

The general 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

Lettuce actually started out as a weed around the Mediterranean Sea. Lettuce actually and the Mediterranean Sea. This vegetable has been eaten for over 4,500 years, and was known to the Egyptians, Greeks and Romans. egetable has been eater to construct the equation of the equat

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

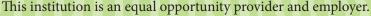
## VARIETIES

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.

Some lettuce is grown in Nebraska.

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NUTRITION FACTS

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

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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.