



# PRODUCT SPECIFICATION SHEET

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## Wild Rocket 1.5kg - SAL15B

Wild Rocket is very versatile and is widely use in Italian cuisine. It has a more robust flavour and texture than standard rocket and withstands the cooking process well.

**Flavour:** A peppery, mustard-like flavour.

**Uses:** Use in salads, wraps and sandwiches. Wild rocket can also be steamed and served with mixed vegetables. Toss it through pasta and risotto. Add to frittata, or serve on top of gourmet pizza.

**Appearance:** Tooth-edged, dark green leaves.

**Storage:** To maintain freshness, store Flowerdale Farm Salad Mixes between 1-7 degrees C. Rinse lightly under cold clean water before use.

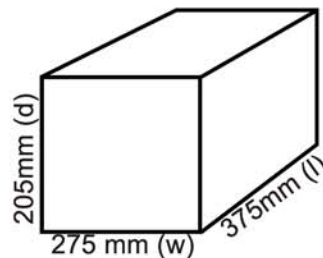
**Health Benefits:** Rocket is a source of folate, copper, niacin and iron and vitamins K, A, B and C.

**Product Sizes:** 1.5kg box

**Availability:** Flowerdale Farm's Wild Rocket is cultivated in hydroponic conditions and is available year round.



### Box Dimensions:



### Palliation & Transport:

Unit weight net: 1.5kg

Units per outer: 1

Boxes per layer: 12

Layers per pallet: 10

Box gross weight: 2kg

Box dimensions: 205mm (w) x 375mm (l) x 205mm (d)

Unit dimensions: 205mm(w) x 375mm(l) x 205mm(d)

### Pallet Configuration:

12 boxes per layer
