

# Colza

Brassica napus cress

Children like it!





- COLZA (*BRASSICA NAPUS*) CRESS

- **KNOLD + TOP APS**

is an independent company breeding *Brassica napus var. napus*. We have developed new genetic backgrounds which make the leaves very tasty. This is in contrast to normal oilseed rape (canola) which expresses a strong bitter taste of the leaves.

Our breeding is classical and without GMO's. All our varieties have passed the European Union test for Distinctness, Uniformity and Stability (the DUS-test).

- **Our VARIETIES**

are well adapted to production of "cress". Colza cress is an appealing product with a mild taste. The cultivation technique is similar to other species having round seeds. Growth is a little slower than *Lepidium sativum*.

**LILPUT:** Because of its short hypocotyl the variety LILPUT is very adapted to the cultivation of cress in small plastic boxes like *Lepidium sativum*.

**WITT:** For all other colza varieties such as WITT the hypocotyl gets much longer and they are adapted to a cultivation technique without lid.

In a test with WITT cress, 28 out of 30 children liked the product. According to the children the WITT cress tasted like very mild radish. Some of the small children asked for more! In contrast most children do not like the *Lepidium sativum* cress because of its strong taste.

Colza-cress is a very pedagogical way to teach children how to enjoy healthy green vegetables.

*Lepidium sativum* is by far the most used species for cress (or seedlings) in Scandinavia. This is the reason why we are comparing the colza-cress (*Brassica napus*) to *Lepidium sativum* in relation to appearance and taste.

### Nutrition Facts for LILPUT cress

Amounts per 100 g

<b>Energy:</b>	29 kcal/122 kJ
<b>Total Fat</b>	<b>1.1 g</b>
Saturated Fat	0.1 g
Monounsaturated Fat	0.5 g
Polyunsaturated Fat	0.4 g
<b>Total Carbohydrate</b>	<b>0 g</b>
Sugars	0.2 g
<b>Dietary Fibers</b>	<b>2.7 g</b>
<b>Protein</b>	<b>3.5 g</b>
<b>Salt</b>	<b>0.03 g</b>

**Comparison of Colza cress** (variety LILPUT) with *Lepidium sativum* made by Eurofins sensory testing lab:

**Appearance:** The colza seedlings are larger (thicker) with darker leaves.

**Taste of Colza cress:** A very weak taste of *Lepidium sativum* cress and a mild taste of pea sprouts.

### Glucosinolates

Like green leaves from the cabbage family the colza-microgreens are rich sources of glucosinolates. To some extent glucosinolates prevent certain types of cancer, diabetes 2 and other diseases.



Tasting colza-cress.



Test production in peat of colza  
cress, variety WITT



Test production in peat of colza  
cress, variety WITT

### Seed

There is plenty of seed available from conventional grown seed fields of the varieties LILPUT and WITT.

Organic seed of WITT is available in more limited amounts. Organic seed will be produced in large amounts when there is a demand from the market.

Our seed is cleaned and bagged by Vikima Seeds A/S. Vikima has some of the best equipment for seed cleaning.

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