

EDIBLE FLOWERS

Courgette flower

The courgette flower, to stuff, fry or serve raw.

Courgette flower is recognisable by its large orange-yellow petals, supple and delicate. Its mild flavour slightly recalls courgette. A classic of Mediterranean cuisine, it is stuffed with ricotta, deep-fried as a fritter or served raw, sliced into a salad or pasta.

FLAVOUR
Mild, vegetal, courgette note

ORIGIN
France

Seasons and origins

Peak season · Early · Late · Rare

	J	F	M	A	M	J	J	A	S	O	N	D
France	●	●	●	●	●	●	●	●	●	●	●	●

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

Pack sizes

- **Punnet 10 pieces** — France

In the kitchen

- Stuffed with ricotta and oven-baked
- As a fritter in a light batter
- Thinly sliced raw over pasta or a risotto

Orders and prices
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