



LIVING LETTUCE



Fresh Facts

With its roots still attached, living lettuce is packaged in a container that allows for the roots to remain intact all the way to your table. This process, which allows moisture and nutrients to continue to nourish the living lettuce, means it stays fresher longer. You've got days, even weeks, to garnish that gourmet burger or prepare a perfect salad.

The health benefits of a fresh head of lettuce should never be underestimated. Fresh lettuce leaves are a source of vitamin A, vitamin C, folate and beta carotene, which is why we don't let our lettuce stop growing until it reaches your table. Living Lettuce will ensure that you and your family are receiving all the nutritional benefits that lettuce has to offer and a crisp fresh taste.

Living Lettuce

Nutrition Facts Valeur nutritive

Per 1/3 piece (58 g)
pour 1/3 de morceau (58 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 10	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 1 g	0 %
Fibre / Fibres 1 g	3 %
Sugars / Sucres 1 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	2 %
Iron / Fer	6 %



Rooted in Freshness.