

FRESH NEW ZEALAND GROWN SALAD LEAVES



BABY KALE

Small kale leaves are added to salad mixes, sometimes baby cavolo nero, a variety of kale with blackish dark green leaves is added to mixes.



COS

This type of lettuce is also known as romaine. It has an elongated head with coarse leaves that are crunchy and sharp in flavour.



CURLY KALE

Young tender kale has deep curly leaves and can be used in salad mixes.



EDIBLE FLOWERS

The petals of edible flowers add colour to salad mixes.



FRISEE

Frisee, also called curly endive, is slightly bitter and provides an attractive 'coral' appearance in mesclun mixes.



GREEN MUSTARD

There are many different varieties of green and red mustards available and the leaf varies considerably. Flavour varies from mild to intense.



LAMB'S LETTUCE (corn salad, mâche)

Lamb's lettuce is very succulent with a delicate flavour and smoothly textured green leaves.



MESCLUN

A French term for mixture of salad leaves which may also include lettuces and herbs



MIBUNA

Mibuna is similar in taste to mizuna but it has a slightly stronger flavour. The leaves are smooth edged.



MIZUNA

Mizuna has a spicy piquant flavour, is medium green with deeply jagged leaves.



PAK CHOI

Pak choy is sometimes called Shanghai bok choy and the miniature smooth green leaves are used in salad mixes.



PEA SHOOTS (dau miu)

These are the tender tips off young pea shoots. They are sweet and succulent.



RADICCHIO

Radicchio leaves are slightly bitter and nutty flavour red leaves.



RED CHARD

These young leaves are green with red veins. They have a faint beet-like flavour and are ideal in warm salads.



RED OAK LEAF

An open headed lettuce with a subtle nut flavour. Green varieties are also available.



ROCKET (roquette, arugula)

Rocket has dark green, deeply lobed leaves and has a spicy piquant flavour.



SPINACH

Young spinach leaves are often used in salad mixes and sold with other salad greens. Baby spinach has round to oblong leaves with a mild flavour.



TAT SOI

This is an Asian cabbage that is used when young in salads of all kinds. It has a very mild cabbage flavour.



WATERCRESS

These dark green leaves have a peppery taste. The leaves and thin stalks can be used raw.



WILD ROCKET (wild Italian arugula or wild European rocket)

Thinner leaves and a more intense spicy piquant flavour than standard rocket.