



Living Lettuce Freshness Guide



How should I store my living lettuce?

The best way to keep your living lettuce fresh and flavourful is to place the whole plant in a waterproof tray or shallow dish 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. Your living lettuce should 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! Your 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 or shallow dish 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. You can 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?

Your lettuce was grown without any pesticides, and no application of fertilizer on the leaves. It is always a good idea, however, to wash produce before consuming. Our recommendation is to wash under cool water and dry the leaves just prior to use to avoid wilting.



Will my living lettuce plant regrow?

Even after several leaves are removed, your 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 cube that your living lettuce is grown in is made of rockwool and cannot be composted. However, it can be broken down into small pieces and scattered in your outdoor garden to help with water retention. Gloves are recommended when handling the rockwool. The cubes can also be recycled in certain locations – check with your local recycling facilities for more information. Otherwise, they can be disposed of in the garbage.



Les Verts Terrace Pro – final product subject to change.
Approximate size: 48" l x 26" w x 56" h



Questions or feedback? Contact us at info@lesverts.com

© (2024) Les Verts Living Inc. All rights reserved.

Visit our
website at
lesverts.com

