

# Gourmet Vegetables Simply Salad

*Feed the Family*

(Lactuca Sativa)



## DESCRIPTION

Simply Salad includes a variety of greens, otherwise known as leaf vegetables, potheads or leafy greens. They are grown for their green leaves which are usually cooked or steamed before consumption (hence the name potheads). The nutritional value of greens are usually very high, with Greens being a great source of vitamin A and C. They are also very high in vitamin K, which can help to regulate blood clotting, protect bones from osteoporosis and it is said to protect us from inflammatory diseases such as arthritis. Greens also contain calcium, iron and potassium amongst other vitamins and minerals. They are also said to aid in the treatment of cancer by helping to detoxify and remove harmful molecules from the body and are said to promote heart health. On top of all this, Greens are also very low in fat and calories, making them a great addition to any diet. Due to their incredible nutritional value, greens are amongst the most widely grown vegetables in the world. There are many different varieties of greens, with the Simply Salad logo including:

**Alfresco Mix.** Mix includes lettuces, arugula, endive and radicchio and includes shades of green, red and bronze. Varieties prefer a cooler climate.

## Simply Salad Global Gourmet Mix.

Contains a variety of Asian flavors and herbs for both salads and stir-fry, including lettuces, brassicas and Asian herbs.

## Simply Salad City Garden Mix.

Traditional and popular mix. Easy to grow. Includes many different textures and shades.

Sorrell. is grown for its tangy, slightly-sour tasting arrow-shaped leaves and is a cool-season perennial often grown as an annual. Often said to have a lemon-like flavour with lots of zing!



## USES

Greens are generally eaten cooked, but they can still be tossed through a salad with different types of vegetables.



They can also be used in wraps, in sushi, in sandwiches, in stir-fry and can be eaten steamed.



## ROWTH

Greens can be either cool-season or warm-season crops and can be grown as either annuals or perennials. Greens are typically easy to grow and can be planted in Spring after the frost.



## ULTIVATION

Greens have an approximate shelf life of around ten to fourteen days. Choose Greens that are bright in color, avoiding yellow or brown spots. Smaller leaves will have a more 'mild' taste. For more cultural help see our organic garden fact sheets under the 'Special Interest' section of the pull down menu on the home page of our website.



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Any enquiries can be directed to:  
HERB HERBERT P/L

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