

# LENTILS



*Mediterranean region*

*Italy*



## PRODUCTION AREA

The main producing areas are located in the central southern regions of the country. There are more than 10 varieties of lentils in Italy, being some of them certified with Protected Geographical Indication (PGI), as "Castelluccio di Norcia" from the region of Umbria and "Lenticchia di Altamura" from Apulian region.

## CHARACTERISTICS

- Small size
- Flat and round
- Smooth and tender skin
- Color varies from dark green to light brown



## CULTIVATION

Sowing: December/ January

Harvest: late June

The harvest is carried out before the end of maturation, when the seeds still have some moisture, to avoid losses when the grains are very dry and light.



## TRADITION

Consumed on the first day of the year, as a wish of good luck and wealth for the New Year.



## GASTRONOMY

- Do not need to be softened before cooking
- Short cooking time (about 20 minutes)
- Suitable for dishes such as soups, rice, pasta and as a side-dish