Fresh Vegetable

CARDOONS



Ref: CAD-1

Italian name: Cardi

Weight Order: 6-8 kg

Description: cardoons are very similar to artichokes. The stalks of cardoons are ribbed and can grow up to around 22 inches (55 cm) long, and the color can range from white to a pale green. The vegetable has a flowering head, and its appearance is a cross between a thistle and an artichoke. However, the flower buds of the cardoon cannot be eaten.

Season: Winter

Serving suggestion: can be eaten either raw (especially as an antipasto) or cooked

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