



Lettuce, Spring Mix/Mesclun

Purchasing Specifications

Availability:

Year round

Growing Regions:

USA

Receiving Information:

- Lettuce should be clean and fresh with well-colored leaves. Avoid product that appears wilted, discolored, or decayed.

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 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.

- Outside Coloring: Colors vary from light to dark green and red
- Usage: Mesclun salad mix is favored in many restaurants for its versatility--both in color and texture. It can be combined with other ingredients such as toasted nuts and seeds, edible flowers and diced vegetables and tossed with a light dressing.
- Taste: Mixture of sweet, spicy and bitter flavors

Nutrition Facts

**Serving Size: 10 oz, mixed greens
(spring mix) raw**

Amount Per Serving

Calories 48	Fat Calories
% Daily Value*	
Total Fat 1 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 82mg	4%
Total Carbohydrates 9g	7%
Dietary Fiber 6g	23%
Sugars 3g	
Protein 4g	9%
Potassium 824mg	18%
Vitamin A 114%	Vitamin C 60%
Calcium 14%	Iron 18%