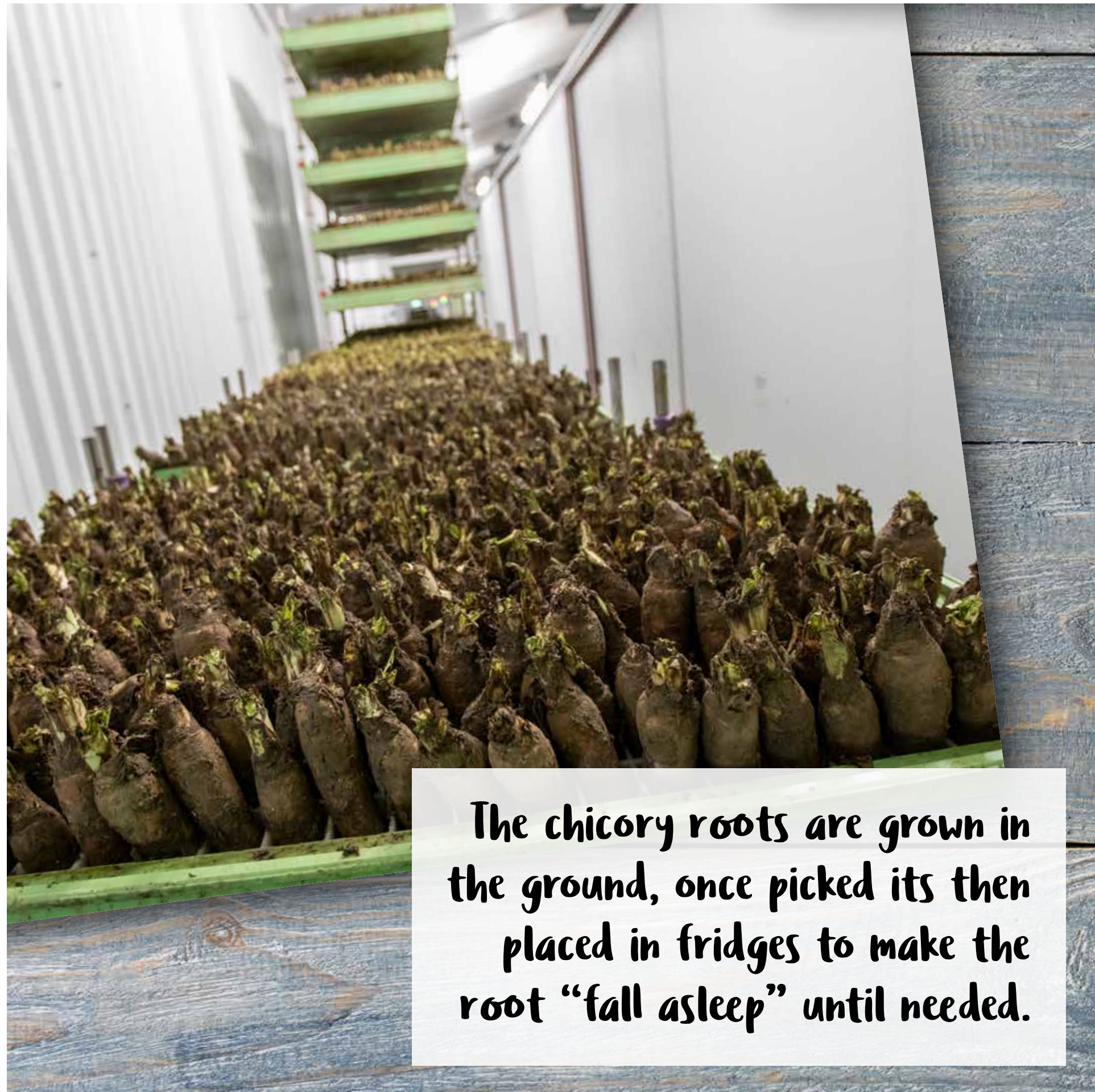


**CURIOUS**  
FRESH FRUIT & VEG

# Chicory



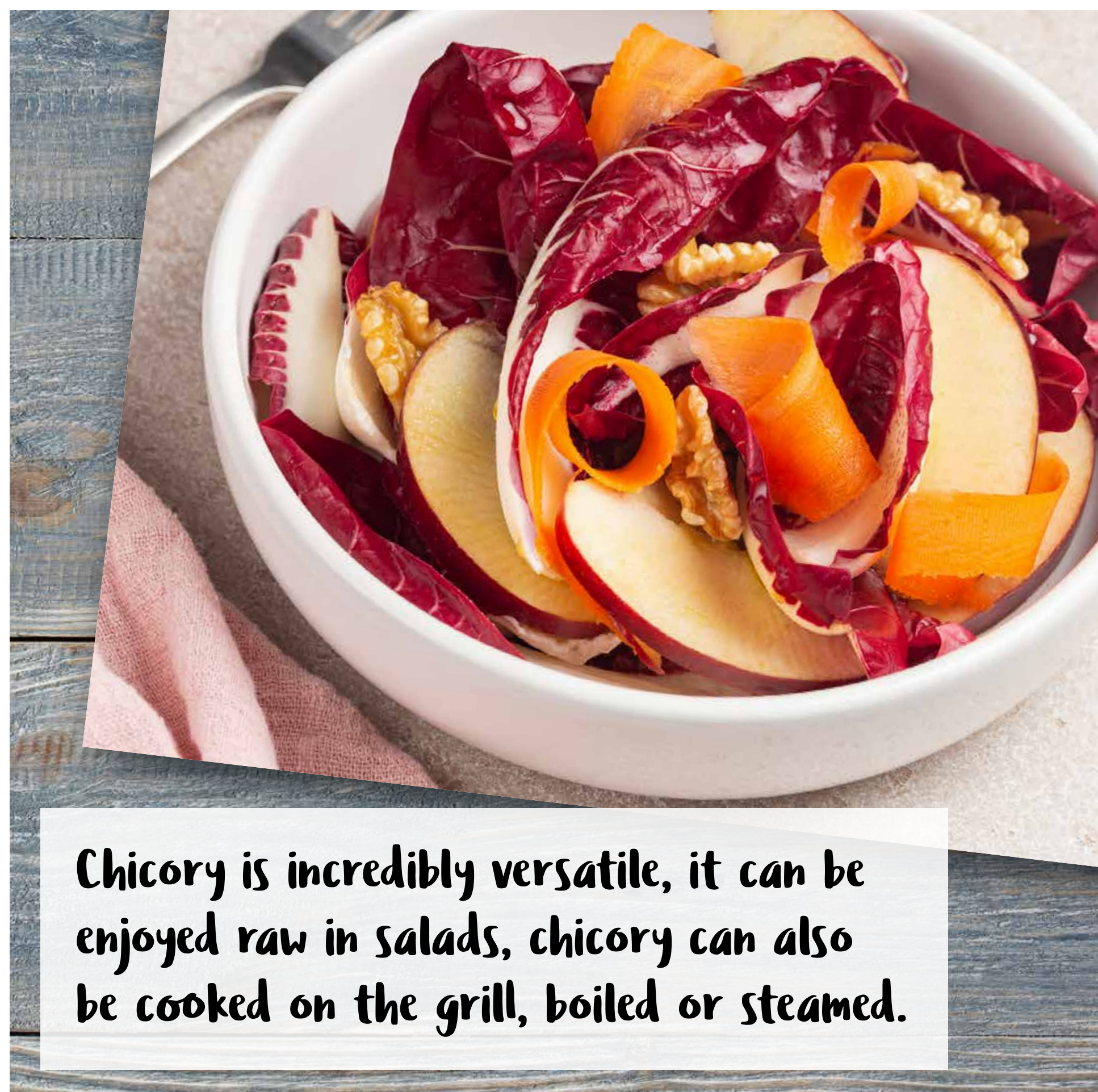
The chicory roots are grown in the ground, once picked its then placed in fridges to make the root “fall asleep” until needed.



Curious chicory is grown in dark “forcing rooms” year-round in the UK by Brian our chicory expert.



Prepare chicory by either leaving whole, separate the leaves, or slice lengthways into halves or quarters. Once cut, brush with lemon juice to prevent discolouration.



Chicory is incredibly versatile, it can be enjoyed raw in salads, chicory can also be cooked on the grill, boiled or steamed.