

Fresh Vegetable

BROAD BEANS (FAVA BEANS)



Ref: FAV-01

Italian name: Fave

Weight order: 6-7 kg

Description: Fava beans are one of the oldest plants under cultivation, and they were eaten in ancient Greece and Rome. Fava beans have a distinct flavor and creamy texture that makes them a great addition to a wide variety of dishes.

Season: Summer

Serving suggestion: Fava beans are great steamed and served with olive oil, salt, and lemon. They can also be added to soups and pastas, ground into purees, grilled, or enjoyed in artichoke risotto. The fresh beans can be found in Italian markets beginning in late May, and they will be tasty through August.