LES Verts

Local. Fresh. Gourmet.

Thanks for choosing Les Verts Living Lettuce! Below are some tips to help you get the most from your gourmet greens.

HOW SHOULD I STORE MY LETTUCE?

The best way to keep your living lettuce fresh and flavorful is to place the whole plant and its reusable tray in the refrigerator. Sometimes fridge space can be limited though, so finding a spot on your counter (in either a sunny or shady area) is another option. We've picked each head at the peak of its maturity and our studies show that Les Verts Living Lettuce can retain its beautiful colour and texture for up to two weeks - provided it's watered. Remember that your lettuce plant is living, so changes in its appearance due to the new environment are normal.

SHOULD I WATER MY LIVING LETTUCE?

Yes! Les Vert lettuce is a living plant that requires water to maintain its freshness. Water when the bottom leaves start to go limp to maintain crispness. Simply place the lettuce plants in a waterproof tray when you notice wilting and add enough water to cover the bottom 4-5 cm of the block. You can remove the plants after 20 minutes, or you can simply leave them in the container. The growing block is uniquely designed to both absorb moisture and prevent water excess – so you can't overwater your living lettuce plants.

WHICH LEAVES SHOULD I CONSUME FIRST?

If you are storing your plant intact, we suggest starting on the outer, more mature leaves and working your way to the centre. Some of our customers choose to remove all the leaves right after harvest and store the leaves in the crisper. Both are great ways to enjoy your greens.

SHOULD I WASH MY LETTUCE?

Les Verts Living Lettuce is grown without foliar applications of fertilizer or pesticide and all heads are harvested using food-safe handling techniques. It is always a good idea, however, to wash produce before consuming. Our recommendation is to wash and dry the leaves just prior to use to avoid wilting.

WILL MY LIVING LETTUCE PLANT REGROW?

Even after several leaves are removed, your Les Verts Living Lettuce may show some regrowth – it is a living plant after all. Depending on how much you've consumed and where you are storing your lettuce, regrowth of lettuce leaves will vary. You may notice that new leaves are not as vibrant in colour and don't have the same growth pattern. They may grow only from the middle and often straight upwards. This is normal. It's unlikely that the sunlight in your house is intense enough for full and proper regrowth of a complete head of lettuce.

WHAT TO DO WITH THE BLOCKS ONCE THEY ARE USED?

The horticultural cubes that your Les Verts Gourmet Lettuce is grown in can be reused. Bring your cubes back to Les Verts to have these made into a nutrient infused soil amendment that you can use in your garden or flower beds. Or leave them with us and we'll make use of the rockwool material.