

Yellow date

Product code **DATTGIAL**
Category **FRUIT & VEGETABLES**
Vegetables

Notes A small, round variety that is not well defined and uniform in shape, it is characterised by its intense yellow colour, sweet flavour and low acidity.
It occurs in regular clusters of 14 to 16 fruits, with an ill-defined, uniform cylindrical shape. It is rich in substances with high antioxidant power, capable of neutralising free radicals. It also contains vitamins C and A and B vitamins. It is the true 'progenitor' of the tomato.
When it was exported to Europe from the distant Americas, it was only used for ornamental purposes due to its extraordinary beauty. But it is from the yellow tomato that the



Round black aubergine

Product code **1716**
Category **FRUIT & VEGETABLES**
Vegetables

Notes The aubergine is a small, round variety. Of good productivity, it forms round, dark purple, shiny fruits that are harvested to make the typical stuffed aubergines, a traditional Ligurian summer dish



Long aubergines

Product code **MELL**
Category **FRUIT & VEGETABLES**
Vegetables

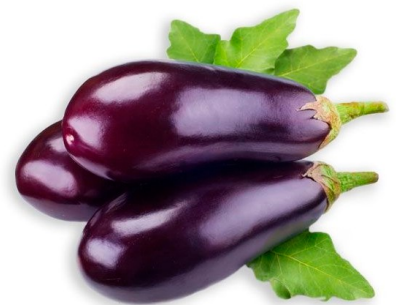
Notes Variety with elongated, cylindrical, slightly pointed bright purple fruit. White, compact flesh with few seeds. Vigorous, upright, tall plant with well-covering foliage. High and production. Mostly this type of aubergine is preserved in oil or vinegar for mainly domestic consumption. Exposure and transplanting distances between rows 80-100 cm and on the row 50-70 cm. Harvesting is expected 50-70 days after transplanting



Purple aubergines

Product code **PURPLE AUBERGINES**
Category **FRUIT & VEGETABLES**
Vegetables

Notes Purple aubergines have a slightly more spongy flesh and a less sharp and bitter flavour than black ones. As it absorbs oil well, it is particularly well suited for grilling both on the grill and in the oven.



Red peppers

Product code **PEPPER**
Category **FRUIT & VEGETABLES**
Vegetables

Notes Red peppers have a crisp, rather firm flesh and a strong flavour; yellows are fleshier and juicier and are richer in antioxidants; greens are harvested early and have a pungent, slightly acidic taste. Peppers are rich in water, fibre valuable nutrients.



Datterino tomatoes

Product code **DATTERINI**
Category **FRUIT & VEGETABLES**
Vegetables

Notes Datterini are small, bright red tomatoes, suitable for making excellent sauces and tasty salads. Compared to the cherry variety, they taste less sweet and contain less water.



Fresh rocket

Product code **1292**
Category **FRUIT & VEGETABLES**
Vegetables

Notes Arugula (scientific name *Eruca sativa*) - also known as rucetta, rughetta or rugola - is a vegetable belonging to the Cruciferae family, and is characterised by its light yet crunchy texture and characteristic bitter and spicy flavour.



Courgettes

Product code **ZUCCHINE**
Category **FRUIT & VEGETABLES**
Vegetables

Notes The courgette also known as courgette is the unripe fruit of the squash plant and is one of the most popular and cooked vegetables in the Mediterranean diet. It has an elongated shape and a dark green skin that is streaked or speckled, or light green or yellow; the flesh is always white.

