

- ◆ Endives are shaped like a small torpedo, and grow about six inches in length. They have tender white leaves with a yellow edge and a slightly bitter flavor.
- ◆ They are grown from chicory roots in a dark environment.
- ◆ Choose Endives that are covered to prevent light exposure and that have tight leaves and a crisp, solid head.
- ◆ Endives are a source of beta-carotene, potassium, vitamins A, B, and C. They are also fat free, cholesterol free, and sodium free.
- ◆ Endives were discovered in the 1830's by a Belgian chicory farmer.
- ◆ Endive is available year-round but its peak season is spring through summer.



Endive