



## History of the humble lettuce



The first known pictures of lettuce as a vegetable item appeared in paintings on Egyptian tombs in 4500 BC. Some of ancient Egypt's major growing achievements, included vegetables such as leeks, garlic, pulses, lettuce, and other crops



Lettuce became popular to eat during the Greek and Roman people, they thought it helped them have a good nights sleep. The Romans in particular grew it and liked to eat it raw and minced. They particularly liked it as a starter.



Christopher Columbus introduced lettuce to the new world in the 1400's



The first Iceberg lettuce arrived on British shores in the mid 1970's from USA. In 1984 British growers learnt to grow lettuce and it became popular through the classic Prawn Cocktail.



The first bagged salad was a shredded iceberg sold by Marks & Spencer in 1986.



Today thanks to advance farming techniques in the UK, we can purchase, grow and enjoy a wide variety of lettuce