



Varieties of Lettuce



The name lettuce is derived from the Latin word "Lattuca," which refers to the vegetable's milky sap and it is believed that the Romans introduced it to Britain.

The beauty of lettuce or Baby leaf is that there are many different varieties, flavours and textures which make a tasty meal accompaniment or on their own.



**Butterhead/
Round**

The traditional 'British lettuce' the round / Butterhead, which has soft, bright green loose leaves and a very mild buttery texture.



**Iceberg/
Crisphead**

Crisphead, this lettuce forms a tight and dense heads and resembles a cabbage. This is also called the iceberg lettuce, given its high water content. A pale, round, tightly packed lettuce which has crisp leaves with a refreshing flavour.



**COS and
Romaine**

Cos, or romaine lettuces as they are also known, have a long, oval head of tightly packed crisp leaves. Great crunch and a refreshing flavour. They are the perfect and traditional base for Caesar salads.



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Little gem lettuce

A smaller, compact variety of cos lettuce. The rich, outer leaves and delicate inner leaves are crisp, with a sweet flavour. Simply halve or quarter the spear-shaped heads lengthways or separate into individual leaves.



Radicchio lettuce

Firm, bright purple leaves with a white stem and veins with a slightly bitter flavour.



Lollo Rosso lettuce

A non-hearting loose-leaf lettuce, Lollo Rosso has fringed and crinkled leaves that are tinged deep red at their ends, with a fairly tender, yet crisp texture. The depth of colour varies with each variety.



**Endive frisee
lettuce**

This is a spiky firm textured leaf, which is mildly nutty bitter flavour with a slight crisp grainy texture. Pale to dark green curly leaves.



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Red Chard lettuce

The name chard actually refers to the broad middle stalks and the side ribs rather than the leafy part of the plant

Striking red stem with small, dark leaves. Flavoursome leaves that are tender but firm.



Spinach

Young spinach leaves are tender and sweet and are delicious raw or cooked . Dark green, glossy leaves. Earthy, buttery taste



Rocket

Rocket is very versatile. Small, curly thin leaves, Flavoursome, strong and peppery



Watercress

Watercress has a distinctive 'raw' flavour, both peppery and slightly pungent. Watercress is the UK's most historic salad leaf and, unlike other salad leaves, is grown in gravel beds, washed by flowing mineral rich spring water



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Lamb's lettuce

Lamb lettuce, which has long spoon-shaped dark leaves and a tangy flavour. The name Lamb's Lettuce was given to the leaf because of its resemblance to the size and shape of a lamb's tongue.

You are likely to find all of these in the chilled salad sections of most supermarkets. This list is not exhaustive as there are many varieties of lettuce to choose from.

A beautiful medley of colour

