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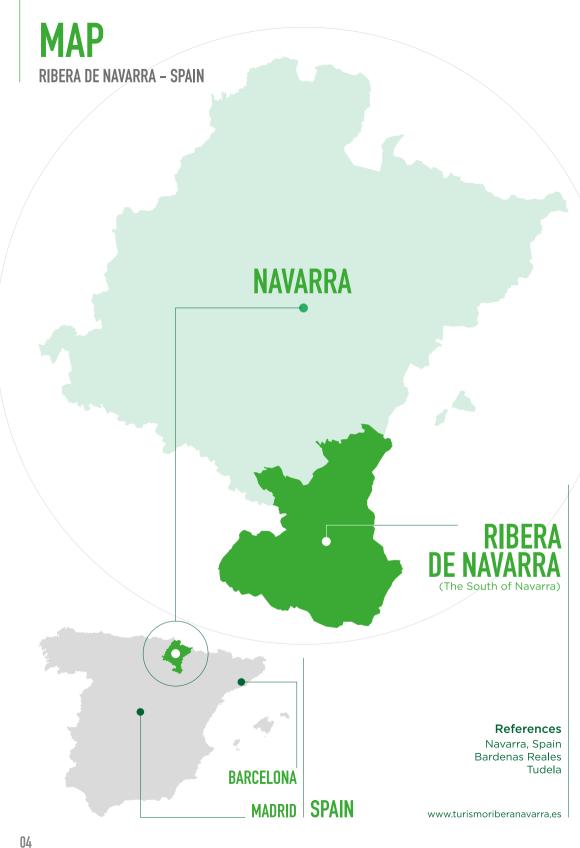
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# INTRODUCTION

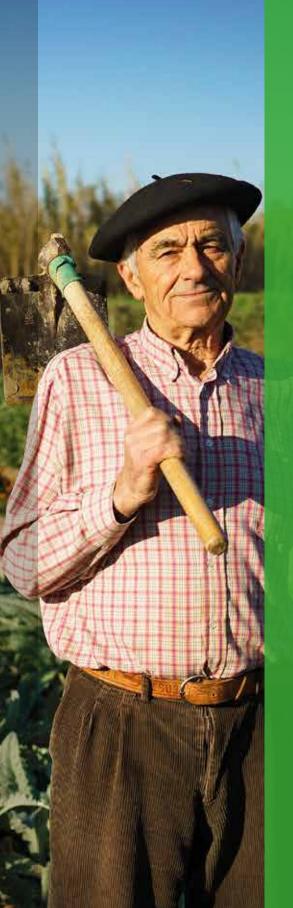
Our vegetables.

Our identity summed up in just two words. Ours is a land where you will discover the unexpected, a must for those for whom gastronomy is a fundamental part of the journey. A visit to the Ribera de Navarra is an experience of the senses. We invite vou to visit our fields of artichokes vegetable small gardens. bar-counters piled with vegetable tapas, restaurant tables where our vegetables are prepared like nowhere else. We would encourage you to sample the surprising wines of this region and to discover the top quality virgin oils. Come visit our markets, speak to the gardeners, browse the local grocery stores and fill your memory with flavours.

Basically, we suggest you tour the south of Navarra while sampling our tapas and wines. You can even visit us any time in the year as you will always find a reason to come: winter vegetables, the first shoots of spring and the popular summer festivals where dining is part of the celebration, the harvest season, and the olive and the cherry picking season.

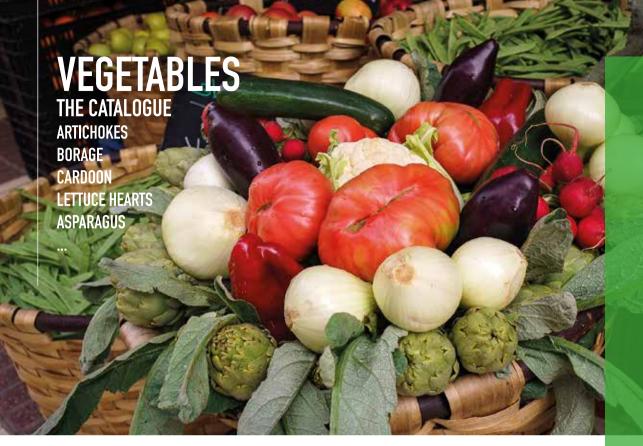
In the Ribera de Navarra, we are what you eat.





# **OUR VEGETABLES**

Ours the richest one of vegetable gardens in the country. Our vegetables have earned us well-deserved fame for their undeniable quality, fruit combination of optimal climatic conditions, fertile soil and the agricultural tradition region. The wide variety of vegetables grown in the Ribera de Navarra means you can enjoy our gastronomy throughout the produce, Fresh year. collected and brought directly to the kitchen or the table. We have been practising sustainable local consumption for centuries. respecting the cycles of nature.





