

## LEAF PRODUCTS & SPROUTS



### ASIAN MIX –

- An array of varied shapes and vibrant colours
- Asian Mix blends the fresh spicy flavours of spinach, tatsoi, mizuna, red mustard and pak choy.
- Offering a subtle pungency, red mustard's pleasant bite adds a just right flavour accent.
- The extraordinary taste of this superb mix offers a refreshing and rich salad experience.



### BABY SPINACH –

- Rich green, baby spinach is similar to regular spinach leaves, but smaller.
- The chewy texture of this young fresh spinach is deliciously crispy and coarse.
- Sweeter than regular spinach, baby spinach offers a delicate superb subtle taste.
- The tender small stems are edible, too.



### BETEL LEAF –

- Betel leaf is a popular spice in south east Asian cooking, with the leaves being used raw and cooked.
- A traditional way of preparing the leaves is as a wrapping for spiced minced meat and other morsels.
- Leaves are also used in a herb and rice salad called 'nasi kerabu'.
- Because the leaves are so attractive, they are often used as a base for decorating platters, with foods arranged on top.
- The white flower spikes develop into seed/fruit that looks a little like a green/brown mulberry when ripe and can be eaten; it is a tasty morsel of sweet jelly-like pulp.



### CAVOLO NERO –

- Cavolo Nero (also known as black cabbage, Tuscan kale, Lacinato and dinosaur kale) is a hearty, spicy, long-leaf borecole, so called on account of its extremely dark colour.
- Its hearty flavour and almost sweet aftertaste is enjoyed in winter soups, especially those with potatoes and beans, and as a vegetable, braised or blanched and stir fried with a little garlic and fresh tomato.
- Available: All Year



### CURRY LEAF –

- Picked from a tree related to the citrus family, curry leaves are often fried in oil before using in curries
- Resembling a small narrow bay leaf, several small shiny pointed leaflets grow closely along a central stem.
- These aromatic leafy powerhouses are dark green on top and with a paler green underside.
- Strong curry-like fragrance with a citrus, sometimes compared to a tangerine, overtone.
- Some describe the flavour as musky-nutty with a hint of lemon.
- Rich green fragile leaves offer a bitterish warm distinct flavour.
- Curry leaves should be purchased as needed as they quickly lose flavour.



### FINESSE –

- A variety of endive, it has crinkly, loose, thin leaves which are yellow at the base and glossy green on top.
- It has a slightly bitter taste, have a crunchy stem, and add a lot of texture to salads.
- Their pale green, white, and yellow coloring is a result of the producer shielding them from light during the growing process.



### **KAFFIR LIME LEAF** –

- The attractive jade-green citrus leaves resemble a figure eight and grow stem to stem in pairs.
- Size can vary from less than an inch to several inches long.
- Assertive yet delicate, their absolutely heavenly lemony-lime mysterious flavour & aroma is addicting.
- Kaffir lime leaves' intense characteristic citrusy fragrance and excellent taste cannot easily be substituted.



### **MESCULIN** –

- This is a mix of different young salad greens.
- Commercial mixes usually include rocket, mizuna, tatsoi, frisee, oakleaf, red chard, radicchio, mustard greens, and radicchio.



### **MIZUNA** –

- Easily recognized by its graceful, feathery jagged-edged green leaves, mizuna grows in a bushy clump.
- Mizuna is most often marketed in separate leaves that have been harvested when young and tender.
- Reminiscent of peppery rocket, young mizuna offers a much sweeter, milder taste and a fresh earthy flavour.
- Mature mizuna stalks are quite juicy and offer their own special flavour.
- Delicately-fringed mizuna is often found in a mix of baby greens or mesculin.
- Raw or cooked, the slightly crunchy leaves have a nutty, peppery flavour.



### **PANDANUS LEAF** –

- Shiny pleated leaves – long and slender
- They are the source of a well-loved flavoring that goes into a wide assortment of desserts and sweet treats.
- The juice extracted from the fresh leaves provides a natural green food colouring as well.
- It has an earthy fragrance and taste that enrich coconut milk and syrupy mixtures in the making of sweet foods.
- A Thai equivalent to vanilla, it's one of the most popular flavorings for coconut desserts.




### **ROCQUETTE** –


- Also known as Arugula
- A tender, mustard-flavoured green with a bitter flavour
- Rocket resembles radish leaves in both appearance and taste.
- Rocket is sold in small bunches or loose & should be fresh and bright green.





