

Information



The lettuce is considered one of the most valuable vegetable.

The difference with other salad is in the leaves, particularly tender and with the delicate scent of new salad.

Its leaves are green and gold and with a delicate sweet flavor. Particularly fine biologically cultivated lettuce.

The leaves must be have no yellowish spots, turgid and shiny.

Compared to other lettuces and salads it decays more easily, then it needs to take a lot of attention to the date of packaging.

It's less rich in vitamin A and C than other lettuces, but it contains more calcium and iron, and many soluble fibers which help digestion.

The wealth of minerals makes it particularly diuretic. Its use in the evening promotes sleep