

Uses

ID	1,658
Crop ID	Endive
Part	Leaf
Use Category	Food
Notes	Endive is most commonly eaten as a fresh green in salads, for which curly-leaved types are often preferred. Plants for salads are sometimes blanched to reduce bitterness. Endive is used as a substitute for lettuce in the tropics as it is more resistant to diseases.
Metadata ID	8,781