



Kitchen Tips for Lettuce

MO Grown Produce

In Season in Missouri:	April - June AND September - November
Quality:	There are many varieties of lettuce and colors will vary, but all should be bright and crisp. Leaves should not be wilted, brown or slimy. Check package expiration date on pre-washed, bagged lettuce.
Storage:	Store lettuce in cold refrigerator, but do not allow it to freeze. Store in air tight containers for maximum shelf life. Lettuce is extremely sensitive to ethylene, so store away from fruits.
Food Safety:	Wash lettuce just before serving under cold, running water. Strip outer coarse leaves from heads before washing. Separate the leaves of Romaine during washing to remove sand and debris. Do not wash lettuce that has been labeled "ready to eat," "washed" or "triple washed."
Yield:	For 50, ¼ cup servings, you need 1.75 pounds of fresh, untrimmed lettuce.
Preparation Tips:	<ul style="list-style-type: none"> • Tear lettuce leaves with your hands or cut with a plastic knife to keep lettuce from browning quickly. • Salad dressing clings best to dry leaves.
Kid-Friendly Serving Ideas:	<ul style="list-style-type: none"> • A chopped salad with smaller pieces may be easier for young children to eat. • Pair lettuce in a salad with other fresh, seasonal fruits or vegetables.
Nutrition:	The most important nutrients in lettuce are vitamin A and potassium. The darker green varieties like Romaine are more nutritious. Iceberg lettuce has little nutritional value.

Fun Fact # 1:

Lettuce is the 2nd most popular fresh vegetable in the United States behind potatoes. Americans eat about five times more lettuce than we ate 100 years ago.

Fun Fact #2:

Lettuce was very important for the ancient Romans and ancient Greeks who believed that it induced sleeping.

