Fresh Vegetable

ROMAN BROCCOLI



Ref: BRO-01

Italian name: Broccoli romaneschi

Weight Order: 3-4 kg

Description: Is an edible flower bud of the species *Brassica oleracea*. First documented in Italy, it is light green in color. Romanesco has a striking appearance because its form is a natural approximation of a fractal. When compared to a traditional cauliflower, as a vegetable its texture is far more crunchy, and its flavour is not as assertive, being delicate and nutty. It is rich in vitamin C, vitamin K, dietary fiber and carotenoids.

Season: Winter

Serving suggestion: The florets are great used raw in a salad or as part of a crudité selection served with dips.

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