

Gourmet Vegetables

Lettuce Perpetual

Feed the Family

(Lactuca sativa)



DESCRIPTION

There are about 100 species of annuals and perennials belonging to this genus. All of today's lettuce varieties were developed from the wild *Lactuca serriola* which grows freely on waste ground throughout Europe and Asia. Lettuces are the most significant salad crop of all plants and have been bred to please different appeals, from tight headed varieties that are completely harvested when ready, to the loose leaf types that you can pick as little or as much of the leaves as you need when you need them. These are known as perpetual lettuce. Several leaf shapes and textures are available. The compact annual variety does not form a heart like a standard lettuce. Salad crops are now easily available at any time of the year since the development of varieties which can be grown under glass in winter.

Mesculin Mix is a custom mix of mild leafy greens & lettuces and may include Kyona, Mizuna, Black Summer Pacchoi, Tatsoi, Red Russian Kale, Salad Bowl and Rouge d'Hiver.

Gourmet Blend is a popular looseleaf blend selected for a long harvest. Your selection may include a mixture such as Royal Oak Leaf, Red Salad Bowl, & Ruby.

Red Sails Leaf type. Mid size head with red, wide and smooth leaves. 50 days.

'Simpson Black Seeded' Slow bolting. Produces light green, broad and crumpled leaves. 48 days.

Lettuce Bibb. Annual variety. Forms no heart like standard lettuce. Leaves can be cropped as fresh vegetable constantly. Likes rich damp soil and sunny protected spot. Companion plant to Strawberries. Crisp, light green leaves with firm, 1lbs/454g heads. Resistant to tip burning and bolting. Leaves have a sweet taste and tender texture.

Red Fire. Large loose heads are green at the base and dark red at the ruffled leaf edges. Crisp and sweet, easy to pick. Plant can be grown in cool or warm weather without becoming bitter. Mesclun Winter. this is an excellent cut and come again combo with an unique nutty and mildly spicy taste that can be complimented with shaved Parmesan, cracked pepper and a vinaigrette. Ideal for growing in pots or shaded gardens during the darker months. Best sown late summer through to late autumn.



USES

Culinary

All purpose salad vegetable with a variety of uses, hot or cold,

as a garnish, or as a

compliment to any meal.



GROWTH

Height to 8 in/20cm. Companion plant to Parsley and Strawberries.



CULTIVATION

Likes rich, damp soil and sunny protected position, kept continually moist during the growing season. Premature drying out causes the lettuce to go to seed early, before they have developed to their full size.

HARVEST

Leaves can be collected throughout the year and used fresh.



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Any enquiries can be directed to:
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