

FRESH IN  
SEASON



# Burdock Root

## Description

Burdock root is a vegetable that's native to northern Asia and Europe, though it now grows in the United States, too. The deep roots of the burdock plant are very long and either brown or nearly black on the outside. The root is sweet, mild and earthy with a taste similar to artichoke; some say the flavor can be slightly astringent.

## Product Highlights

For use as a dietary supplement as it has anti-inflammatory, antioxidant, and antibacterial properties.

Dried or roasted pieces of Burdock root can also be steeped in hot water to be used as a tea or poultice.

Burdock root is high in fiber and minerals, and is a good source of potassium.



**Indianapolis  
Fruit**  
Distributors of Fruits  
Vegetables & Floral

*Produce a Fresh Experience Together!*