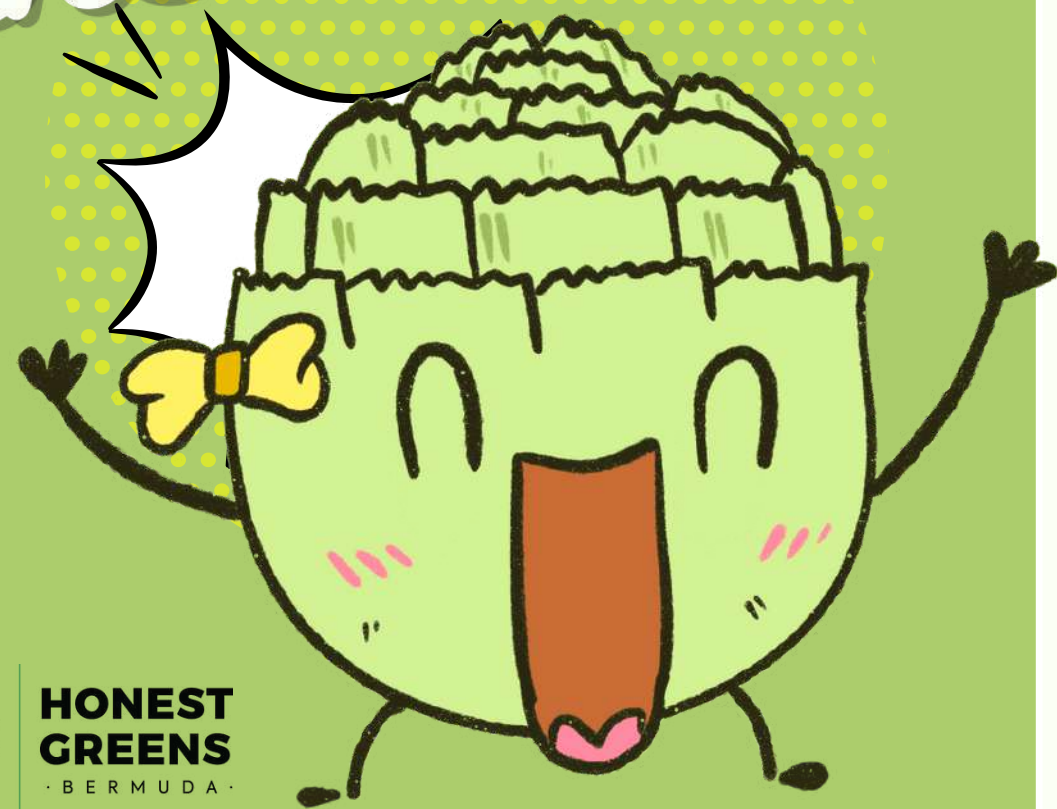


# Letty, the Lettuce's

**-UNEXPECTED  
JOURNEY FROM  
CALIFORNIA TO  
BERMUDA**



It's another glorious morning in the fields of the Salinas Valley in California.

The sun gazes downwards. A tender lettuce – Letty to her friends – spreads her arms to bask in the morning warmth.

With her bright green leaves and fresh, crunchy stems, she looks about as perfect as can be. What a morning.. She is one happy head of lettuce! For now...





## THE JOURNEY

A looming shadow is Letty's only warning.

She feels a tug... then pain in one of her roots. As she is pulled unceremoniously from the ground, Letty loses consciousness.

**"WHAT'S GOING ON!?"**

"Where am I... Ohh... it hurts... some of my leaves are bruised..." Letty groans. What's happening to me?"



„We're in the back of a **TRUCK**  
on our way to the processing  
center”

a voice whispers  
out of the darkness.

“By the way I'm Romaine... well I  
prefer Romy. I'm a bit scared but  
my cousin told me it would be  
okay. This is what happens when  
we get harvested.

Trucks from the different farms take  
us to a central processing location.  
We get hosed down, inspected to  
make sure we look healthy, some of  
us even get triple washed to  
sanitize us.”



**HONEST  
GREENS**  
· BERMUDA ·

# "WHAT DO YOU MEAN SANITIZE? DOES IT HURT?"



Well yes a bit – some of our surface tissues can get damaged but...  
\*sniffle\* ... if that happens those leaves will just get removed.


The more frequently and aggressively we are washed, the more likely we are to experience nutrient leaching and oxidation reactions.

I'm particularly scared of losing my water-soluble vitamins like vitamin C and folate.

I've had to work so hard to accumulate those!"



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"My goodness Romy... What happens next at the process center?" asks Letty.

"Well I was told it doesn't hurt, but I don't know if that was just so I wouldn't cry. Next, they separate our good bits and..."

**"WAIT, WHAT?!"**

exclaims Letty.

"Yes, they cut off our roots... then... then... they chop us up into bits and bag us up with bits of other plants." stammers Romy.

"Ohh my god! My roots are what keep me alive! They're what keep me hydrated and full of nutrients... what are these people thinking?! And they're going to chop me up, so one part of me is one bag and another is in another bag? It's so silly that just leaves more surface area to be oxidized and plus pathogens like salmonella could get in through the cut bits." Letty sobbed.



