

Fresh Salad Greens



Lettuce is a member of the sunflower family



Iceberg lettuce

Got its name from the fact that California growers started shipping it covered with heaps of crushed ice in the 1920s. It had previously been called crisphead lettuce. This pale green lettuce is known for the crispy texture and very mild flavor.



Green Leaf This variety doesn't grow to form lettuce heads, but instead the leaves are joined at the stem. Good examples of this variety include oak leaf and red leaf.

Let-us Explain

- Most lettuce is packed in the field for maximum freshness
- Americans eat about 30 pounds of lettuce every year
- Lettuce is the second most popular fresh vegetable in the U. S.

Fun Facts

- Iceberg is the least nutritious of the salad greens.
- Thomas Jefferson had 19 varieties of lettuce growing in his garden at Monticello.
- Darker green lettuce leaves are more nutritious than lighter green leaves.

Romaine or Cos

Is the key ingredient in Caesar salads. It has a loaf-like shape with darker outer leaves, a strong taste and crispy texture.



Butterhead or Bibb

Grows in loose heads, with grassy green leaves, butter texture, and mild flavor. Boston lettuce looks like a blooming rose, and Bibb lettuce has cup-shaped leaves.