### **ROCQUETTE / Wild** –

- Substantially more peppery than Rocket.
- Wild Rocket is a very assertive green with quite a kick.
- Its leaves are quite small, but don't be fooled by their size.
- Their bright, mustardy, peppery flavour will add a zesty note to salads, soups, sauces (such as pestos and aiolis) and vegetable sautés.


	<p><b><u>SNOW PEA LEAF –</u></b></p> <ul style="list-style-type: none"> <li>- Also known as Snow Pea Tendrils are the thin, delicately crisp new growth of the snow pea plant, including the tender uppermost leaves and the tendrils that enable the plant to climb.</li> <li>- They have a flavour that is a cross between snow peas and spinach, with a hint of watercress.</li> <li>- These beautiful bright greens can be used fresh in salads, can also be added to a stir-fry at the last minute or wilted by themselves with a little fresh ginger and sugar, or with olive oil and garlic.</li> </ul>
---	--


	<p><b><u>STINGING NETTLES –</u></b></p> <ul style="list-style-type: none"> <li>- Stinging nettles are more than edible, they're delicious.</li> <li>- As you can guess, they must be cooked, but it doesn't take much to neutralize the stinging.</li> <li>- The fine hairs along the stem are what sting when you touch them.</li> <li>- Boil or steam the younger plants like any fresh vegetable.</li> <li>- Boiling/steaming gets rid of the "sting".</li> </ul>
---	--

	<p><b><u>SWISS CHARD –</u></b></p> <ul style="list-style-type: none"> <li>- A delicate tasting salad leaf with stalk- like stems &amp; broad, crisp leaves.</li> <li>- The ribs can be either red or white.</li> <li>- The flavour of either variety is the same – similar to beets, since chard is a relative of the beet family</li> </ul>
---	--

	<p><b><u>TATSOI –</u></b></p> <ul style="list-style-type: none"> <li>- Small and sturdy, tatsoi is identified by its emerald spoon-shaped leaves.</li> <li>- Its thick leaves offer a mild flavour with a faint metallic bitter edge.</li> <li>- Some describe it tasting like a slightly mustardy Swiss chard.</li> <li>- Its stalks are sweet and almost creamy.</li> <li>- The texture is similar to Mache, but much heartier.</li> <li>- This green is popular in spring mix and mesculin mixtures.</li> </ul>
---	--

## **SPROUTS**

	<p><b><u>ALFALFA SPROUTS –</u></b></p> <ul style="list-style-type: none"> <li>- Alfalfa in Arabic means 'father of all foods'.</li> <li>- Sprouts spring from newly germinated peas and beans.</li> <li>- They don't add much to the way of nutrients – or calories, but they're tasty and inexpensive.</li> <li>- Alfalfa sprouts are too wispy to cook with but are great in salads or sandwiches.</li> </ul>
---	---

	<p><b><u>BEAN SHOOTS –</u></b></p> <ul style="list-style-type: none"> <li>- Bean sprouts are the fresh sprouts of the mung bean.</li> <li>- They are used in stir-fries, noodle soup dishes and spring rolls.</li> <li>- They are added at the end to keep them crunchy.</li> <li>- These are rich in sulforaphane, a cancer-fighting compound.</li> <li>- They also have a pleasant, peppery flavour.</li> <li>- They must be stored in iced water and kept in the refrigerator where they will last for a few days.</li> <li>- Change the water daily.</li> </ul>
---	---



#### **MUNG BEANS –**

- Can be eaten raw and cooked.
- They are small beans with a creamy white flesh and a soft olive coloured coating with a nutty flavour and texture.
- Mung Beans contain significant levels vitamin A, B1, B2 and C, calcium, iron and niacin.
- They are high in fibre and are beneficial in countering protein deficiencies.



#### **SNOW PEA SPROUTS –**

- The firm but tender new shoots of the snow pea plant.
- The sprouts are eaten raw, steamed, stir-fried or added to soups.
- The flavour provided by the Sprouts is very similar to spinach leaves.



#### **SNOW PEA SPROUTS/ Yellow –**

- Delicate, deliciously crisp, yellow pea shoots include the thin, tender tendrils or vines and the leaves growing at the very top of the snow pea plant.
- A reminiscent taste of summer, their unique flavour is said to be a deliciously mild pea flavour, maybe even with a soft kiss of watercress.