



HOLLAND MARSH LETTUCE

FACTS

Fresh Ontario grown lettuce includes: iceberg, Boston, leaf and romaine. Iceberg is most widely used in salads because of its semi-sharp flavour and crunchiness. The Boston variety is tender with floppy red tinged leaves that add colour to a salad. Leaf lettuce with its more delicate leaves and subtle flavour is excellent in both salads and sandwiches. Romaine is best known as the preferred lettuce for Caesar and Greek salads.

Health Benefits: Lettuce is an excellent source of Vitamin A, Folate and Vitamin K; and a source of Vitamin C.

Number of acres farmed in the Marsh annually: 217 acres