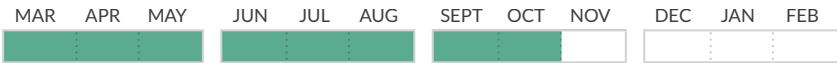


Head Lettuce



SEASONALITY



NUTRITIONAL PROPERTIES

Head lettuce; such as romaine, little gem, or iceberg, are beneficial sources of fiber. They have fewer vitamins and minerals than darker leafy greens but still have good amounts of vitamin K, folate, and manganese.

STORAGE

Store in a plastic bag within the refrigerator. Lasts about 1 week.

PRESERVATION

Head lettuce and salad greens don't freeze well. It's best to eat these greens quickly. You may be able to refresh head lettuce by soaking it in cold water for 10 minutes. Use a salad spinner to dry.

HOW TO PREPARE

1. Wash any dirt off head of lettuce.
2. Chop roughly.
3. Add additional salad toppings
4. Add salad dressing before consumption.

RECIPES FROM HDFFA

with head lettuce

- Spring Citrus Salad
- Tuna Cakes and Salad

GO TO [HDFFA.ORG/COOKINGCOUNTS](https://www.hdfffa.org/cookingcounts)
OR SCAN CODE TO FIND OUR RECIPES

