

ANOTHER
HERB HERBERT
FACT SHEET

SPECIAL INTEREST HERBS

GOURMET VEGETABLES

RADICCHIO

(*Chicorium intybus*)



DESCRIPTION

Radicchio is a variety of leaf chicory that looks a lot like red cabbage. The leaves on a Radicchio are softer than cabbage but are a bit tougher than the average lettuce. The size of this exotic vegetable ranges from a large radish to a large grapefruit. Radicchio needs a long cool growing season. It matures during late fall in northern areas and in early spring in the south. The plant is of a maroon color and has white veins. It has a very distinct and bitter flavor that adds a bite to salads and other dishes. This vegetable is very popular in Italy and is beginning to become known all across the world.



USES

The best thing about this food is that it's easy to cook and it is packed with vitamins and nutrients, making it perfect for the modern family. The Radicchio can be eaten raw with a sprinkle of olive oil and salt but can also be cooked. The Radicchio is very popular in Mediterranean dishes and can be found grilled or roasted in a variety of different dishes. It is also an excellent addition to salads when a little extra 'bite' is needed, in zest and as a texture to soups and risotto's.



GROWTH

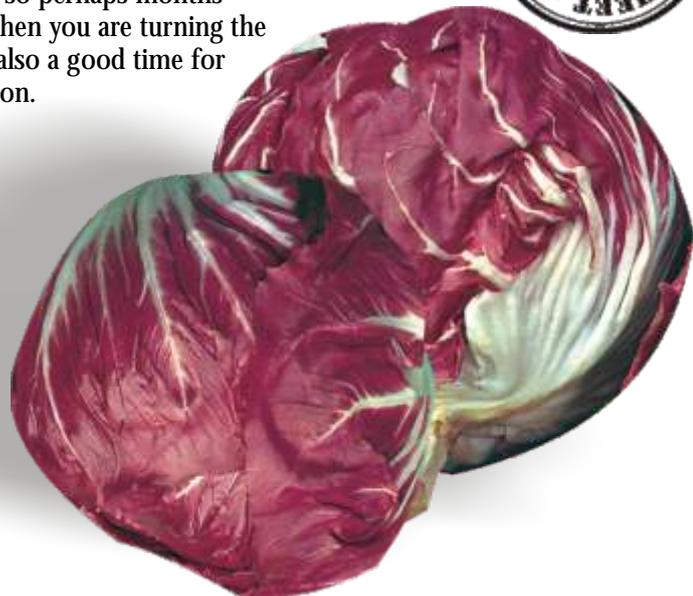
For best results grow Radicchio in early spring to late fall. Radicchio seeds should be planted 20-25cm / 8-10 in apart, allowing enough room for growth. The plant prefers constant light watering. Do not saturate this plant. Inconsistent watering will result in a more bitter and peppery-tasting radicchio. Radicchio is a companion plant to Pennyroyal.



CULTIVATION

Turn the earth months before planting because cabbages like firm soil as they have fragile root systems. Also, you shouldn't fertilize the soil too close to planting, so perhaps months before when you are turning the earth, is also a good time for fertilization.

Radicchio's take around 70-80 days to mature. When weeding, keep in mind their preference for firm soil and fragile roots – best keep any plough close to the surface. Harvest the radicchio's when they are mature but not too old, as radicchio's tend to get more and more bitter as they get older. When harvesting the cabbages, cut them off with a sharp knife close to ground level. You can store radicchio's in cool dark places after they have harvested, but are best used immediately.



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