

Radichhio

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Radichhio is delicious and supports good eyesight and hypertention

GEEK TALK

Cichorium endivia

BUT WE TALK

Italian chicory

DID YOU KNOW?

Often referred to as Italian chicory, Radicchio has been used since ancient times as both delicious food and medicinal herb. The most popular variety seen today in the U.S. is burgundy colored and roughly the size of a grapefruit.

Its leaves are known for a somewhat bitter taste and Radicchio is often prepared raw in some salads or can be cooked. In Italy where radicchio is very popular, it is commonly grilled in olive oil.

KITCHEN PHARMACY

Radicchio has been used since ancient times as both a blood purifier and an aid for insomnia. Radicchio is also believed to support good eye-site, help prevent Alzheimer's disease and hypertension.

