



**ROMA ROMAINE  
RED LEAF  
SWEET LEAF  
FRILL**

Grown without pesticides	Sustainably Grown
Less water used	Non-GMO

**Our family-owned  
Okanagan Falls farm grows the  
freshest lettuce 365 days a year.**





### **Our Story**

Located in Okanagan Falls, B.C., Avery Family Farms is rooted in a multi-generational family tradition and nourished by fearless innovation. By combining artisanal farming techniques and precision technologies, we are revolutionizing Canada's farm-to-fork food chain, revitalizing rural Canadian communities and growing the freshest lettuce locally, sustainably, ethically and deliciously—365 days a year.

**We grow lettuce year round right here in British Columbia, so it reaches consumers at the height of freshness and full of nutrients and flavour.**

[averyfarms.ca](http://averyfarms.ca)





### **Roma Romaine**

An unusual bouquet shape makes this head lettuce stand out in the produce section. It has deep green colour and crisp, smooth leaves with a classic romaine flavour. Available in 300g head size.

### **Sweet Leaf**

A beautiful bouquet shape makes this head lettuce stand out in the produce section. Vibrant “blonde” leaf color. Sweet and complex flavor with a slight crunch. Perfect for a sandwich, salad or to carry other flavors in more complex dishes. Available in 315g head size.

### **Red Leaf**

With its bouquet shape and rich deep red and green tips, this head lettuce stands out in the produce section. Textured and crunchy leaves with a radishy overtone. Nice addition for any sandwich or salad to add color. Available in 280g head size.

### **Frill**

The mild flavour of this lettuce has just a little bit of a bite. Each leaf is beautifully ruffled for maximum visual appeal in the produce aisle and on the plate. The perfect salad leaf! Available in 300g head size.