

# Red Leaf Lettuce

## Look:

Red leaf lettuce has a central base that fans out to a wide, curly, loose top. The stalk at the bottom is white and transitions to pale green with the edges of the leaves being dark burgandy to red.

## Taste:

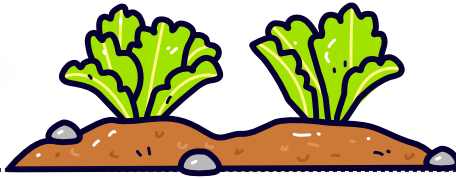
Red leaf lettuce leaves are crisp and have an earthy, mildly sweet or slightly-bitter flavor when the leaves are older.

## Touch:

The leaves are tender and smooth with many curls and frills. They should not be slimy or wilted.



The more sunlight the lettuce gets, the deeper its red color becomes.



## Did you know?

Red leaf lettuce is a cut-and-come-again plant meaning you can harvest the outer leaves and the plant will continue to grow.



## Health Benefits

Red leaf lettuce gets its red color from antioxidants called anthocyanins. It is also rich in vitamins A and K.