

# Lettuce



# Lettuce Facts

- The many varieties of lettuce include:  
Romaine, Boston, Looseleaf, Bibb, Red and Green Leaf
- Iceberg lettuce has a large round head formed by large tightly packed leaves and is the most popular variety although it is the least nutritious.
- Iceberg lettuce primarily made up of water.
- Looseleaf is a variety of lettuce with leaves that are joined at the stem and form a loose bunch.
- The most popular looseleaf lettuces are the green leaf and red leaf.
- Looseleaf lettuce varieties are high in vitamin A (*A 1½ cup portion provides over 100% of the recommended daily value.*)
- The darker the leaf, the more nutritious the lettuce.
- Lettuce originated as a weed and was cultivated by the ancient Egyptians.
- Christopher Columbus brought lettuce to the new world.
- Local farmers usually harvest lettuce in the morning and then submerge it into ice cold water.
- The rust marks on lettuce leaves are the result of wet growing conditions.
- Because of greenhouses and hoop houses, lettuce grows year round in New Jersey. Lettuce is harvested outdoors in both spring and fall seasons.

