

Farm Fresh Friday: Lettuce



Fun Facts

- There are two main types of lettuce: head and leaf with subvarieties such as iceberg, romaine, butterhead and leaf.
- Lettuce is the second most eaten vegetable in the United States, second to potatoes.
- Lettuce consumption expanded in the early 1900's as ice shipping expanding the range for lettuce delivery.
- Darker green lettuces are higher in nutrients than lighter varieties. Romaine lettuce has nine times more vitamin A than iceberg lettuce.
- Lettuce can be grown year-round hydroponically, which soilless gardening method using water with nutrients added.

Ancient Egyptian artwork shows different varieties of lettuces, dating back to over 6,000 years ago.

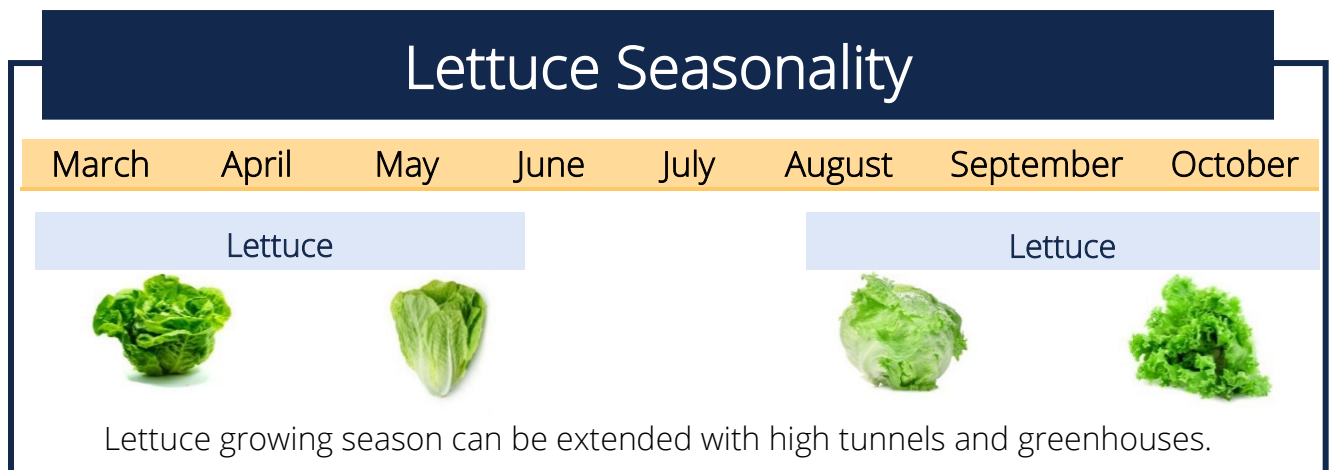


Provided by Agricultural Marketing Resource Center and Eat Right

Preparation and Storage

Due to extra dirt, bacteria and particles that may be left on the leaves from harvest, lettuce should be rinsed prior to eating. Rinse lettuce under running water, as soaking in sitting water can spread present contamination.

Lettuce should be stored in the refrigerator. Unwashed lettuce has a shelf life of around 5-7 days, while washed lettuce's shelf life decreases to 3-5 days. Lettuce should be stored in a moisture-resistant container.



Salad Shakers

Ingredients	Weight	Measure
Apple Juice concentrate		1 qt 2 cups
Olive Oil		1 ½ cups
Balsamic Vinegar		2 ½ cups
Salt		1 Tbsp 1 tsp
Black Pepper		1 Tbsp 1 tsp
Garlic, minced		½ cup
Baby Spinach, fresh, leaves	2 lbs	
Tomatoes, fresh, diced	6 lbs	
Cucumbers, fresh, diced	3 lbs	
Carrots, fresh, shredded	3 lbs	
Red Onion, fresh, thinly sliced	2 lbs 8 oz	
Cranberries, dried	4 lbs	
Eggs, boiled, diced	11 lbs 2 oz	
Apples, diced, fresh	3 lbs	
Romaine Lettuce, shredded	6 lbs	



- ### Directions
- Dressing: Pour first 7 ingredients into a blender. Blend on high speed until dressing is liquefied and smooth. Do not overmix.
 - Cover and refrigerate at 40 degrees F until ready to serve.
- Assembly per cup:**
- Using a 1 fl oz ladle, portion 2 Tbsp spinach dressing on the bottom of each container.
 - Using a 2 fl oz spoodle, portion ¼ cup tomatoes.
 - Using a 1 fl oz spoodle, portion ⅛ cup cucumbers.
 - Using a 2 fl oz spoodle, portion ¼ cup carrots.
 - Using a 2 fl oz spoodle, portion ¼ cup onions.
 - Using a 1 fl oz spoodle, portion 2 Tbsp cranberries.
 - Using a 4 fl oz spoodle, portion ½ cup eggs.
 - Using a 2 fl oz spoodle, portion ¼ cup apples.
 - Using a 4 fl oz spoodle, portion ½ cup lettuce.
 - Serve 1 salad shaker.
- CCP: Cool to 41° F or lower within 4 hours.
CCP: Hold at 41° F or below.

Serving Size	1 Serving Provides	Yield
1 salad shaker	⅔ cup of DG vegetable, 2 oz meat alternate, ⅔ cup fruit ¼ cup red/orange vegetable, ⅛ cup other vegetable	100 servings

Recipe adapted from USDA Child Nutrition Recipe Box

Activity

Fruits and Vegetable Flash Cards

- Print Fruits and Vegetable Flash Cards from USDA Nutrition.gov Kids' Corner (https://myplate-prod.azureedge.us/sites/default/files/2020-12/fruit_veggie_flash_cards.pdf). Print front and back, laminate if possible.
- Provide flash cards for spinach, leaf lettuce, swiss chard, collard greens, kale, and romaine lettuce. Provide additional flash cards as desired.

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