

Land Watercress

from Mountain View

It's All About Soul



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“ Before becoming a farmer about six years ago, Roy Berger tracked stars and satellites from Haleakalā Observatory on Maui. After more than 30 years on the Valley Isle, he turned his attention to things terrestrial, raising gourmet land watercress 1,800 feet above sea level on a farm tucked away in Mountain View. “The way you take care of the watercress is important,” says Roy, who operates the only land watercress farm in the state with his wife Marlene and son Branden. “The ‘āina gives the watercress its good flavor and soul.” Taste the difference! ”

Roy Berger, wife Marlene and son Branden
Berger's Kama'aina Farm
<http://hawaii.gov/hdoa>



Berger's Kama'aina Farm

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Fact:

Land watercress tastes different from watercress grown in water, has a longer shelf life and a characteristic "snap" to it.

Tip:

Numerous research studies on the antioxidant qualities of watercress in reducing cancer risk are now under way.

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