

Find out
about:

Lettuce



Lettuces belong to the daisy family of plants and there are many different types, shapes and colours.



Cos lettuces, also known as romaine lettuce, have long dark green leaves with crisp middle stems or ribs. Baby gem lettuces are a miniature variety of cos, with much smaller dark green, slightly curly leaves that are tightly packed.



Lettuces were first grown in Ancient Egypt and from wall paintings it seems that they were growing varieties similar to the cos lettuces we eat today. The Ancient Greeks and Romans also valued lettuce and cooked with it as well as eating it raw. They also used lettuces as medicines to help with sleep.



The delicious sweet green leaves of these lettuces provide us with lots of vitamin K, which we need for a healthy body. Make a crunchy salad with some cos or baby gem lettuce leaves mixed with some chopped tomato, cucumber, and grated carrot to give you one of your 5 A Day portions.

Try
something
NEW!

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**Try some
lettuce
and get
your sticker!**

