



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



W10



W



W1

A1	Baby Arugula	3 LB
A3C	Wild Arugula	6 X 4 OZ
W	Bunched Watercress	24 CT
W1	Baby Watercress	1.5 LB
W10	Red Watercress	1.5 LB
W10A	Watercress	6 X 4 OZ
W1EA	Bunched Watercress	6 CT
SP6BW1	Baby Spinach	2 X 2 OZ

WANT MORE?

For any questions, please email our Merchandising team at merchandising@baldorfood.com
 Visit our website for a full availability list and more information about B & W!