

SPECIALITY VEGETABLES

# Cavolo nero

**An Italian cabbage with long, dark, blistered leaves.**

Cavolo nero, or Tuscan black kale, has long, narrow leaves of a very dark green, with a blistered surface. Its flavour is deep, slightly bitter and sweet. It is the ingredient of ribollita and is prepared sautéed, braised, as oven-baked crisps or in pesto.

FLAVOUR

**Deep, slightly bitter and sweet**

## Seasons and origins

Peak season · Early · Late · Rare

| | J | F | M | A | M | J | J | A | S | O | N | D |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Availability** | ● | ● | ○ | | | | | | ● | ● | ● | ○ |

Indicative calendar based on our sales. Our sales team will confirm current availability.

## Pack sizes

- **Bunch 250 g × 5**
- **Bunch 250 g × 10**

## In the kitchen

- In a ribollita or a minestrone
- Sautéed with garlic and olive oil
- As crispy oven-baked crisps

**Orders and prices**

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