

Fresh Vegetable

BLACK CABBAGE



Ref: CAV-01

Italian name: Cavolo nero

Weight Order: 3-4 kg

Description: Palm tree-like fronds are a characteristic of the black Italian cabbage. Also called Tuscan kale, Toscano kale and Lecano kale, these curly-edged leaves grow out of a central stalk. When the central stalk of this Tuscan kale is harvested, mini-black cabbages are produced on the stalk. This variety offers its very own subtle green cabbage flavor that has a tangy bite with an almost sweet aftertaste.

Low in calories, cabbage offers vitamin C, folic acid, calcium, and potassium. It is said cabbage stimulates the immune system and prevents cancer. Cabbage juice is claimed to be helpful for arthritis, gastric ulcers, depression, and gout.

Season: Winter.

Serving suggestion Cavolo nero (Black Cabbage) can be used as a substitute in all recipes that require cabbage but it is particularly good in soups. The classic Tuscan soup, ribollita, is traditionally left to sit for a day before serving to allow it to thicken and the flavours to develop. Cavolo nero is delicious simply fried in olive oil with garlic and chillies.