## **Artichokes**

The artichoke is one of our most well-known symbols. Also known as "blanca de Tudela", it has been with us for more than 12 centuries. It is harvested twice a year, from October and from the end of February. The Protected Geographical Indication comprises 33 Navarrese towns. The artichoke is a food product that is rich in fibre, calcium and phosphorus. Fresh or preserved, Tudela artichoke is one of the most cherished vegetables in our market garden.



## **Borage**

Don't be deceived by its unattractive appearance with its thin stem covered in fine prickly hairs. Borage is a delicacy that is not widely known beyond the banks of the River Ebro. High in water content it is a delicate and tender vegetable of which the stem is mainly eaten and which provides fibre, vitamins and minerals. The best time to consume it is from autumn to spring.



## Cardoon

It is one of our most popular winter vegetables. Cardoon has always accompanied the coldest months. Quite an imposing-looking plant, it can measure over a metre in height, is planted between July and August and is often covered with paper or soil as soon as it sprouts to protect it from sunlight. Harvesting begins at the end of autumn. The agricultural and culinary tradition in this area of Navarra are what have made this an exquisite product.

#### **Lettuce Hearts**

The ones from Tudela are unique and are found exclusively in the Ribera de Navarra. Recognisable by the somewhat larger size than other varieties, their strong leaves, their colour ranging from the intense green exterior to the yellow interior and their compact crispy heart. Grown all year round, the best time is from autumn to spring. Very rich in folic acid it is a vegetable that facilitates digestion.

## **Asparagus**

Perhaps our most internationally renowned vegetable. The asparagus from Navarra is white, tender, fibre-free and balanced in flavour. Its Protected Geographical Indication goes beyond our region. It is cultivated on lines of ridges, small mounds of soil which protect the stem from the sun. The soil is prepared in autumn, the asparagus is planted in February and collected between March and April. Two months a year to taste this exceptional product fresh from the ground.



## **Other Vegetables**

Our vegetable garden is very generous all year round. Winter brings the delicious chicory, the fragrant celery, the fine escarole (broad-leaved endive) and the newly arrived broccoli. Spring is the season for delicious peas, broad beans for our vegetable stew and tender onions which we braise our own way. The fresh white bean comes with the summer, like the butter bean, pink tomato or the ugly tomato of Tudela, salad tomato, radishes, fresh chili and the garlic of Falces. Autumn sees the arrival of peppers, the fleshier "Cucon" or bell pepper, the very fine crystal pepper and the very well-known "piquillo" pepper, not forgetting butternut squash and courgette and the tasty Las Limas rice.



#### **Our traditions**

In the Ribera de Navarra, the soil is not just what we walk on. It is an integral part of our most visible identity. The soil explains our history and our present-day. For centuries, this part of Navarra has been a fertile vegetable garden. We have accumulated layers of knowledge from one generation to the next in such a way that our relation with the land goes deep. And our vegetables are a clear expression of this integration with the environment. Part of our life revolves around the vegetable gardens. Baskets shopping-bags brimming with recently collected ettuce hearts, artichokes. cardoons, borage and tomatoes add to the hustle and bustle of the streets. Vegetables pass from one hand to another, from the market garden to the grocer's, between friends and colleagues, a way to return a favour as if it were our very own currency.

As in any society, food forms part of every event, large and small. In the Ribera de Navarra we cherish vegetables and we celebrate nearly everything with vegetables.

From Sunday's vegetable stew in the family garden plot to the lettuce hearts that are served at any gathering of friends, from the ugly tomatoes of summer festivals to the cardoon on the Christmas table. From the artichokes served at popular samplings to the first asparagus of the season prepared in gastronomic societies.

Our traditions and our festivals. The Ribera de Navarra celebrates its vegetables all year round Vegetables are experienced and shared. From January to December the towns in the region dedicate specific days to the artichoke, asparagus, cardoon, borage, tomato, garlic, rice, butternut squash, broccoli and red cardoon. The calendar of events (pages 12-13) makes it possible always to find a reason to visit us.



# CALENDAR OF EVENTS OUR VEGETABLES ALL YEAR ROUND

01 **JANUARY** 

> **Cardoon Day** (Peralta)

**Broccoli and Cauliflower Day** (Fustiñana)

02 **FEBRUARY** 

> **Swiss Chard and Borage Day** (Cabanillas)

05 MAY

> Days of Celebration and Vegetable Festivals

Olive Oil - EVOO Day

JUNE

Cherry Day

09 **SEPTEMBER** 

> Week-end of the Ugly Tomato (Tudela)

**Giant** Pumpkin Fair

Rice Day

**OCTOBER** 

**Navarra Gastronomy** and Crystal Pepper Festival



03 | MARCH

Days of Winter Vegetables (Tudela)

