

*Fresh Vegetable*

## ITALIAN CHARD WITH ROOTS



Ref: BIE-01

Italian name: Bietina con radice

Weight Order: 3 kg

Description: Is a leafy green vegetable often used in Mediterranean cooking. Chard has been bred to have highly nutritious leaves and is considered to be one of the healthiest vegetables available, making it a popular addition to healthy diets

Season: Summer

Serving suggestion: Fresh young chard can be used raw in salads. Mature chard leaves and stalks are typically cooked (like in pizzoccheri) or sauteed; their bitterness fades with cooking, leaving a refined flavor which is more delicate than that of cooked spinach.