



Geography/History

Mesclun, also known as “**Spring Mix**,” is a name used for a salad mixture of leaves of various species. Mesclun comes from the Spanish word "mezclar," meaning "to mix." Traditionally, in the Provence region of France, mesclun consisted of four items: chervil, arugula, lettuce, and endive in precise proportions.



See the table below for in depth analysis of nutrients:
Lettuce, (*Lactuca sativa* var. *crispa*), raw, green-leaf, Nutritive value per 100 g.
(Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	15 Kcal	1 %
Carbohydrates	2.79 g	2%
Protein	1.36 g	2%
Total Fat	0.15 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	1.3 g	3%
Vitamins		
Folates	38 mcg	9.5%
Niacin	0.375 mg	2%
Pantothenic acid	0.134 mg	2.5%
Pyridoxine	0.090 mg	7%
Riboflavin	0.080 mg	6 %
Thiamin	0.070 mg	6%
Vitamin A	7405 IU	247%
Vitamin C	9.2 mg	15%
Vitamin E-α	0.29 mg	2%
Vitamin K	126.3 mcg	105%
Electrolytes		
Sodium	28 mg	2%
Potassium	194 mg	4%
Minerals		
Calcium	36 mg	3.5%
Copper	0.029 mg	3%
Iron	0.86 mg	10%
Magnesium	13 mg	3%
Manganese	0.250 mg	11%
Phosphorus	29 mg	4%
Zinc	0.18 mg	1.5%
Phyto-nutrients		
Carotene-β	4443 mcg	--
Crypto-xanthin-β	0 mcg	--
Lutein-zeaxanthin	1730 mcg	--

Description/Taste

Mesclun is made up of 16 fresh greens and lettuces of varying tastes and textures, including red romaine, baby spinach, radicchio, green romaine, red oak leaf, mizuna, red leaf, lollo rosso, arugula, red mustard, green mustard, red chard, frisee, and tatsoi. About half of the greens and lettuces are sweet and mild while others provide a complementary slightly bitter edge.

