	6X4 OZ
W	Bunched Watercress	24 CT
W1	Baby Watercress	1.5 LB
W1A	Bunched Red Watercress	12 BU
W2A	Bunched Watercress	1/2 CS
W10	Red Watercress	1.5 LB
W10A	Watercress Retail Packs	6X4 OZ

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Visit our website for a full availability list and more information about B&W!

baldorfood.com/farms/b-and-w