



Lingot Butterhead Lettuce

255268



Lightly crunchier than its cousin the oakleaf lettuce, the butterhead lettuce is very tasty just by itself, seasoned with a homemade dressing. Enjoy the Véritable Lingot® technology: 100% natural and ready-to-use refills with no pesticides or GMO's (patent-pending). Butterhead lettuce Lingot® compatible with the whole Véritable® Garden range.

PRODUCT DETAILS

Slightly crisper than its oak-leaf cousin, butterhead lettuce is delicious on its own or as a mesclun, accompanied by a homemade vinaigrette. Rich in nutrients, butterhead lettuce is a source of vitamins and minerals. Composed mainly of water, it contributes to good hydration.

How do you cook butterhead lettuce?

Butterhead lettuce is delicious in fresh salads. Its crisp, slightly sweet leaves make it a perfect base for a variety of flavor combinations. Butterhead lettuce can be used to garnish sandwiches, burgers and wraps. Its firm leaves add a pleasant texture and freshness to preparations.

Butterhead lettuce leaves can be used as an alternative to tortillas to wrap ingredients such as vegetables, proteins and sauces, creating light, healthy wraps.

Tips for successfully growing your butterhead lettuce

To harvest butterhead lettuce, you can cut the whole plant at the collar (the base of the leaves), or you can pick the outer leaves as you need them, leaving the inner leaves to continue growing.

To extend the harvesting season, we recommend picking butterhead lettuce leaves regularly, starting with the outer leaves closest to the collar. This encourages the plant to produce new leaves.

Specs

Product Attributes

EAN:	3760262511245
Manufacturer number:	VLIN-L5-LAI01B
Product weight:	0.04 kilograms