

Product Specification

Lettuce

Lettuce (*Lactuca sativa*) is an annual plant of the daisy family Asteraceae. It is most often grown as a leaf vegetable, but sometimes for its stem and seeds. Lettuce was first cultivated by the ancient Egyptians who turned it from a weed, whose seeds were used to produce oil, into a food plant grown for its succulent leaves, in addition to its oil-rich seeds.

Process:

Lettuce should be harvested when full size, but just before maturity. You want it young and tender. It's best to harvest in the morning before leaves have been exposed to sun. The first harvest is between 28 and 35 days after planted. They are placed in plastic bags with a maximum capacity of 1 lettuce to prevent misuse of the product; these bags must contain holes so the plant can breathe and last longer.

Description:

Lettuce's native range spreads from the Mediterranean to Siberia, although it has been transported to almost all areas of the world. Plants generally have a height and spread of 6 to 12 inches (15 to 30 cm). The leaves are colorful, mainly in the green and red color spectrums, with some variegated varieties. There are also a few varieties with yellow, gold or blue-teal leaves. Lettuces have a wide range of shapes and textures, from the dense heads of the iceberg type to the notched, scalloped, frilly or ruffly leaves of leaf varieties.

Scientific Name

Lactuca sativa

Family

Asteraceae

Variety

Black Simpson

Origin

Peru



Characteristics:

| NUTRITION (in 100 gr)** | | |
|-------------------------|----|------|
| Calories | 14 | Kcal |
| Protein | 1 | g |
| Carbohidrates | 3 | g |
| Fat | 0 | % |
| Calcium | 3 | % |
| Iron | 2% | % |
| Sodium | 0 | % |
| Zinc | 1 | % |
| Vitamin C | 5 | % |
| Vitamin A | 10 | % |
| Riboflavin | 1 | % |

(**)Values may vary

Packaging:

The product is packed depending on the market, which can be national, USA or EU. It can be packed in a plastic container as a salad ready to eat or individual bags.

Life-time and storage conditions

Approximate shelf-life: 2 - 3 weeks, dry environment:

Temperature: 10 - 12°C

Relative Humidity: 80% - 90%

Uses

Lettuce is most often used for salads, although it is also seen in other kinds of food, such as soups, sandwiches and wraps; it can also be grilled. One variety, the *woju* (莴苣), or asparagus lettuce, is grown for its stems, which are eaten either raw or cooked. Lettuce is a rich source of vitamin K and vitamin A, and is a moderate source of folate and iron.

Gluten Free:

We certify that our product is naturally gluten free.

Non-GMO:

We certify that our product has NOT been genetically modified.

Additive Free:

We certify that our product is 100% additive free.