Did you know?

Salad comes from the Latin word “herba salta” or “salted herbs.”

#yearofthesaladgreens
Did you know?

Lettuce is a member of the sunflower family!

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Did you know? 

The lettuces we eat today actually started out as a weed in the Mediterranean region.

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Did you know?

Salad greens contain many vitamins, phytonutrients and fiber.

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Did you know?

Ancient Greeks and Romans thought eating lettuce helped you to have a good night’s sleep.

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Did you know?

Commercially, iceberg is the most important type of lettuce and romaine is the second.

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Did you know?

Leonardo da Vinci was the first artist to depict salad in his paintings (Leda, 1504).

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Did you know?

Common types:

• Green or Red Leaf
• Arugula
• Napa Cabbage
• Bib/Butter
• Frisee & Chicory
• Escarole
• Romaine
• Iceberg
• Spinach

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