



Lettuce

The rule of thumb is, the darker the leaves, the more nutritious it is. Lettuce should have fresh, green leaves which are not wilted, brown or slimy. Wash under clean, running water.

Lettuce is a vegetable which grows as plant leaves.

Lettuce actually started out as a weed around the Mediterranean Sea. This vegetable has been eaten for over 4,500 years, and was known to the Egyptians, Greeks and Romans. Christopher Columbus introduced lettuce to North America and it has been grown here ever since.

California raises more lettuce than any other state; followed by Arizona, Florida and Texas.

VARIETIES

There are four main types of lettuce and each type has different varieties:

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



NUTRITION FACTS

- Good source of vitamin C
- Good source of beta-carotene
- Good source of iron
- Good source of folate
- Good source of fiber

USES

Lettuce is usually eaten raw. Lettuce is often used in salads — a mixture of lettuces can be used. Add lettuce to all types of sandwiches (including hamburgers) and tacos.

Some lettuce is grown in Iowa.

