*Fresh Vegetable*

# SARDINIAN SPINE ARTICHOKE



Ref: ART-01

Italian name: Carciofi sardi con spine

Weight Order: 10 pcs

Description: The spiky Sardinian artichoke is distinguished by its streamlined shape and the long sturdy thorns or spines that are found at the top of its purple bracts. The Carciofo Spinoso di Sardegna is a vegetable with a very high nutritional value. Artichokes generally contain moderate quantities of vitamins A, C, PP and B2, various minerals, potassium, calcium, sodium, iron and phenolic compounds.

Season: from January to May

Serving suggestion: Unlike other varieties, the core of the spiky artichoke is naturally very tender and is best eaten raw.

ELLERMANN TRADING LIMITED
http://www.ellermann.hk info@ellermann.hk Tel +852 3187 7488 Fax +852 3421 2262
603 Shun Kwong Commercial Building, 8 Des Voeux Road West, Sheung Wan, Hong Kong