

Fruits and Vegetables



Lettuce, leeks, chicory, potatoes, onions, garlic, asparagus, spinach, tomatoes, cabbages, carrots, peppers..., as well as vegetables that are consumed in unripe such as broad beans, beans, and peas, are some of the vegetables of quality and quantity that produces the rich vegetable garden of Castilla y León, which is concentrated largely in the provinces of Segovia and Valladolid, from where are, among other products, the famous asparagus produced in Tudela de Duero and that are in some of the best restaurants of Spain.

Fruit production has been and is of great importance in the region, by the great territorial expansion and diversity of soils and microclimates, favoring the existence of regions that stand out for their productions of fruit: cherries of Las Caderechas in Burgos, the pear of Bierzo, oranges of Arribes del Duero, the chestnuts of Aliste... and between nuts stand out walnuts, almonds and pine nuts of Pedrajas de San Esteban (Valladolid).