

# Organic Lettuces



## Truchas Organic Lettuce

Truchas organic lettuce is a dark red mini romaine lettuce. Truchas is very refined with melt-in-your-mouth texture and utterly bitter-free flavor. It can be used in salads or for lettuce wraps.

## Redbor Kale

Redbor Kale can be distinguished from other kale varieties by its deep red color. It is an excellent source of Vitamin A and C, iron, calcium, magnesium, potassium, protein and dietary fiber. The leaves may be steamed, braised, stewed, fried, sautéed, and even baked like a chip. They are great in hardy soups which contain smoked meats, potatoes, beans or barley.



## Salanova Lettuce

Salanova lettuce was specifically designed for convenience and efficiency. Just one cut is enough to separate the head of lettuce into lots of baby leaves. There are many different types of Salanova available with a range of colors, shapes and textures. This makes great salads.

Visit [www.lovemysalad.com](http://www.lovemysalad.com) for some great salad recipes.

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