



HEALTHY FARMING

MENU

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BASIL



Basil is well known for its use in Italian cuisines. It is one of the primary ingredients in pesto sauce. Basil is also commonly included in Indonesian, Thai, and Vietnamese cuisine.

Basil is used in traditional Tamil and Ayurvedic medicine, which is a form of cuisine popular on the Indian subcontinent.

Basil is rich in vitamin A, vitamin K, vitamin C, magnesium, iron, potassium and calcium.



BUTTERHEAD LETTUCE

Butterhead lettuce receives its name from the sweet buttery flavor and delicate texture of the large, ruffled outer leaves. Cutting into the lettuce reveals a soft, folded, and blanched heart. Sometimes called cabbage or round lettuce, these popular lettuce are tender and mild, with the sweeter leaves at the center. Butterheads are always a favorite for salads and stand up well to most dressings.

Butter lettuce is low in sodium, a good source of vitamin A, and has small amounts of iron and calcium.



LOLLO ROSSO LETTUCE



Lollo Rosso lettuce is best suited for raw applications as its bright color, curly texture, and mild taste is showcased when fresh. The leaves are most popularly added to salads with other greens as the curly leaves increase the surface area and have the ability to catch and hold salad dressing. The leaves can also be used as a garnish, layered in sandwiches, torn and sprinkled over soups, or served as a bed for cooked meat. The leaves will keep up to four days when stored in the crisper drawer of the refrigerator.

Lollo Rosso lettuce contains vitamins A and C, folate, fiber, antioxidants, and iron.



POK CHOY



This member of the cabbage family has a number of different names, including pak choi, bok choy, Chinese celery cabbage and white mustard cabbage. Its structure looks like a squat celery, with either white or very pale green short, chunky stalks and glossy, deep green leaves.

The texture of both leaves and stalks is crisp, and the flavour is somewhere between mild cabbage and spinach. If very young it can be eaten raw in salads, but is best when briefly cooked.

Pok choy is an excellent source of fiber, vitamin C, vitamin K, vitamin A, and beta-carotene. It is a very good source of folate, calcium, and vitamin B6 as well.



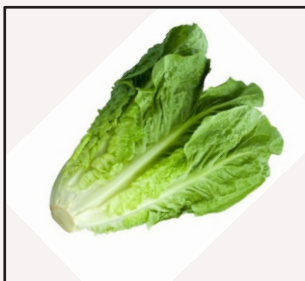
ROCKET LEAVES

Rocket leaves or popularly known as arugula or salad rocket is nutritious green-leafy vegetable. The young tender leaves carry a bitter peppery flavor that makes it mostly a salad vegetable. Rocket leaves have a sweet, nutty flavor when they're young but start developing a strong spicy flavor as they mature. It adds a powerful health boost to any menu choice.

The rocket leaves are low in saturated fat, and very low in cholesterol. It is an antioxidant and helps you to lower glucose levels, increase insulin sensitivity, and prevent oxidative stress-induced changes in patients with diabetes.



ROMAIN LETTUCE



Romaine lettuce is the most nutrient-rich of all lettuce varieties. It is a popular ingredient in green salads, sandwiches, wraps and green smoothies. It is the usual lettuce used in Caesar salad. Romaine, like other lettuces, may also be cooked. For example, it can be braised or made into soup.

Sturdy, crunchy, and packed with nutrition, romaine lettuce is a hearty salad green. Also known as cos lettuce, romaine lettuce is known for its nutritional benefits and savory, yet neutral taste.

It's also low in calories, sugar, and carbohydrates and high in vitamins and minerals.





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