

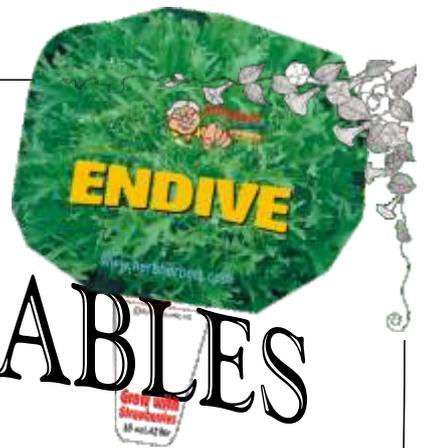
ANOTHER
HERB HERBERT
FACT SHEET

SPECIAL INTEREST HERBS

GOURMET VEGETABLES

Endive

Chichorium endiva



DESCRIPTION

The Endive is an annual leafy vegetable that is related to the daisy

family. This variety has two groups, the curly-leaved endive or the narrow-leaved Endive. It is green in color and has a distinct crisp and bitter taste that is often mixed with other, more bland tasting varieties of lettuce, Bowl & Ruby. The outside leaves on an endive have a tangy taste and are of a green color. The leaves found towards the inside of the plant are lighter in color and have a milder taste.

needed but can also be eaten hot as a side to a main, complimenting any meal. They can also be fried, steamed or braised.



GROWTH

The broad leaved Endive grows like lettuce and it very sensitive to hot weather. Endive is a companion plant to strawberries. The plant should be planted in early spring or late summer for best results.



CULTIVATION

This plant likes rich, light and well drained soil.

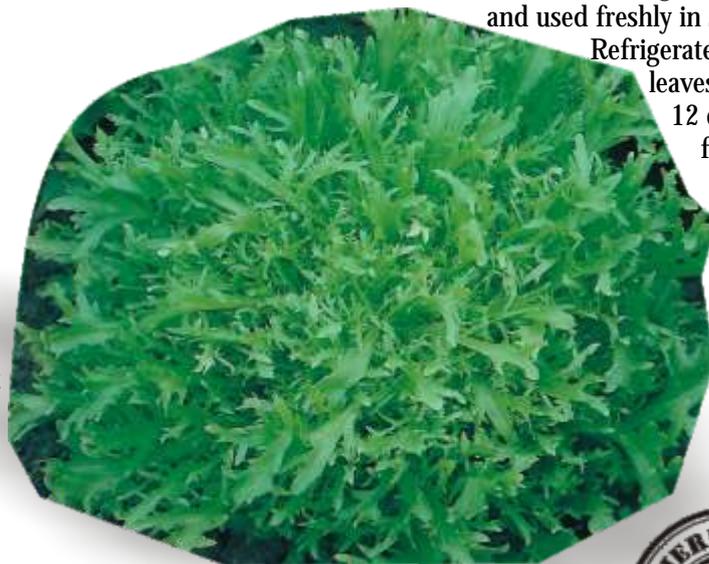
Constantly pick young leaves to encourage new growth as older leaves tend to be a bit sour. The Endive is a cool-season crop and is very easily damaged by the sun. When the plant overheats premature boiling and brown rib occurs. When transplanting Endive great care should be taken as it is a very delicate crop. A pH level of approximately 5 to 6 is recommended. Leaves can be collected through out the year and used freshly in salads.

Refrigerated Endive leaves can last up to 12 days if picked fresh.



PROPERTIES

This variety is very nutritious as it is high in vitamins A and K, Fibre, Potassium, Manganese, Copper, Vitamin E, and Magnesium. Endive is also Fat, Sodium and Cholesterol free and very low in calories, making it a perfect addition to any diet to maintain a healthy lifestyle.



USES

Culinary

The Endive is great in sandwiches and salads where a little extra 'bite' is



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