



# Navarra:

## culinary luxury



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Photography: Servicio de Marketing Turístico del Gobierno de Navarra

Navarra

GUIDE of the Best Fruits and Vegetables

The horticulture of Navarre, besides its large fresh output, also sustains an important canning and preserves industry. Major crops of the region include asparagus, tomato, artichoke, peppers, broccoli, cauliflower, chard, melon, lettuce, escarole lettuce, garlic, onion, and more.

Navarre is the cradle of modern Spanish crop farming: standout products include tinned or preserved artichokes, peppers, asparagus, mushrooms, and so forth, on one hand, and frozen vegetables, on the other. Navarre was also the first region to introduce minimally processed fresh products.

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The asparaguses under the Denominación Específica (specific designation) Espárrago de Navarra are a culinary luxury that blend elegance and savour; they are highly appreciated by the world's most demanding gourmards. These white, smooth-textured asparaguses are grown by traditional methods. The timing and process of harvesting calls for specially skilled farmhands so the work can be done entirely by natural means. The products are available both fresh and tinned.

Freshly harvested Navarre asparaguses picked at their peak moment of flavour are available in Spanish greengrocers and supermarkets from March to April.

The PDO Pimiento del Piquillo de Lodosa peppers have an ideal sweet taste for a preserve. They are known as the 'red gold' of Navarre for their exceptional quality and their special flavour, which set them apart from other peppers. Artichokes under the protected geographical indication Alcachofa Blanca de Tudela are available both fresh and as a preserve.

Navarre is home to the EU-protected names Espárrago de Navarra (asparagus), Alcachofa Blanca de Tudela (artichoke) and Pimiento del Piquillo de Lodosa (peppers; the town of Lodosa itself is in fact in the Autonomous Community of La Rioja).

ICAN, the Navarre institute of agrifood quality, promotes quality products and maintains the prestigious image achieved in other regions and countries. ICAN articulates the support and development of the agrifood business, Navarre's second-largest industry by GDP.



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