

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET

Lamb's Lettuce

Valerianella olitoria



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Also known as Corn Salad.

At one time the plant was classed with the lettuces and called *Lactuca agnina*. As old writers tell us, either from appearing about the lambing season, or because it is a favorite food of lambs. The young leaves are eaten at any time of the year in salads but it serves in winter as a salad herb when others are not available (in frost free areas). This lovely herb has not been grown much until now. Lambs Lettuce has become very popular recently with the new trend of pre packaged salad herbs. Fresh is always best though so you should try growing some for yourself. Lamb's Lettuce or Corn Salad has always been a favorite in France under the names of *Lobloillie*, *Mache*, *Doucette*, *Salade de Chanoine*, and also as *Salade de Pretre*.

DESCRIPTION

Annual. Bright green plant with succulent stems, 6-12in/15-30cm high, generally forming from the very base, or at least within the lowest quarter of their height. The stem leaves are quite stalkless. The flowers are minute and are greenish-white in appearance, arranged in close, rounded, terminal heads, surrounded by narrow bracts. The tiny corolla is pale lilac, but so small that the heads of flowers do not give the appearance of any color.

PARTS USED

Leaves. The younger the leaves, the better they taste in salad. The leaves become tougher once flowering starts.

PROPERTIES

Only used in former days medicinally by country folk as a spring time medicine. A homoeopathic medicinal tincture is made from the fresh root. Now a days it is a wonderful fresh salad herb that is naturally good for you.

CULTIVATION

Grow in well drained soil and in a sunny position. When cultivated in gardens, Lamb's Lettuce may be sown in rows all through the autumn/fall and early spring, so as to produce a constant succession of crops. Winter sowing is also useful where there are no frosts or protection can be given to your plants. Summer sowing may show erratic germination and plants turn to flower early. Improved winter quality and earliness can be achieved with protection.



Note these two herbs are the same plant, we are in the process of changing our labels to read Lamb's Lettuce.