O7 JULY

Garlic Day (Falces)

Pink Tomato Day

O4 APRIL

**Artichoke and Asparagus Day** (Cabanillas)

Spring vegetables and Gastronomy Fair (Tudela)

OB AUGUST

Tomato Day (Cadreita)

Cucon Pepper Day (Peralta) Harvest Festival

Wine Days (Cascante)

11 NOVEMBER

Gastronomy Days (Azagra)

Broccoli Days (Ribaforada y Funes) DECEMBER 12

Winterveg (Tudela)

Red Cardoon Days (Corella)







We harvest the olive early to protect it from the first frost. We obtain a halanced

Our very own olive oil. And ours is an exquisite, unique oil of excellent quality, with characteristics that give it a distinct personality. Navarra boosts protected designation of origin dedicated to this product and part of the production of the three varieties included in this designation: Arbequina, Empeltre and Arroniz, is concentrated in the Ribera.

In addition, ours is one of the most northern areas in Europe where extra virgin olive oil is produced and this is noted in the taste. The limestone soil, the many hours of sunlight which the olive trees receive a year, the climate in this part of Navarra and the great temperature changes between day and night, especially when the fruit is ripening, shape the identity of our oils.

We harvest the olive early to protect it from the first frost. We obtain a balanced, medium intense oil with a hint of green and a great concentration of oleic acid.

We are everything the earth gives us. And we are deeply respectful of what it bequeaths. There is perhaps nothing more true or deeply-rooted in our region and in our very identity than a simple lettuce heart recently plucked from one of our vegetable gardens and converted into an authentic gastronomic experience with a dash of one of our extraordinary oils.

The Ribera de Navarra invites you to get to know our olive groves, to enjoy olive oil tourism in some of our "almazaras", (a word which invokes our history, of Arabic origin, meaning olive oil mills) or to join in any of the popular festivals with which we celebrate the great fortune of having such a generous land.



In the Ribera de Navarra we have our wines. The relationship of this land with wine dates from wav back. Archaeological remains depict the presence of wine consumption production more or less extended during times. Although Roman phylloxera wiped out the vast majority of vineyards, Navarra and in particular the south was able to recover them in a meticulous process sustained in time thanks to the work of the cooperatives and winemakers. Today the wines from the vineyards of the Ribera de Navarra compete in quality with other areas of undisputed prestige.

Our red wine. In this region you will find wines made with garnacha, tempranillo, graciano, mazuelo, cabernet sauvignon and merlot. We are white wine, less abundant in production, based on the varieties viura, malvasia and white garnacha. Ours are the esteemed fresh young rosé wines, elaborated fundamentally with garnacha using the saignée technique.

Ours are sweet wines, deservedly acknowledged and elaborated from the fine-grained moscatel grape and chardonnay. Sweet wines that are the best accompaniment for dessert and, without doubt, the finishing touch to a good meal.

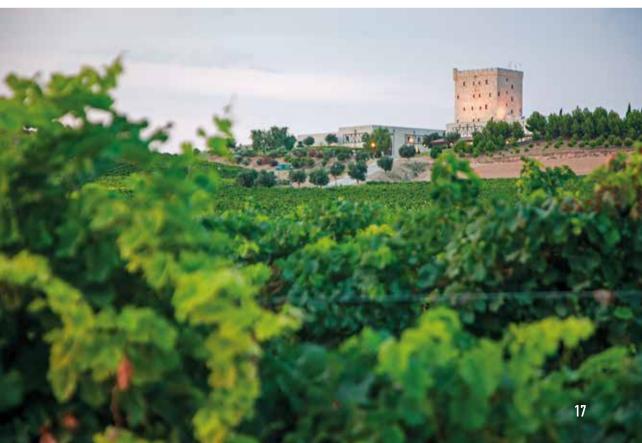
Our vegetables and our vineyards. So, a visit to this region deserves a glass of one of our wines, always available in restaurants and tapas bars in the Ribera. A dish of stewed vegetables, fried, grilled or boiled artichokes, delicate borage or a tender lettuce heart deserves a glass of one of our wines.

The perfect pairing of flavours, culture and tradition. We invite you to visit our wineries included in the Wine Route of Navarra or visit us during the festivals dedicated to this product: the Harvest Festival of Corella, the Wine Days of Cascante (see pages 12 and 13).









## DISHES

#### CUISINE, TRADITION AND AVANT-GARDE

Our cuisine: The culinary culture in the Ribera de Navarra is deeply rooted. Children become familiar with vegetables at an early age. They see them in the kitchen at home, on the counter in bars, in the menus of restaurants. In this region, the fruit of the earth is as important as the way it is prepared. And in the Ribera de Navarra we cook vegetables with exquisite care and attention. Our cooks enjoy well-earned prestige and each year attract numerous travellers passionate about gastronomy. In restaurant menus you will always find a dish of recently harvested vegetables, prepared classically or more daringly. In the Ribera de Navarra you will taste vegetables like never before.



