

Lettuce

Storage

Refrigerate unwashed and uncut heads in the crisper drawer for 5-6 days. To store greens alone: wrap in loose, slightly damp paper towels & refrigerate for 3-4 days.

Nutrition

Lettuce is rich in vitamins and minerals. It is a particularly good source of fiber, vitamin K and A, and minerals (copper, potassium, iron, and manganese). It improves colon and heart health lowering cholesterol and high blood pressure.



Preparation

Remove any wilted or yellow outer leaves, cut out the “heart” and stalk. Wash well in cold water then tear leaf greens to desired size. Lettuce is mostly eaten raw in salads and sandwiches, but wilted leaves can be added to soups and stews.

