

### FOOD PREPARATION STEPS



1. Wash watercress thoroughly, then rinse under cool running water.



2. Drain in a colander or salad spinner.

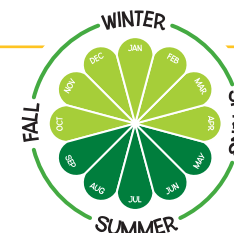


3. Remove tough stems, reserving them for composting.



4. Serve leaves and tender stems.

*Watercress is low in calories but rich in vitamins and minerals. It is very high in vitamin K, which promotes bone and brain health. It is a great source of vitamin C, which is important for the immune system. The calcium in watercress keeps teeth and bones strong. Watercress is rich in many antioxidants, which help protect against disease.*



AVAILABILITY: ● PEAK ● MODERATE ● LOW

- Watercress is available in Hawai'i year-round, with peak harvest occurring in May through September.
- Look for strong stems and a rich, green color.
- Watercress wilts and goes bad quickly; plan to serve it within 1-2 days of purchasing.
- Do not wash watercress until you are ready to prepare and serve it.
- Before storing in a refrigerator, remove any yellowing or "slimy" leaves. Refrigerate in a sealed container.

*\*Seasonality varies with location and from year to year.*

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes produce profile sheets, family take-home letters, produce preparation sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at [www.kokuahawaiiifoundation.org/HawaiianHarvest](http://www.kokuahawaiiifoundation.org/HawaiianHarvest). Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching and shutterstock.com.