



# OUR PRODUCE

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SPRING 2019



FEEDING THE CITY  
FROM WITHIN THE CITY

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# WANT SOME?

If you're interested in getting your hands on our beautiful produce (and how could you not be?) call our sales office on 0207 6271027, email your orders to [sales@growing-underground.com](mailto:sales@growing-underground.com) or contact [richard@growing-underground.com](mailto:richard@growing-underground.com) either by email or 07789 120 837 for pricing.

Product	Weight/g
Watercress	30
Broccoli	30
Celery	30
Coriander	30
Garlic Chive	30
Green Basil	30
Parsley	30
Pink Stem Radish	30
Purple Radish	30
Red Amaranth	30
Red Basil	30
Red Mustard	30
Salad Rocket	30
Wasabi Mustard	30
Wild Rocket	30
Pea Shoots	100



## WATERCRESS

This delicious micro herb, often found growing near riverbeds, is not only full of flavour but is also packed with vitamins and minerals, ranging from iron to calcium.



## BROCCOLI

A head or floret of broccoli can be the scourge of a child's dinner, so dupe them into eating this antioxidant rich leaf in any salad (health by stealth).



## CELERY

Our celery has the recognisable flat fan-shaped leaf with a tender stem that is completely edible and packed full of flavour.



## CORIANDER

One of the niftiest herbs we grow, coriander's leaves and seeds are used heavily in North African and Asian food, where their pungent and robust flavours cut through and compliment many different dishes.



## GARLIC CHIVE

An extremely common ingredient in Asian cuisine, Allium tuberosum, or garlic chives to you and me, is considered a weed. Highly sought after for its powerful flavour, this micro green is never short on taste.



## GREEN BASIL

There are more than 60 varieties of basil but this traditional beauty is the one you know and love; perfect for salads and pesto, just in miniature form.



## PARSLEY

"Hello Parsley my old friend..." With that recognisable parsley taste, it is one of the most ubiquitous herbs in British cookery and is popular in a myriad of dishes.



## PEA SHOOTS

Grown from the unassuming pea seeds, scattered onto our growing beds these shoots grow tremendously fast. This tasty leaf is anything but humble, packing enough flavour to tickle anyone's palate.



## PINK STEM RADISH

This daikon sprout variety gives a shock of pink in the stem and offers a wonderful pop of colour to any salad. Popular among chefs, not only for its colour, but for its fiery, peppery taste.



## PURPLE RADISH

The bright purple colours in this micro green make it arguably one of the most attractive herbs we have. However don't just buy this plant for its looks, as the flavour is equally unbelievable.



## RED AMARANTH

This is the brightest micro green we sell! Its colours are sure to stand out on any plate but if used correctly so will its flavour.



## RED BASIL

Basil is originally native to Iran, India and other tropical regions of Asia but has become synonymous with Italian food. This adds a lush, dark purple colour as an alternative to its green cousin.



## RED MUSTARD

Truly multicultural, red mustard appears globally from American soul food to classic Italian dishes. These micro mustard leaves are more delicate than the fully-grown plant but just as punchy in flavour.



## SALAD ROCKET

Rocket, a star in any salad, is also a popular addition to pizzas. Our herbs can be used in place of the more mature leaves and can be sprinkled on at the last minute for a similar, but brighter, flavour.



## WASABI MUSTARD

Wasabi mustard is exploding in popularity due to its distinct flavour. Our leaves have bright green, heart-shaped, tender leaves that are bred specially to bring that mouth-tingling wasabi taste into salads.



## WILD ROCKET

With a deeper colour than the 'salad' this 'wild' rocket variety is an attractive alternative to its Mediterranean cousin.



# RETAIL MIXES

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## ASIAN SALAD MIX

A punchy blend of sweet pea shoots, spicy purple radish and fragrant coriander.



## ENGLISH SALAD MIX

Bright pea shoots provide a tasty base for these spicy English mustard leaves, mixed with broccoli shoots.



## INDIAN SALAD MIX

Pea shoots come together with fennel and coriander for an aromatic and balanced flavour.



## ITALIAN SALAD MIX

Pea shoots blended with peppery salad rocket and spicy garlic chives to create this Italian mix.



## JAPANESE SALAD MIX

A blend of sweet pea shoots with zingy wasabi mustard and pink stem radish shoots.



## WHO WE ARE

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Growing Underground is the world's first subterranean, urban farm. Under Clapham's busy streets we're using the most advanced growing technology to produce fresh, lush micro herbs in former WW2 bomb shelters. And we're keeping our distribution local to London - our greens can get to you in under four hours. You get it sooner, it tastes better longer, and less gets lost along the way. Now that's fresh.

## WHAT ELSE

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Our greens can be grown year round without pesticides and we even use 70% less water than traditional farming methods. That means you get a better salad produced with fewer effects on the environment. We are dedicated to minimising our carbon footprint on the city we love, and will achieve carbon neutrality in 2016. We're repurposing London's unused spaces ethically and sustainably, one green leaf at a time.

## CONTACT

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