

# Lettuce, Romaine

## Purchasing Specifications

### Availability:

Year round

### Growing Regions:

USA

### Receiving Information:

- Head-type lettuce consisting of long, loaf-shaped, narrow leaves. Leaf color ranges from dark green outer leaves to greenish-yellow inner leaves. Very crisp texture.

### Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: OK
- Odor Producer: No
- Ripens After Harvest: No
- Mist: OK
- 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: Lettuce may wilt if it is exposed to drafts or stored at warm temperatures. To prevent wilting, keep lettuce away from any drafts.
- Russet spotting: Lettuce may exhibit russet (brown) spotting if exposed to ethylene gas. To avoid russet spotting, keep lettuce away from ethylene-producing fruits and ripening rooms.
- Deterioration: Storing leaf lettuce at high temperatures may promote rapid 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.

- Taste: Mild taste; somewhat nutty.
- Usage: Good for salads.
- Coloring: Color ranges from dark green outer leaves to greenish-yellow inner leaves.
- Shape: Head has flat, elongated leaves, rounded at top.
- Flesh Description: Leaves are coarse and firmer than other types of lettuces with snappy texture.
- Phytochemical: Quercetins.
- Skin Texture: Smooth.

## Nutrition Facts

### Serving Size: 1 cup

Amount Per Serving

Calories 6	Fat Calories
% Daily Value*	
Total Fat 0g	
Sat Fat 0g	0%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 8mg	0%
Total Carbohydrates 1g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 0g	1%
Potassium 98mg	2%
Vitamin A 12%	Vitamin C 7%
Calcium 2%	Iron 2%

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