

Some Recipes

GRILLED RED BATATA

Cut into slices of about half cm. the Agrilatina biodynamic **RED BATATAS**. Put them down on the hot griddle and then toss on the other side. Here it is a fast and tasty snack.



BAKED RED BATATA

Bake in the oven the Agrilatina biodynamic **RED BATATAS** cut into slices or lengthways or, even better the whole bit, if they have a small size. This is a very healthy recipe.

RED BATATA RISOTTO

Boil some Agrilatina biodynamic **RED BATATAS** into salt water. Make a fry of extra virgin olive oil, garlic and some hot pepper. Mash the boiled batatas and pan-fry them. Blend the mixture with the cooked rice. Sprinkle with abundant Parmesan or Pecorino cheese and serve it pretty warm along with a good red wine.

ROSEMARY RED BATATAS

Cut into thin slices the unpeeled **RED BATATAS** and put them into an oiled baking tin. Add herbs, salt and some rosemary. Bake and serve them warm or cold.

SALADS

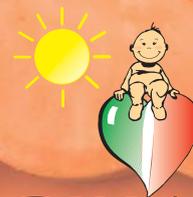
The raw **RED BATATA** conserves all its characteristics. We shall often find it on our tables. Eat it also with mixed salad, cut into small pieces or grated.



RED BATATA

FROM BIODYNAMIC CULTIVATION

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RED BATATA FROM BIODYNAMIC CULTIVATION

Concentrate of taste and health

CHARACTERISTICS

The **RED BATATA** is an extremely beneficial, precious and tasty gift that nature offers us. Due to its **precautionary and nutritional characteristics**, the Red batata is a very

useful vegetable **for a good health**, as an **antioxidant** and **beauty product**.

The Red batata has its origins in the tropical America (or, maybe in the Pacific Is-

lands) and it was brought to Europe by Christopher Columbus. In Spain and Portugal was known as the **poors' food**, being also very famous for its aphrodisiac effects. England instead imported big quantities of Red Batata, for the country had no climatic cultivation possibilities.

The **CSPI** (Center for Science in the Public interest) is an independent and no-profit organization. It works to improve the public health with useful information referring to the nutrition. This organization situates the **RED BATATA** on the first place of all vegetables, with a score of 184 points, being followed by the second place vegetable, which has got an 83 points score.

The score is increased by the fiber contents, complex carbohydrates, proteins, A and C vitamins, iron and calcium but decreased by saturated fats, sodium, cholesterol, ca-s-tor sugars and caffeine.

The **RED BATATA** is rich of flavonoids and anthocyanins and, besides having a significant fiber content, minerals and carbohydrates, 100 gr. of BATATA contains almost the triple of the daily necessary quantity of A vitamin and more than the triple of the daily necessary quantity of C vitamin. This way, a mixed complex of **antioxidants substances** is to be found in this vegetable, which brings out the excellent characteristics **anti-free radicals** and **anti-aging** of the RED BATATA.

The best alimentary choice consists in eating mainly different types of cereals (whole grain, if possible), vegetables and especially fresh vegetables and dried fruit (**at least five times a day**).

The **RED BATATA** is consumed in different parts of the world, especially in the tropical countries. In particular, Kagawa, a Japan region, demonstrates a high consume of Red Batata: it is eaten mostly raw and the inhabitants **seem not to be affected by illnesses as the anemia, the hypertension and the diabetes**.

This fact intrigued some researchers, also the ones from the National Research Council of Padua, who, in collaboration with the University of Vienna, ascertained the salutary effects of the **RED BATATA**, mostly of the **Cajapo**, a substance contained by its skin.

Tested on the individuals affected by the diabetes mellitus of 2nd type, the Cajapo provokes a **decrease** of the basic glycemia, of the cholesterol and of the glycated hemoglobin, having as consequence **the improvement of the general health**.

The study results were published on Diabetes care, the official journal of the American Diabetes Association.

For its diversified richness of contents and especially for its noted proprieties anti free radicals, the Red Batata can be used in the cosmetic and beauty field (as antioxidant, soothing, lenitive, masks).

Some companies commercialize a crème with asserted excellent **anti-wrinkles and anti-aging** characteristics.

AVERAGE CONTENTS for 100 gr.

water		72
fibers		3,13
calories		110
proteins		1,60
carbohydrates		22
potassium	mg	331
phosphorus	"	54
calcium	"	35
magnesium	"	18
iron	"	0,80
zinc	"	0,30
selenium	mcg	0,65
A vitamin	R.E.	1850
C vitamin	mg	25
B group vitamins	"	1,80
E vitamin	"	0,28

BOTANY. The **RED BATATA** (ipomea batatas) is a convolvulacea, part of the family diffused in nature either as a wild or cultivated plant for its beautiful flowers seen (in most of cases) as a bellflower. It needs a tropical or semitropical climate and of lot of light, until, under the ground its root stocks enrich in nutritional, colours and flavors contents.

PRODUCTION REGIONS The AGRILATINA biodynamic **RED BATATA** is being cultivated in Italy, on the prolific Pontina Plane, at the borders of the National Circeo Park and in the proximity of the Tyrrhenian Sea and of the two coasting lakes (Caprolace and Monaci). The climate and the environment patterns are particularly favorable to an **EXCELLENT QUALITY** product. The cultivation, based on the **BIOLOGICAL-DYNAMIC** professional method, applied with a special **CARE and LOVE** brings out its **CHARACTERISTICS** and the positive **ENERGETIC** aspects.

PRESERVATION. The AGRILATINA **RED BATATA** can be preserved for a long time at room temperature, not in the cold.

USE. The AGRILATINA biodynamic **RED BATATA** is particularly tasty. It can be eaten in so many ways, from the antipasto to the dessert. We can cook it following all the recipes for the classic potato (grilled, baked, boiled, fried, gnocchi, mashed potatoes, as meat or fish side dish), for the carrot (raw, in the mixed salads or by itself, in the soup or vegetal soup) and for the pumpkin (stuffed, jam, cakes and different sweets). As it is cultivated using only natural methods, the AGRILATINA **RED BATATA**, the skin also can be eaten, as it contains the biggest quantities of Cajapo. The smaller pieces have got a bigger percentage of skin.

Using your imagination and creativity, you can create new recipes. We invite you to send them to us for an eventual publication on our Web site.

