

Introducing...

SweetHeart "Lettage"[®]



Tender Leaf Cabbage[™]



**Innovative Recyclable
Flow-wrap and Tray
Packaging!**



Diets low in saturated fat and cholesterol and as low as possible in trans fat, may reduce the risk of heart disease.
Heart-Check Food Certification does not apply to recipes unless expressly stated.

- ✓ The leafy greens segment is expanding and changing rapidly as consumers look for healthy, new and interesting tastes for their salads and greens usage (KALE).
- ✓ Your shoppers want more options for nutritious greens.
- ✓ It's the healthier alternative to lettuce.
- ✓ **SweetHeart Lettage** (unlike traditional cabbage) has sweet tender leaves that eat more like lettuce.
- ✓ **SweetHeart Lettage** (cabbage family) ranks high in nutrient density, similar to Kale.

Recipe



Serving Suggestion

Caesar Salad

...more nutritious with *SweetHeart "Lettage"*[®]

- Rub the inside of a large mixing bowl with a peeled and smashed garlic clove.
- Add two tablespoons mayonnaise, a few chopped anchovies, ½ cup of freshly-grated Parmesan cheese, juice of 1 lemon, 6 tablespoons olive oil, salt, and pepper. Whisk ingredients to combine.
- Add 2 heads of **SweetHeart Lettage Tender Leaf Cabbage**, rinsed, dried, and torn into bite-size pieces.
- Add croutons and toss into finished salad. Serves six.

NEW!

SweetHeart "Lettage"[®]

Tender Leaf Cabbage[™]

Sweetheart Lettage, unlike regular cabbage, has tender leaves with a sweet, mild taste.

It's refreshing like lettuce, yet delivers all the health benefits of cabbage.

Try **Sweetheart Lettage** in salads, on your favorite sandwiches, or anytime.

It's the healthier alternative to lettuce![™]

Nutrition Info

SweetHeart Lettage[®] has

- 9 times More Vitamin C
- 21% More Calcium

than Romaine Lettuce!

* USDA Content Value Comparison

Plus, SweetHeart Lettage is an Excellent Source of

- Vitamin K
- and a Good Source of
- Folate and ● Dietary Fiber

* USDA Data

Enjoy some Lettage today!

Add *SweetHeart "Lettage"*[®] now, and take advantage of the next wave in nutritious, great tasting greens!

Marketed in USA and Canada by **Farm Stand Fresh Foods**

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