Table 3. Comparison of recommended mesclun mixes.

<table>
<thead>
<tr>
<th>Eliot Coleman in Maine</th>
<th>Paul Wiediger in Kentucky</th>
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</table>
| **Baby-leaf Salad Mix** (Mesclun): | **Cool-Season Mesclun Mix** **
- red lettuce
- green lettuce
- broadleaf arugula
- sylvestra arugula
- claytonia
- minutina
- endive
- narrow-stem chard
- smooth leaf spinach
- mache'
- watercress
- beet leaves
| red lettuce
- green lettuce
- broadleaf arugula
- tatsoi
- mizuna
- red Russian kale
- green mustard
- red mustard, Purple Wave |
| * (This mix is mild tasting with no mustards or kale and is a favorite of children and their Moms) | ** (This mix is quite colorful and tangy and appeals more to adult tastes) |
| **Summer Lettuce Mix** | **Summer Lettuce Mix** |
- Black Seeded Simpson or Simpson Elite Waldmanns
- Red Salad Bowl
- Tango (green oak)
- Freckles (Romaine)
- Rosalita (red Romaine)
- Lolla Rossa
- Buttercrunch
- Dark Lolla Rossa (adds color and loft) |

**Johnny's Seeds, Winslow, Maine**

**Mild Meslun Mix**
- Kyona Mizuna
- Chinese Pac Choi
- Tatsoi
- Red Russian kale
- Red Sails Lettuce
- Salad bowl lettuce
- Rouge d'Hiver Lettuce

**Spicy Meslun Mix**
- Arugula
- Bianca Riccia endive
- Kyona Mizuna
- Tatsoi
- Red Sails Lettuce
- Dark Lolla Rosa
- Rouge d'Hiver Lettuce

**Gourmet Lettuce Mix**
- Freckles (Romaine)
- Outredgeous
- Tango (green oak)
- Dark Lolla Rosa

**All Lettuce Mix**
- Rouge d'Hiver
- Parris island
- Red Salad Bowl
- Royal Oakleaf
- Saladbowl

**All Greens Mix**
- Kyona Mizuna
- Red Russian kale
- Komatsuna
- Red Giant Mustard
- Tatsoi