

Did you know?



2022
YEAR OF THE
SALAD
GREENS

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



#yearofthesaladgreens

Did you know?



2022
YEAR OF THE
SALAD
GREENS

Lettuce is a member of the sunflower family!

#yearofthesaladgreens



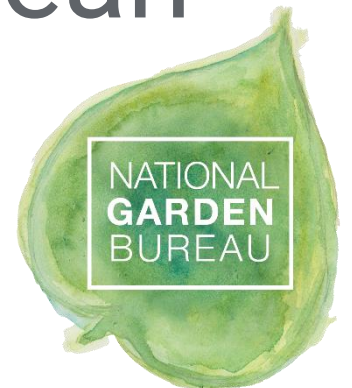
NATIONAL
GARDEN
BUREAU

Did you know?



2022
YEAR OF THE
SALAD
GREENS

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



#yearofthesaladgreens

Did you know?



2022
YEAR OF THE
SALAD
GREENS

Salad greens contain many vitamins, phytonutrients and fiber.



#yearofthesaladgreens

Did you know?



2022
YEAR OF THE
SALAD
GREENS

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



#yearofthesaladgreens

Did you know?



2022
YEAR OF THE
SALAD
GREENS

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



#yearofthesaladgreens

Did you know?



2022
YEAR OF THE
SALAD
GREENS

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



#yearofthesaladgreens

Did you know?



2022
YEAR OF THE
SALAD
GREENS

- Common types:
- Green or Red Leaf
 - Arugula
 - Napa Cabbage
 - Bib/Butter
 - Frisee & Chicory
 - Escarole
 - Romaine
 - Iceberg
 - Spinach



NATIONAL
GARDEN
BUREAU

#yearofthesaladgreens