



**Magiczny  
Kraków**

## **Krakow Celtuce**

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This is the favorite vege, do you?

### **Everything you need to know about the Krakow celtuce:**

An unusual and presently little-known variety of stem lettuce, also called Karol's lettuce. Juicy and crunchy. Both the leaves and stems, transforming into flower shoots, are edible raw and after being cooked. Research shows that the Krakow celtuce contains up to four times more vitamin C than "ordinary" lettuce! Problem-free scape is best sown in spring or autumn. It is important to cut it before flowering begins. Be sure to peel the shoots before eating, as their skin is slightly bitter in taste!