



Because Life Should Be Beautiful™

Lettuce

One aspect of lettuce that sets it apart from any other vegetable is that you can only have it one form, and that is fresh.

There are hundreds of different varieties of lettuce. Today, an increasing variety is available so that the salad bowl can contain a wealth of color and texture.

These are the basics that you will see at Orchard Nursery:

Round Lettuces:

Sometimes called head or cabbage lettuces, round lettuces have cabbage-like heads and include:

Butterheads: These are the classic lettuces seen in kitchen gardens. They have a pale heart and floppy, loosely packed leaves. They have a flavor as long as they are fresh.

Crispheads: Crisp lettuces, such as Iceberg, have an excellent crunchy texture and will keep their vitality long after butterheads have faded and died.

Looseheads: These are non-hearting lettuce with loose leaves and include lollo rosso and lollo biondo, oak leaf lettuce and red salad bowl. Although they are not particularly remarkable for their flavor, they look superb.

Cos Lettuces:

The romaine is the only lettuce that would have been in antiquity. It is known by two names: cos, derived from the Greek island where it was found by the Romans, and romaine, the name used by the French after it was introduced to France from Rome. There are two romaine lettuces, both with long, erect heads.

Romaine: Considered the most delicious lettuce, this has a firm texture and a faintly nutty taste. It is the correct lettuce for Caesar Salad, one of the classic salads.

Bibb: In appearance, Bibbs look like something between a baby romaine and a tightly furled butterhead. They have firm hearts and are enjoyed for their distinct flavor. Like other lettuce hearts, they cope well with being cooked.

Lambs Lettuce or Corn Salad:

This popular winter leaf does not actually belong to the lettuce family, but as it makes a lovely addition to salads, this seems a good place to include it. Called mache in France, it has spoon shaped leaves and excellent nutty flavor.

Lettuce likes moist, fertile, well drained soil and a sunny location. Plants grow quickly and will need a constant supply of water and nutrients.

Eat lettuce as soon as possible after harvesting; in the meantime keep it in a cool dark