

Wild Edible Vegetables, a Hidden Gem of Mediterranean Cuisine

New York, NY

For more than 2,500 years, wild edible vegetables have been a traditional salad in Mediterranean cuisine. These vegetables grow naturally, with no human intervention. However, once they are harvested, they often appear in dishes at home or in restaurants and are always served with olive oil, providing the perfect complement to the vegetables that bring out their full flavor.

While many who follow the Mediterranean diet may not eat wild vegetables all that often, it is critical to recognize their importance in Southern European cuisine. Simply put, these vegetables are available all year round so therefore, they're widely available. In turn, knowledge about these wild vegetables is passed down from generation to generation. However, today, people are attempting more than ever to keep this tradition alive. By combining these veggies with extra virgin olive oil, followers of the Mediterranean diet keep the wild vegetable tradition alive, preserving this rich and somewhat hidden history. Extra virgin olive oil has an undeniable role in the food cultures of cuisines around the world.

Be sure to visit flavor-your-life.com for more information on extra virgin olive oil!

Flavor Your Life aims to educate North American consumers about authentic Extra Virgin Olive Oil. We are debunking misconceptions while empowering consumers — and sharing the delicious culinary culture that's been growing for untold generations.

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