



# Lettuce, Green or Red Leaf

- Usage: Good for salads and on sandwiches.
- Loosely bunched curly leaves with crisp texture.
- Red leaf lettuce is characterized by green leaves with red-tinged edges.

## Purchasing Specifications

### Availability:

Year round

### Growing Regions:

USA

### Receiving Information:

- Good quality leaf lettuce should be fresh, crisp, and well-colored. Avoid lettuce that appears wilted or shows signs of spotting or decay. Avoid leaf lettuce with yellow leaves or with leaves showing cracked ribs.

### Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: OK
- Odor Producer: No
- Ripens After Harvest: No
- Mist: OK

- Troubleshooting: Russet spotting on leaves: Leaf lettuce is sensitive to ethylene; exposure to the gas may cause russet (brown) spotting of the leaves or loss of green color. To prevent russet spotting, keep lettuce away from ethylene-producing fruits and ripening rooms.
- Wilting: Wilting may occur if lettuce is stored in an area with low humidity. For best quality, maintain humidity level.
- Deterioration: Storing leaf lettuce at high temperatures may promote repaid deterioration. Rough handling of the product may also promote deterioration of bruised leaves. Always handle with care.
- Dried translucent leaves: This is an indication of freeze damage.

## Nutrition Facts

### Serving Size: 1 cup

Amount Per Serving

Calories 8	Fat Calories
% Daily Value*	
Total Fat 0g	
Sat Fat 0g	0%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 7mg	0%
Total Carbohydrates 1g	1%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 1g	1%
Potassium 103mg	2%
Vitamin A 18%	Vitamin C 8%
Calcium 2%	Iron 2%

\*Percent Daily Values are based on a 2,000-calorie diet.