



Culinary Institute
of America

FOOD ID FROM CIA

SHOOTS AND STALKS



1. Artichokes (baby and jumbo)

2. Celery

3. White asparagus

4. Green asparagus

5. Fennel

6. Fiddlehead ferns

Bachelor's and Associate Degree Programs for the Food and Hospitality Industry

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1-800-CULINARY (285-4627) | admissions@culinary.edu