Viola

ORGANIC MILLET



Ref.: VIOLAEX5 Packaging: 500g plastic bags

ORGANIC HULLED MILLET
Historical origins: India
Production area: Italy
Species: panicum miliaceum.
Sowing season: late April
Harvest time: July

Dishes: excellent gluten free cereal, rich in minerals, it's nutricious and very easy to digest. It can be used in vegetable soup, it's ideal with squash soup flavoured with ginger; ideal as a side dish for white meat and steamed fish.

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