



Puntarelle

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About Puntarelle

Available: November - January

Also known as: Puntarella, Cicoria di Cantalogna

Characteristics: Puntarelle is a chicory that is a part of the dandelion family. Its mildly bitter flavor blends the spiciness of Arugula with the sweetness of Fennel. This chicory has pale white and light green shoots that look like short, large asparagus, surrounded by dark green, serrated leaves that have the appearance of dandelion leaves. The Puntarelle shoots are the main feature of this chicory and can be eaten boiled, sautéed or raw in a salad.

Preparation Suggestions

Always rinse your produce under cool water before using. Peel back and remove the leaves to reveal the shoots. One by one, finely slice the shoots lengthwise from the base and cut into about four to six parts. After all the shoots are cut, soak them in ice water for about an hour or until they curl and crisp up. Then spin them until dry. From there you may dress them with the traditional romana dressing or sauté them.

Storage/Shelf-Life

Place Puntarelle in the crisper of your refrigerator wrapped in plastic. It should last about five to seven days in the refrigerator.

Style / Case	Case / Pallet	Case Cube	Ti	Hi	Net Weight
Puntarelle 10lb	64	20 x 12 x 9"	8	16	10 lbs