

Lettuce

Lechuga



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. Wash under clean, running water.

Lettuce is a vegetable that grows as plant leaves.

Uses

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

Try It!



5 A DAY SALAD

Ingredients

- 4 cups spinach (fresh)
- 4 cups romaine lettuce
- 2 cups green pepper (chopped)
- 2 cups cherry tomatoes
- 1 cup broccoli (chopped)
- 1 cup cauliflower (chopped)
- 1 cup yellow squash (sliced)
- 2 cups cucumber (sliced)
- 2 cups carrot (chopped)
- 1 cup zucchini (sliced)

Instructions

1. Wash all of the vegetables and mix them together in a large mixing bowl. Top this colorful meal with the nonfat or low-fat dressing of your choice.
2. This nutrient-packed salad uses ten different vegetables, and each serving is equal to five cups of vegetables!

History & Fun Facts



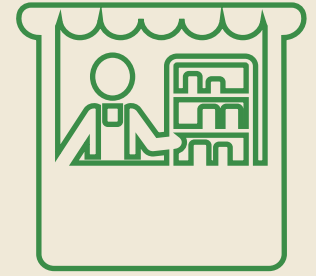
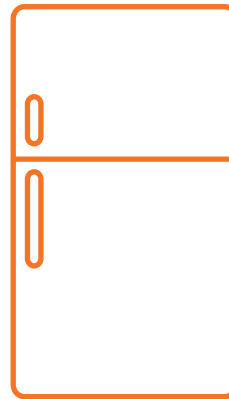
Lettuce started out as a weed around the Mediterranean Sea. Lettuce has been eaten for over 4,500 years, and was known to the Egyptians, Greeks, and Romans. Christopher Columbus introduced lettuce to North America and it has been grown here since.

There are 4 main types of lettuce and each type has different varieties:

- 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.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- When storing meats in the refrigerator, make sure they are below any fruits or vegetables
- Always wash produce before you use it, not when you bring it home
- Fruits and vegetables store best in a clean refrigerator.
- Keep fruits and vegetables in a perforated bag in the refrigerator.



BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

NUTRITION FACTS

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



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FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.org; <https://whatscooking.fns.usda.gov>

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