



Borage Cress

Borago

Origin	Africa, Asia
Taste / Aroma	Briny, oyster, cucumber
Season(s)	Spring, Summer, Autumn, Winter, Asparagus, BBQ, Coquille St Jacques, Easter, Mushroom, Mussel, Oyster, Pumpkin
Storage	Cold, 2-7 °C

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TASTE

Once you've tasted Borage Cress, you'll understand why the Dutch call it "cucumber herb". The cress has an unmistakeably clean and refreshing taste, with salty notes reminiscent of oyster.

TASTE FRIENDS

Borage Cress makes an excellent addition to shellfish or lightly cooked and cold smoked fish. We also recommend combining Borage Cress with meat or steak tartare.

ORIGIN

The name originates from the Arabic word 'Abu Rache', 'Abu' means father and 'Rache' means sweating.

Eating Borage when being sick, stimulates transpiration, thus speeds up the recovery process. Used as tea, it is also supposed to help reduce headaches, fever and throat pains.

AVAILABILITY

Borage Cress is available year round and can easily be stored for up to seven days at a temperature of 2-7°C. Produced in a socially responsible culture, Borage Cress meets the hygienic kitchen standards. The product is ready to use, since it is grown clean and hygienically.

SPECIFICATIONS

Taste	Sweet, Salty, Sour, Bitter, Umami
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Cultures	African, Alpine, Asian, Balkan, Baltic, Chilean, Chinese, Creolic, Dutch, French, Greek, Indian, Italian, Japanese, Korean, Mediteranean, Mexican, Nordic, Peruvian, Portugese, Russian, South American, Spanish, Turkish
Packaging	Solitair (16 items), CressSingle
Usage	Deep frying, Oil, Pickling, Smoke
Colors	Green
Dishes	Breakfast, Cocktail, Crustaceans, Dessert, Fish, Lunch, Main course, Meat, Pasta, Poultry, Salad, Snack, Soup, Starter, Sushi, Vegetarian, Vegetables
Taste Friends	Gin, Vodka, Cheese (others), Chocolate, Prawns, Lobster, Crab, Crustaceans others, Cod, Eel, Monkfish, Salmon, Fish (saltwater), Fish (freshwater), Shellfish, Apple, Corn, Cucumber, Olives, Pumpkin, Tomato, Watermelon, Basil, Dill, Sage, Beans, Beef, Goat, Lamb, Offals, Porc, Sheep, Veal, Meat, Truffle, Mushrooms (others), Chicken, Duck, Goose, Pheasant, Pigeon, Quail, Turkey, Poultry (other), Scallop, Oyster, Squid, Asparagus, Avocado, Beetroot, Carrot, Cauliflower, Chicory, Kidney beans, Onion, Potato, Butternut squash, Sweet potato, Couscous, Egg, Liquorice, Olive oil, Rice, Seaweed, Soy sauce, Tofu
Nutrients	Calcium
Latin Name	Borago
Synonyms	Gin Tonic, Cucumber Cress, Oyster Cress
Dimensions	Minimum 3 cm, maximum 12 cm above the growing medium. There should be enough seeds on the growing medium so that no gaps appear between the cress leaves when the cress is fully grown.
Microbiological standards	"Pathogens: Salmonella Absent in 25 g, Listeria monocytogenes Absent in 25 g, Staphylococcus aureus <1.105 cfu per g, Bacillus cereus <1.105 cfu per g, EHEC/STEC Absent in 25 g"