



# Endive, Curly

## Purchasing Specifications

### Availability:

Year round

### Growing Regions:

Arizona, California, Florida

### Receiving Information:

- Selection: Choose endive like you would do with lettuce. Look for heads with crisp leaves and avoid any with browning or wilted leaves.
- Health: Endive is high in folate, which has been shown to help prevent neural tube birth defects.
- Usage: Most commonly used in salads but it may also be cooked.

### Storage/Handling:

- Prevent wilting: Keep endive at its proper temperature and away from drafts. Avoid storing near cooler fans.
- Maintain freshness: Cracked ice in or around cases help maintain freshness. Keep away from heat.
- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: Yes
- Odor Sensitive: No

- Flesh Description: Curly, jagged, crispy leaves
- Outside Coloring: Green on the outer section of leaves and cream color close to stem/stalk
- Shape: Head with very curly and ragged leaves
- Skin Texture: Leaf texture thicker than romaine
- Taste: Mild but slightly bitter
- Usage: Use in salads, braised or steamed and added to soups.
- Size: Large

## Nutrition Facts

### Serving Size: 1 cup endive

Amount Per Serving

	Fat Calories
	% Daily Value*
Calories 6	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 7mg	0%
Total Carbohydrates 1g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 0g	1%
Potassium 95mg	2%
Vitamin A 11%	Vitamin C 7%
Calcium 2%	Iron 1%

\*Percent Daily Values are based on a 2,000-calorie diet.