Fresh Vegetable

NETTLE



Ref: SPH-03

Italian name: Ortiche

Weight order: 1 kg per bag

Description: Has a flavour similar to spinach and cucumber when cooked and is rich in vitamins A, C, iron, potassium, manganese, and calcium.

Serving suggestion: The young shoots can be used in soups and stews and in place of spinach. Nettles can be used in a variety of recipes, such as polenta, pesto and purée

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