

Local Bibb Lettuce

Did you know that Prince William County Schools' cafeterias serve locally grown Bibb lettuce? It is grown hydroponically at Portwood Gardens Farm in Dayton, Virginia, and is harvested over the weekend and in our schools by Tuesday! Hydroponics is a growing method without soil that uses water and mineral solutions. Hydroponic growing promotes a clean growing environment.

Bibb lettuce is also known as butterhead or Boston lettuce. The leaves are crisp, yet tender, and have a rich, buttery flavor. It is a more nutrient-dense lettuce variety than iceberg, and has folate, fiber and vitamins A, C and K.

School Food Services uses Bibb lettuce in our tossed salad, which can be the base for our "Make Your Own" (MYO) salad lunch choice!

