

# SPOTLIGHT ON PRODUCE

## WHAT AM I?

Spring Mix contains green leaf, red leaf and green oak leaf lettuce. Some mixes may also have spinach, baby lettuce, chard, arugula, spinach, endive, radicchio, and other heirloom lettuces.

## HOW DO I GROW?

The salad products in Spring Mix can be grown in fields with sandy soil or via aquaponics.

## NUTRITION FACTS

Spring Mix is an excellent source of vitamin K and folate.

## SPRING MIX



## FUN FACT

Spring Mix is often harvested at night when temperatures are cooler and there is less humidity, which allows the greens to stand up making them easier to cut.