

*Fresh Vegetable*

## CURLY ENDIVE



Ref: SAL-01

Italian name: Indivia Riccia

Weight order: 4-5 kg

Description: Curly endive, also sometimes called frisee or chicory, is a bitter dark leafy green used in salads and other dishes. Like other endives, the curly one has a characteristically sharp, bitter flavor which greatly enhances the flavor of green salads. This green is high in folate, fiber, and vitamins A and K, making it a great addition to any diet, especially for pregnant women.

Season: Spring and Autumn

Serving suggestion: Most people use curly endive raw in salads, typically in small amounts so that the bitter flavor does not become overwhelming. The green can also be briefly wilted and served warm. As a general rule, it does not do well with prolonged cooking, so if it is added to a dish such as soup, it is thrown in at the end.