



# About

Who We Are



OVER

**150 YEARS**

of agriculture expertise - since 1870



AVAILABLE

**YEAR ROUND**

from trusted sources growing in 8 states



**ZERO**

product recalls

# Sustainability: Farming

## Creates a Year-Round Growing Season



### Multiple Farms

Operations span **8** states allowing us to grow products where they are always in season.



### Recirculated Water

100% recirculated water initiated, saving **millions** of gallons of water annually.



### New Technologies

Drone technology has reduced water usage from **30 gallons** per acre to **2 gallons** per acre.



### Soil Regeneration

Composting discarded leaf greens using EPA method §112.54(b) or “Turned Window”

# Sustainability: Company

Our wash water  
is treated with

**PAA**

which safely  
breaks down into

**CO2 AND WATER.**



## Packaging

Our packaging comes from recyclable products and is recyclable.



## Pre-Wash

Our wash water is treated with PAA, which breaks down Co2 and water.



## LED Lights

Replaced fixtures throughout the organization to reduce energy consumption.



## Digital Materials

B&W has moved away from using printed materials to limit waste & switched to digital materials such as PDFs, emails, QR codes, & more.



## New Innovations

B&W is constantly looking for new ways to become more sustainable.

# Watercress

## #1 Nutrient-Dense Vegetable in the World

- **Over 50** Essential Nutrients
- Unique peppery taste
- Versatile
- Triple-washed and air-tunnel dried
- Bunches
- Exclusive Red Watercress Option



# Nutrition



## Most Nutrient-Dense Food on the Planet

The only food to receive a perfect nutrition score from ANDI and the CDC



## Immune Support

Vitamins A, C, E, Zinc, Iron, Magnesium



## Eye Health

Vitamins A, C, E, Lutein



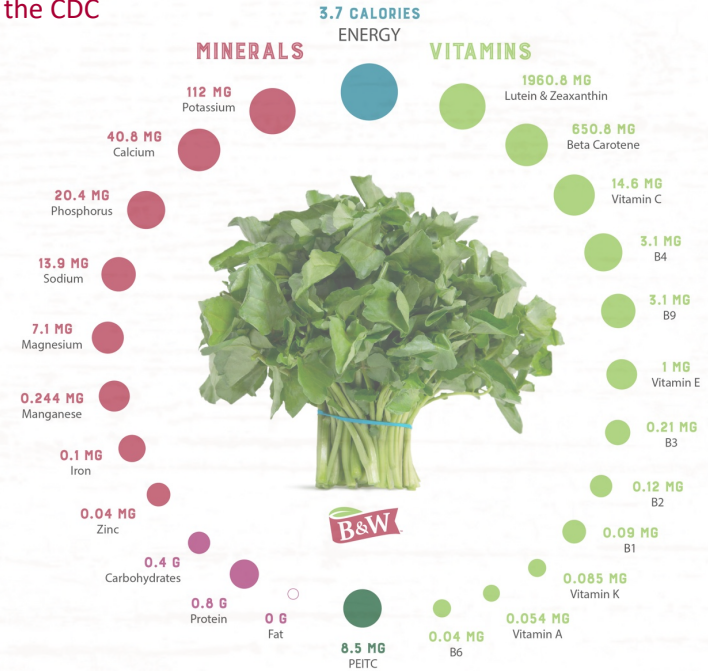
## Heart Health

1 Cup of watercress has 106% DRD Vitamin K



## Anti-Cancer Properties

Phenethyl Isothiocyanate (PEITC)



# Student Athlete Performance



## Amino Acids

16 of the 20 amino acids can be found in watercress



## Protein

Builds Muscle



## Magnesium

Recovery



## B Vitamins

Energy Production



## Potassium

Stamina, Muscle Recovery



## Iron, Zinc, Vitamin K ++

Bone, Heart Health, and More



# Red Kale Medley

Dine with Distinction



- Red baby kale, green baby kale, and watercress
- Pre-packaged, unique presentation
- Versatile
- Flavorful mix with the most nutrient-dense foods in the world
- Triple-washed and air-tunnel dried
- 100% Usable and ready to eat



# Arugula

## #1 Choice of Chefs & Restaurants



- A woody, nutty flavor
- Among the **10** most nutrient-dense foods
- Excellent source of Vitamins A, C, & K
- 12x Vitamin K of an avocado.
- Triple-washed and air-tunnel dried

# Water Spinach

## #1 Provider

- Spinach-like leaves
- Perfect for stir fry, soups, pasta, and more
- Fully commercially permitted & licensed to grow and ship
- Distinctive crunch with thick, crisp stems



# Spinach

## True Baby Leaf Size

- Top **10** most nutrient-dense foods on the planet
- Excellent source of Fiber, Thiamine, Iron, and Vitamin K
- Triple-washed and air-tunnel dried



# Recipe Inspiration

Inspiration available from [www.bwqualitygrowers.com](http://www.bwqualitygrowers.com)



 Soups



 Smoothies



 Breakfast



 Stir Fry



 Dips



 & More



# Contact B&W



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