

FARRO SPELTA INTEGRALE



CODE 93717

COUNTRY OF ORIGIN Italy, Veneto

WEIGHT 300 g

Spelt of variety Grande Alpino or Spelta, perfect for soups

RAW MATERIAL

Dehulled spelt cultivated in Val Belluna, in the north of the Veneto region

APPEARANCE

Brownish grains with oval shape

TASTE

Sweet, with an interesting texture

PRODUCER

Cooperativa La Fiorita - Cesiomaggiore (BL) - Veneto

OUR SELECTION

This type of spelt is cultivated mainly in the alpine areas of Val Belluna: a product that is really able to describe the origin territories

CURIOSITY

The operation of "dehulling" consists of the removing of the hull of the grains: it allows the spelt to not lose its nutritive properties

SUGGESTIONS

Delicious in soups or cold salads. We suggest to soak in water for at least 4 hours
