



## **ORGANIC RISINA BEAN**

Historical origins: West Africa

Production area: Italy

Species: *vigna unguiculata*

Sowing season: April and May

Harvest time: July and August



**Dishes:** ideal side dish with fresh-water fish, tasty if sautéed with tomatoes and garlic or dressed with mild fruity extra virgin olive oil; it can be boiled and used in sweet onion and pachino tomato salads.