



ORGANIC HULLED MILLET

Historical origins: India

Production area: Italy

Species: panicum miliaceum.

Sowing season: late April

Harvest time: July



Dishes: excellent gluten free cereal, rich in minerals, it's nutritious and very easy to digest. It can be used in vegetable soup, it's ideal with squash soup flavoured with ginger; ideal as a side dish for white meat and steamed fish.