

Florida Fresh: Lettuce¹

Claudia Peñuela²

Nutrition Facts

Florida's Lettuces are:

- ✓ High in vitamin A (with the exception of crisphead lettuce). Vitamin A aids in normal vision, healthy skin, and protects against infections.
- ✓ High in vitamin K which helps in proper bone growth and blood clotting.
- ✓ A good source of vitamin C which helps to heal cuts and keeps teeth and gums healthy.
- ✓ A good source of folate. Folate produces red blood cells and reduces a woman's risk of having a baby with certain brain or spinal cord birth defects.
- ✓ Source of fiber. Fiber reduces the risk of heart disease.
- ✓ Naturally free of fat and cholesterol, and low in calories and sodium.

Note: There are four types of lettuce: *romaine*, *butterhead*, *crisphead*, and *looseleaf*. Romaine lettuce has tall, tightly packed, darker green leaves, with the inner leaves in lighter hues. Butterhead lettuce has buttery texture and its leaves are not as tightly packed. Crisphead lettuce has pale green leaves forming a tight head. Looseleaf lettuce does not form a head; its leaves are joined at the stem.

Why Buy Locally?

The U.S. Department of Agriculture (USDA) estimates that the average farmers' market produce travels about **50 miles** to its destination, compared to **2,000 miles** for supermarket produce.

Buy locally and get these benefits:



- Freshness and good nutrition. Fruits and vegetables harvested in their peak have better flavor and nutritional characteristics.
- Social/cultural. Helps the community to be aware of the importance of agriculture.
- Environmental. Protects natural resources such as green space, wildlife, water, air, and soil.
- Economic. Promotes local labor force.

Nutrition Facts	
Serving Size 1 cup shredded 47g (47 g)	
Amount Per Serving	
Calories 8	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A	82% • Vitamin C
Calcium	2% • Iron
	3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

www.NutritionData.com

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2. Claudia Peñuela, nutrition assistant-EFNEP, Department of Family, Youth and Community Sciences; Institute of Food and Agricultural Sciences; University of Florida; Gainesville, FL 32611.

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Where are Florida's lettuces harvested?

Florida's lettuces are harvested **throughout Florida**.

When can you buy Florida lettuces?

You can buy Florida lettuces **November through May**. This is **seven months of the year!**

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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Select

- ✓Crisphead and romaine lettuces heavy for their size and that have crisp, tender leaves.
- ✓Butterhead and looseleaf lettuces that have softer leaves.
- ✓Bright color (dark to light green). The darker the green, the more antioxidants and nutrients.
- ✓Mixed lettuces for more nutritional balance.
- ✓Lettuces that do not have dry leaves.
- ✓Lettuces with leaves that are not wilted, browned, and/or yellowed.

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Sweet and Sour Leafy Green Salad

5 cups torn **romaine lettuce**
 3 cups lightly packed **spinach**
 2 cups sliced **mushrooms**
 2 peeled and sliced **oranges**
 1 cup halved pitted **prunes**
 ½ cup sliced **red onion**
 ½ cup nonfat **honey mustard** dressing
 ¼ tsp ground **black pepper**

Yield: 4 Servings Time: 10 minutes

Toss all ingredients in a large bowl.

***Nutrition info per serving** (¼ recipe) Calories: **190 cal**; Fat 1g; Sodium 310 mg; Carb 47g; Fiber 7g; Protein 4g; Vit A 130%; Vit C 110%; Calcium 10%; Iron 10% * Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories.

Adapted from: <http://apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx>

Florida Salad

1 cup torn **romaine lettuce**
 ½ cup coarsely chopped **escarole** 2 peeled and sliced **carrot**
 ½ cup coarsely chopped **endive** 1 seeded and sliced **green pepper**
 1 bunch chopped **cilantro** 1 peeled and sectioned **tangelo**
 1 peeled and sliced **avocado** ½ cup coarsely chopped **kale**
 1 peeled and sliced **cucumber** ½ cup sliced **strawberries**
 4 sliced **radishes** ½ cup whole **cherry tomatoes**

Yield: 8 Servings

Toss all ingredients in a large bowl.
 Choose low-fat dressing.

Nutrition info per serving (Without dressing):
 Calories: **95 cal**; Fat 3 g; Carb 9 g; Fiber 1 g;
 Protein 0 g

Adapted from: <http://www.florida-agriculture.com/recipes/vegetables/vegetable-6050.htm>