
Selection

When buying lettuce, the general rule of thumb is, the darker the leaves, the more nutritious it will be.

Be sure the lettuce has fresh, green leaves. Make sure there are no wilted, brown or slimy leaves.

There are many varieties of lettuces to choose from besides the common Iceberg head lettuce. Bibb, Romaine and Leaf lettuces are all different varieties each with their own unique tastes.

Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ Rinse lettuce under cold running water right before eating.
 - ◆ Do not wash produce before storing.
 - ◆ Lettuce can store in the refrigerator in a plastic bag up to five days.
 - ◆ Keep produce and meats away from each other in the refrigerator.
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Why Buy Local?

- ◆ Your money stays locally and is recirculated in your community.
 - ◆ When you spend money locally, it helps to keep small businesses open and builds up your community.
 - ◆ Buying local keeps farmers on the land and producing food for everyone.
 - ◆ You are making a healthy choice for you and your family.
 - ◆ Local foods taste good!
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FOR MORE INFORMATION...

Contact your local Extension office:

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Lettuce Lechuga

Uses

Lettuce is usually eaten raw.

It is often used in salads and a mixture of different types of lettuces can be used. Add lettuce to sandwiches and tacos.

The loose-leaf type of lettuce can be braised, steamed, sautéed and even grilled! Try it as a different addition to an entrée or side dish.



Nutrition Facts

- ♦ Fat free
- ♦ Good source of Iron
- ♦ Good source of Folate
- ♦ Good source of Beta-carotene
- ♦ Good source of Fiber
- ♦ Good source of Vitamin C

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Try It!

Citrus Salad

INGREDIENTS

- 1 Grapefruit, peeled
- 1 Orange, peeled
- 10 cups Fresh lettuce
- 1 Small red onion, sliced thin
- 2 Tbsp. Apple cider vinegar
- 1 Tbsp. Lime juice
- 1 Tbsp. Vegetable oil
- 1 Tbsp. Water
- 1/4 tsp. Black pepper
- 1/4 tsp. Cumin

INSTRUCTIONS

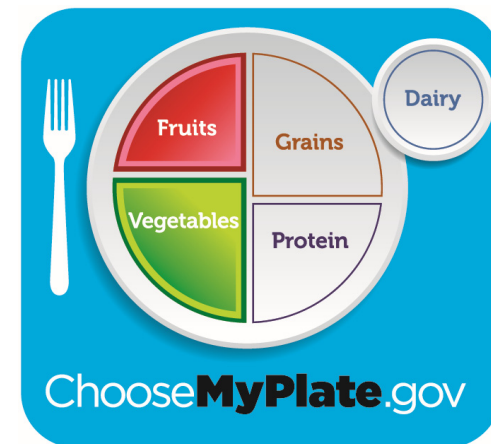
1. Cut fruit into bite size pieces.
2. Toss with lettuce and onion.
3. Mix remaining ingredients for dressing.
4. Drizzle over salad and toss just before serving.

Yield: 8 servings

Recipe Source: www.recipefinder.nal.usda.gov/



Citrus Salad



History & Fun Facts

Lettuce started out as a weed around the Mediterranean Sea. It has been eaten for over 4,500 years. Christopher Columbus introduced lettuce to North America.

There are 4 main types of lettuce.

- Butter head—forms a loose head and has a buttery texture.
- Crisp head—pale green with leaves packed in a tight head.
- Loose-leaf—doesn't form a head, but instead the leaves are joined at the stem.
- Romaine—has a loaf-like shape with darker green leaves.