Fresh Vegetable

BORAGE



Ref: SPH-01

Italian name: Borragine

Weight order: 300-400 g

Description: Both the flowers and the leaves are edible, with a cucumber-like flavor. The seeds are a rich source of gamma-linolenic acid; this oil helps to regulate the hormonal systems and lowers blood pressure. An edible blue dye can be obtained from the flowers.

Serving suggestion: Flowers are very tasty and can be tossed into salads or they can be crystallized to make a “candy.” Some people use it to colour vinegar however it turns pink on contact with acids.

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