## **Artichokes**

Santiago Cordón Restaurant Trinquete

"I cannot imagine my vegetable garden or my kitchen without them. The artichoke is a treasure from the soil in the form of an immature flower. In the kitchen our only concern must be not to destroy what mother earth has given us. It came to the Ribera nearly one thousand years ago and has adapted and acclimatised in such a way that it has come to stand out above its "sister products". For me it is an essential food which distinguishes our land and marks our personality".



**Borage** 

Iuliana Damir Hotel & Restaurant Pago de Cirsus

"It is one of the least known vegetables, especially by people not from Navarra. Yet I believe it is one of the noblest foods in the culinary world, it combines perfectly with other ingredients and this is one of the things I like most about borage: it allows my imagination to run wild, to the extent that I add it to the traditional vegetable stew recipe. In our restaurant, borage is always a surprise for our customers who come from all over the world".







### Cardoon

Ricardo Gil Restaurant Treintaytrés

"Cardoon forms part of the gastronomic identity of the Ribera de Navarra. But red cardoon is without doubt a great unknown and a great surprise for those who discover it. Forgotten for years, its cultivation has been recovered. Buried under hundreds of kilos of soil it is a vegetable that concentrates a large amount of water, is crunchy in the mouth and very tasty. We like to serve it raw, with extra virgin olive oil, black olive flesh, a little vinegar and a touch of garlic. Nothing more than a simple dressing enhances this vegetable and converts it into a dish with a difference".

#### **Lettuce Heart**

Enrique Martínez
Restaurant Maher

"It is a green shoot which in the Mejana del Ebro shines with its own particular light. Its name has always accompanied that of our city, the capital of the Ribera, and has been the perfect ambassador, making us known throughout the country. A simple dressing from the juice of olives bathed by our River Queiles can surprise the most demanding of palates. Proudly defending what is one of our hallmarks. Passionate about vegetables".

## **Asparagus**

Luis Salcedo Restaurant Remigio

"Underground, irrigated by the waters of the River Ebro, the white gold of this land is hidden. To retain its white complexion, its bitter sweetness and its tender fibre it must not be exposed to the sun. If asked to fry them, do so because it is one of the many ways to enjoy this exquisite delicacy. Bon appétit and enjoy while you can, as from June through to March our asparagus is not in season".



Our cuisine in miniature vegetables are a very versatile raw material and in the Ribera de Navarra we have learned how to make the of them. Great dishes most elaborated with our most renowned products go perfectly with the most popular and simplest culinary expressions. Bar counters overflowing with tapas, in any town in region, form part of our gastronomic identity. Simple snacks, few ingredients and top quality. that are much more sophisticated and original.

Tapas that can only be eaten in season, some of which have become classical. To be eaten by hand or with a knife and fork. Tapas that enliven the occasion, the conversation, laughter between friends, get-togethers, tapas-bar hopping Spanish style, small glasses of beer or vermouth.

And always there, our vegetables. The highlight of any snack or an essential accompaniment to other ingredients which, in comparison, take second place.





Tapas-bar hopping is, therefore, an excellent way to discover our character, making the journey a unique gastronomic experience, of mixing with the people of the Ribera, of soaking up our way of sharing what the earth offers us. What's more, tapas-bar hopping is a way to get to know the history of many of our towns and villages. Visiting the bars is also a way to discover the historic quarters, the narrow streets. centuries-old houses and their wine cellars, charming nooks and crannies, Our historic heritage is closely linked to our natural and gastronomic heritage. In the Ribera de Navarra, we are what you eat and we are all that you see.







Our vegetable stew, our most emblematic dish, is something you must try, at least once in your life. The authentic vegetable stew can only be eaten on the few days that coincide with the collection of the 4 unique ingredients: artichokes, asparagus, peas and broad beans.

02

Vegetable festivals: throughout the year, every year. See our calendar of events and choose the month that adapts best to your tastes. If you can, don't miss the Vegetable Celebration Days organised every spring. We in the Ribera spare no effort in this celebration.

03

Tapas: another way of experiencing our gastronomy; snacks, conversation and drinks. Visit our bars, try our tapas made with our vegetables and enjoy the excellent cuisine in miniature.

04

Wine: you really must discover the Ribera de Navarra wines. Visit the route of the vineyards, wineries and restaurants to complete your gastronomic experience. Be original, open your memory of flavours to new undertones with unexpected wines.

05

Oil: First class EVOOs that surprise everyone who samples them. The Ribera de Navarra is also rich olive-grove country. Come visit us, get to know the oil presses and mills and enjoy a simple yet unforgettable dish: fresh tender lettuce hearts drizzled with an intense fruity oil.