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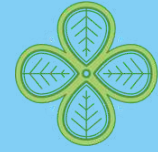
"That's not all. After our bits are bagged up, the bags are filled with some kind of gas. They call it modified atmosphere packaging.

Oxygen is taken out of the bags and replaced with Nitrogen so that we'll breathe less and theoretically stay so-called fresh a little longer.




**IT'S LIKE A STATE OF  
SUSPENDED ANIMATION...  
IT'S ALMOST LIKE WE  
BECOME ....**

**LETTUCE  
ZOMBIES!**



**"THEN WHAT?"**

"At the processing center, they keep us... well the bagged bits of us are boxed and refrigerated. Once there are enough boxes, we get shipped around the world."



Yes, some bags will stay here in North America, and some bags will travel as far as Bermuda! I'm told the journey is over...

**3,000 MILES!**

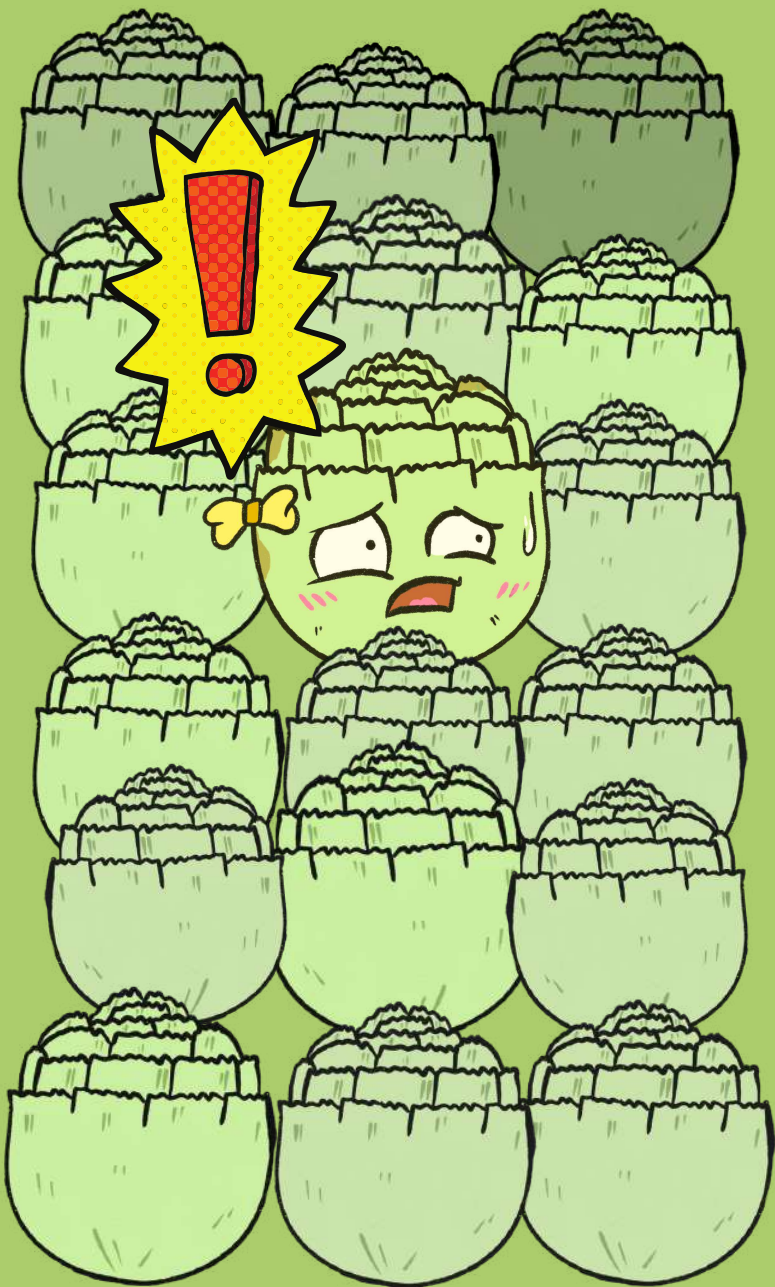
The boxes of bags will be put into refrigerated shipping containers and freighted across the US. Then they'll be put onto container ships to make the ocean journey. Once they arrive in Bermuda, they'll sit on the docks until..."

"Oh my gosh – I hope they don't get stuck in the heat. It would be a shame to travel so far and then to rot away. What a way to go!" says Letty



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"Yes... well hopefully there won't be bad weather or industrial action or any other issues – if there is, then those poor greens just get discarded. Anyway, those that finally make it to the grocery stores will sit on the shelves until a customer picks us up."

"Hold on, so after they put my bits into this zombie state, how long does it take till I get to the customer?"

**"WELL I'M TOLD AT LEAST A WEEK AND A HALF, MAYBE TWO. HOPEFULLY OUR BITS HAVEN'T GONE ALL SLIMY BY THEN..." SAYS ROMY**

**Well that's just terrible!**

Letty's wails are joined by cries from the others. Letty and Romy's conversation trails off into sobs and then silence.



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GREENS**  
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When you purchase imported bagged salad mix, it will likely have travelled thousands of miles before arriving on your plate.

Don't settle - you deserve better.



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