



CSA Harvest Information



What is Romanesco?

Romanesco is described as a cross between broccoli and cauliflower. First documented in Italy in the 16th century, it's an exotic variant of the cauliflower. The spirals on the head of romanesco follow the Fibonacci pattern and are the closest thing to a natural fractal.

Romanesco has a delicate, nutty flavor with a slightly crunchier texture than

cauliflower. It is an excellent source of vitamin C, vitamin K, fiber and carotenoids.



Select romanesco as you would broccoli or cauliflower -- you want firm heads that are heavy for their weight and show no signs of discoloration or sunburn.

Store romanesco the same way you would broccoli or cauliflower by refrigerating in a tightly sealed bag.

Do I cook with it?

Romanesco can be served raw, lightly cooked, or cooked through. Cook it like you would cauliflower.

Cooking it briefly emphasizes the earthy aspects of its flavor; cook it longer for more of a subtle sweetness. It is delicious steamed and lightly seasoned with olive oil and red wine vinegar.



The firm, compact nature of the florets make it a natural addition to a stir-fry. It also pairs well with pasta.



Check out our Pinterest board for more delicious romanesco recipes.

How to Break Down a Romanesco Credit: Cara Mangini, *The Vegetable Butcher*



Romanesco Tip:

Romanesco usually comes with its leaves still attached — good thing, because they are tasty. Massage them with oil and add them to a baking pan for roasting; bake until they are crisp. Sauté the leaves (think of them like kale), or add to whatever treatment the florets receive.

1. Cut the base of romanesco if a thick stem protrudes beyond the florets. The stem should be flush with the base of the romanesco.
2. Position the head upright against your board. Use a sharp chef's knife to cut straight through the middle of the head — tip to base.
3. Place the halves flat against your board and cut straight through the middle of each half to produce quarters.



4. Stand each quarter upright. At an angle, slide your knife between the florets and the inner stalk — this will release the florets from the core in one motion. Pull the florets apart if needed. Any florets that sit above the core may hold together. Cut them to match the size of the other florets for even cooking.

When you really want to show off romanesco's full form, buy the sweet little baby romanesco or smallish heads. Give them a quick steam and serve them whole. They make a fantastic vehicle for a dip, vinaigrette, or sauce — just pull apart the florets, dip, and repeat like an artichoke.