

Romanesco Florets

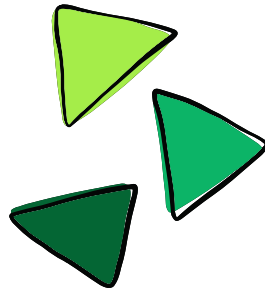
Look: Romanesco broccoli is lime green in color and about the size of a soccer ball.

Taste: Romanesco is crunchy and nutty, with a taste similar to broccoli, but milder. Romanesco can be eaten raw or cooked.

Touch: How does the Romanesco feel? Is it smooth or bumpy?



When chopped up, romanesco looks like mini Christmas trees! What else could you make out of romanesco florets?



Nutritionals

Romanesco is high in zinc, low in calories and a good source of:

Vitamin C



Strengthens the immune system

Vitamin K



Assists in faster wound healing

Vitamin A



Maintains healthy organ functioning

Fiber



Regulates the digestive tract

Potassium



Balances fluid levels in the body

Did you know?

Romanesco is native to Italy and is believed by experts to have been selectively bred since at least the 15th century.