

Watercress

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Watercress prevents DNA damage to blood cells and lowers sugar

GEEK TALK

Rorippa nasturtium-aquaticum

BUT WE TALK

Cress

DID YOU KNOW?

Watercress is believed to be one of the oldest known leaf vegetables that were consumed by humans. Watercress is very popular in many salads and can be eaten raw or cooked.

Native to Europe and Asia, this vegetable is seen to have other uses than just for food as it is said that its juice can work as a lotion to clear blemishes and spots on the skin.

KITCHEN PHARMACY

- Watercress is believed to be especially beneficial in helping to prevent cancer as it can reduce DNA damage to blood cells which is considered a precursor to cancer.
- In addition, it can help lower blood sugar levels and promote immunity.

