



Endive

What Am I?

Endive is a vegetable with a nutty, slightly bitter flavor with crunchy leaves. You may find endive in its red or white variety with smooth and tightly-packed leaves.

How Do I Grow?

- Growing endive is very difficult and it requires a two-step process.
- During the first step, it is grown in a field for 150 days. It will develop roots and leafy green tops during this time.
- The second step requires cutting off the tops, digging up the roots, and moving it to cold storage for 28 days.



Nutrition

Endive is a good source of vitamins B, C, and K and minerals calcium, iron, zinc, magnesium, potassium, folate, and selenium.

Fun Facts

- Endive can be grown year-round.
- There is only one calorie per endive leaf.
- Endive originated when a Belgian farmer left chicory root in his cellar to dry, returning months later where he discovered white leaves had sprouted.

