



LITTLE HERBS

# BIG TASTE



## RED AMARANTH

*flavour...* mild beetroot  
*use with...* stir-fries, salads, egg dishes, garnish



## GREEN BASIL

*flavour...* spicy, peppery  
*use with...* tomatoes, soft cheeses, salads, pesto, pizza, pasta, strawberries



## PURPLE BASIL

*flavour...* spicy, peppery, fruity  
*use with...* tomatoes, soft cheeses, salads, pesto, shellfish



## THAI BASIL

*flavour...* spicy, aniseed, liquorice  
*use with...* thai curries, salads, stir-fries, chicken, pork, beef, seafood



## LEMON BALM

(seasonally available)

*flavour...* lemon sherbet  
*use with...* fish, chicken, leafy salads, fruit salads, iced tea



## BORAGE

*flavour...* cucumber  
*use with...* sandwiches, fish, soft cheeses, salads, summer cocktails



## BROCCOLI

*flavour...* mild broccoli  
*use with...* eggs, sandwiches, cheeses, smoked fish



## CELERY HERB

*flavour...* celery, lemony  
*use with...* salads, soups, bloody mary cocktail, garnish, gumbo



## 'BULLS BLOOD' CHARD

*flavour...* beetroot, earthy  
*use with...* salads, cheeses, garnish, potatoes



## RED CHARD

*flavour...* spinach, earthy  
*use with...* salads, soups, mushrooms, cheeses, garnish



## GARLIC CHIVE

*flavour...* mild onion, garlic  
*use with...* seafood, eggs, sour cream, cheeses, soups, potatoes, garnish



## CORIANDER

*flavour...* citrusy, aromatic  
*use with...* curries, salads, soups, salsa, chicken, garnish



## GREEK CRESS

*flavour...* peppery kick  
*use with...* salads, sandwiches, mayonnaise, seafood, potatoes, eggs, garnish



## SALAD FENNEL

*flavour...* aniseed  
*use with...* salads, eggs, potatoes, seafood, garnish, oranges



## MIZUNA

*flavour...* piquant, mild mustard  
*use with...* salads, sandwiches, stir-fries, soups, fish, cheeses



## RED MUSTARD 'FRILLS'

*flavour...* potato, then fiery mustard  
*use with...* salads, beef, sandwiches, cheeses, garlic, honey, stir-fries





### RED PAK CHOI

*flavour...* mild cabbage  
*use with...* beef, cheeses, eggs, sandwiches, salads



### FLAT LEAF PARSLEY

*flavour...* fresh, green  
*use with...* salads, sandwiches, seafood, couscous, mushrooms, garlic, garnish



### PEA SHOOTS

*flavour...* freshly podded peas  
*use with...* seafood, salads, stir-fries,



### GOLDEN PEA SHOOTS

*flavour...* mild fresh pea, sweet  
*use with...* salads, stir-fries, scallops, sandwiches



### PINK STEM RADISH

*flavour...* peppery, radish  
*use with...* salads, soups, stir-fries, sandwiches, sushi, cheeses, beef



### SALAD ROCKET

*flavour...* peppery, nutty  
*use with...* salads, soups, pasta, sandwiches, tomatoes, cheeses, pesto, seafood, carpaccio, eggs



### SAMPHIRE

(seasonally available)

*flavour...* tastes of the sea!  
*use with...* salads, pasta, risotto, fish, seafood, potatoes, salt marsh lamb



### PURPLE SHISO

*flavour...* cumin, cinnamon, anise  
*use with...* East Asian cuisine, sushi, salads, soups, seafood, tempura, pickles, garnish



### RED VEIN SORREL

*flavour...* lemony, apples  
*use with...* salads, soups, sandwiches, oily fish, cheeses, eggs, potatoes, chicken, peas



### TARRAGON

(seasonally available)

*flavour...* anise  
*use with...* chicken, fish, eggs, salads, mushrooms



### THYME

(seasonally available)

*flavour...* spicy, piquant  
*use with...* chicken, meat, fish, vegetables, tomatoes, pizza, soft cheeses, mushrooms



### BABY WATERCRESS

*flavour...* peppery, floral  
*use with...* salads, soups, sandwiches, stir-fries, fish, pork, chicken, cheeses, eggs, potatoes, garnish

## SO WHAT ARE MICRO LEAVES?

Micro leaves are young versions of salad leaves or herbs. They are exceptionally tender and in most cases, intensely flavoured. WOW! varieties are specially selected for their unique flavour, or visual impact and colour. Used by some of the top Michelin starred chefs in the UK, WOW! micro leaf is an innovative ingredient for premium sandwich manufacturers, prepared salads and food service sectors. Used and eaten whole, there's almost no preparation and very little waste.

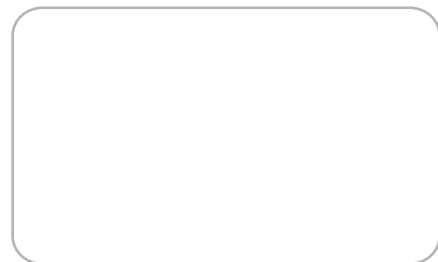
## OUR PARTNERSHIP

WOW! is the result of a perfect partnership between the UK's largest specialist grower of micro leaf and the country's largest fresh herb supplier. Westland Nurseries bring expertise in production to HumberVHB's commercial, marketing and technical knowhow and together we have created WOW!, a UK grown range of micro leaf.

## ACCREDITATIONS

Assured Produce, LEAF members, M&S Field to Fork, Tesco Nurture, HACCP, GLOBALGAP, SEDEX Ethical trading

Product life is typically 5 to 7 days from harvest, depending on the variety.



WOW! micro leaf is grown by Westland Nurseries, Evesham, Worcs and marketed by HumberVHB, Welton, East Yorks. 10.10

