

Belgian Endive

- [Phytopedia](#)
- [VEGETABLES](#)



Belgian Endive fights cataract and prevents Alzheimer's

GEEK TALK

Chicorium intybus

BUT WE TALK

Belgian Endive

DID YOU KNOW?

Belgian endive is a white-leafed vegetable belonging to the daisy family. Often prepared raw in salads, Belgian endive is very versatile and can also be grilled, steamed, boiled, and baked.

It has a somewhat tangy and bitter taste and it is said the whiter the leaf is, the less bitter it will taste. It is somewhat labor-intensive to grow and is either grown indoors or underground in the absence of sunlight with only the tips of the leaves above the soil.

KITCHEN PHARMACY

- Belgian endive is a tremendous source of fiber as well as folate which helps prevent birth defects.
- It promotes good vision and fights cataracts and is even believed to help prevent Alzheimer's disease and prostate cancer.
- It is also seen as a tremendous boost to the immune system.

