

Escarole

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Escarole has a crisp texture and prevents muscular degeneration

GEEK TALK

Cichorium endivia

BUT WE TALK

Broad-leaved endive, Bavarian endive, Batavian endive, grumolo, scarola, scarole

DID YOU KNOW?

A leaf vegetable and a member of the Chicory family, Escarole is a dark leafy green known for its bitter taste, crisp texture and crinkled leaves. A unique feature of Escarole is that you can achieve different layers of flavor and color by peeling back layers.

As each outer layer is removed the color will become a lighter shade of green and the taste will become less bitter. Best eaten during spring through summer, Escarole is commonly used raw in salads but can also be cooked and will still hold its form.

KITCHEN PHARMACY

- Escarole is believed to have anti-cancer properties, most helpful in fighting stomach, lung, colon, skin and breast cancer.
- In addition there is belief that escarole can help prevent macular degeneration and that it boosts DNA repair.

