

Romaine Lettuce

FROM GARDEN TO TABLE

Whole ingredients
Simple solutions



CAESAR SALAD

Tear off bite sized pieces, wash in colander or salad spinner. Make or buy a Caesar dressing, toss lightly to coat, add bacon, croutons, parmesan cheese and a squeeze of fresh lemon juice

ADD TO ANY GARDEN SALAD

Romaine lettuce adds a light crunch to a garden salad. Use lettuce as a base, add spinach, cucumber, grated carrots, peppers and other favourite vegetables you have on hand. Enjoy with any store bought or homemade dressing

GREEN SMOOTHIE

Get all your veggies in one glass by combining 1 cup of cold water, fresh spinach and romaine lettuce in a blender, blend greens first, then add pear, celery, frozen banana and the juice of 1 lemon. Blend on high until smooth. Adjust sweetness by adding more frozen banana. Enjoy



SERVICES FOR YOUNG MOTHERS