

# Corn Salad

## CS1-250 - French Corn Salad Seeds

45 days. Valerianella olitoria. Open Pollinated. French Corn Salad. This early maturing plant produces good yields of 4 to 6" of glossy green salad leaves. It has a mild taste with a nutty flavor and is usually mixed together with Endive, Mustard, and Arugula. Also known as Mache and Lamb's Lettuce. Excellent for salads and garnishes. It can also be cooked like spinach or used as an herb for flavoring. It has more than 3 times the Vitamin C than lettuce as well as Omega-3 fatty acids. Best if sown every 2 weeks for continued crops. It is quick to grow in cool weather. An excellent choice for home gardens.

