

LEAF LETTUCE

A colorful assortment of lettuce varieties makes this mix perfect for fresh dishes!



Edible Flint
Garden Starters



WE LOVE IT

The average American eats about 30 pounds of lettuce a year! We can thank Christopher Columbus for introducing lettuce to the Americas during his second voyage to the New World in 1494.

WHAT IS IT?

Lettuce mixes are a combination of many different greens. Often they include green oakleaf, red oakleaf, green romaine, red romaine, lollo rossa, red leaf lettuce and more!

IN THE SHADE

Lettuce greens are a shade-friendly crop, meaning you'll get a great harvest even if your lettuce doesn't get a lot of sun. Utilize the shadier parts of your yard or garden and plant lettuce greens there!

MULTIPLE HARVESTS

Similar to spinach, lettuce mixes can be harvested multiple times during the growing season. By cutting the larger leaves above the growing point, the smaller leaves are left to develop. The growing point is the place where the innermost leaves are just beginning to develop.



TIPS FOR STORING LETTUCE

Do:

- Get the harvested lettuce into the fridge as soon as possible to prevent wilting.
- Store the greens in an air-tight container.
- Place a slightly damp paper towel in the container with the lettuce, this will help keep the moisture balanced.

Don't:

- Be careful not to pack the greens too tightly when storing.
- Don't wash the greens until you're ready to use them, this will help them stay crisp.

APPLE CRANBERRY SALAD

Recipe courtesy of Cookie & Kate



INGREDIENTS

Makes 4 side salads

For the Salad:

- 6 cups salad mix
- 1 large Granny Smith apple
- 1/3 cup dried cranberries
- 1/4 cup pepitas or chopped raw pecans
- 1/3 cup feta cheese or blue cheese

Apple cider vinaigrette:

- 1/4 cup extra-virgin olive oil
- 1 1/2 tablespoons apple cider vinegar
- 1 1/2 teaspoons honey
- 1 teaspoon Dijon mustard
- Freshly ground black pepper, to taste

DIRECTIONS

1. Toast the pepitas or pecans: In a medium-sized skillet, toast the pepitas over medium heat, stirring frequently, until they turn golden on the edges and making little popping noises (if using pecans instead, warm them just until they are fragrant). Transfer to a small bowl to cool.
2. Make the dressing: In a cup or jar, whisk together the olive oil, vinegar, honey and mustard until well blended. Season to taste with pepper.
3. Just before serving, chop the apple into thin, bite-sized pieces. Place your greens in a large serving bowl. Top with sliced apple, dried cranberries and toasted pepitas. Use a fork to crumble the feta or blue cheese over the salad.
4. Drizzle the salad with just enough dressing to lightly coat the leaves. Gently toss to mix all of the ingredients and serve!