



ORGANIC HULLED BARLEY

Historical origins: West Asia

Production area: Italy

Species: hordeum vulgare

Sowing season: October and November.

Harvest time: June



Dishes: ideal in shrimp or artichoke soup; it can be used in vegetable and legume soup; excellent if cooked as a risotto with porcini mushrooms or with red cabbage and jowl bacon; served with spelt and seafood, it is a tasty dish.