

WORDS THAT DESCRIBE **LETTUCE**

FLAVOR • COLOR • TEXTURE

bitter

crunchy

smooth

bright

earthy

sweet

tart

juicy

bold

green

peppery

sharp

ruffled



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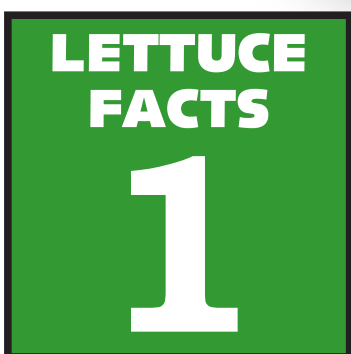


Lettuce

Lettuce is climate friendly only during early spring and fall, when it's in season and grown locally; out of season, it's difficult to grow, harvest, and transport – and requires significant amounts of water and energy



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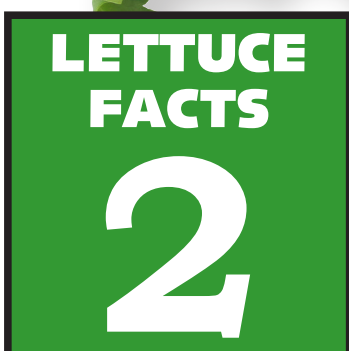


Lettuce

Generally, the darker the lettuce, the higher the nutrition. Powerhouse lettuces are romaine and arugula. Both are high in vitamins A, C, and K; several B vitamins (including folate); and potassium



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Lettuce

Different lettuces are grouped in categories: crisphead, butterhead, romaine, and looseleaf; some lists include chicory, dandelion, endive, radicchio, frisee, escarole, spinach, and kale



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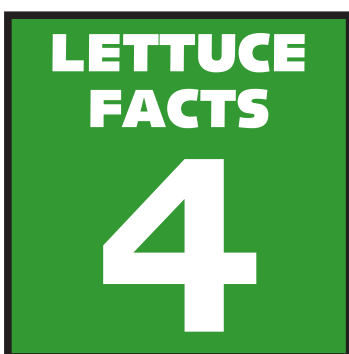
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Lettuce

Crisphead lettuce, also called iceberg, is the least nutrient-dense salad green. It's a round, tightly packed head, with sweet, pale green, crunchy leaves



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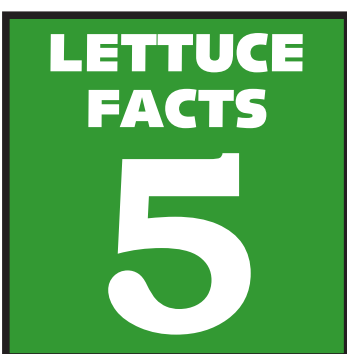


Lettuce

Romaine has long, crisp leaves and thick white ribs. It is a classic lettuce for Caesar salads and can be sliced in half lengthwise and grilled or roasted



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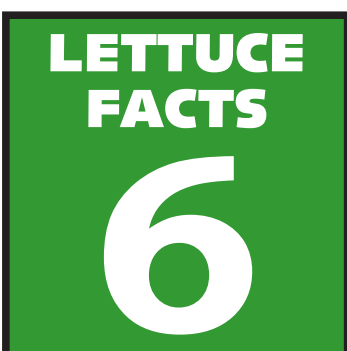
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Lettuce

**Butterhead lettuces
(Boston and Bibb)
resemble a blossoming
flower, with delicate,
smooth leaves**



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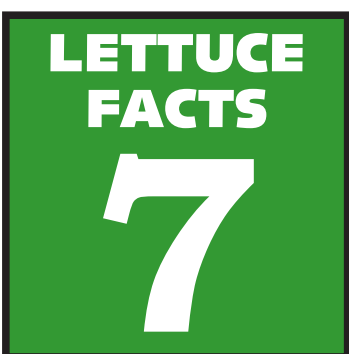


Lettuce

Looseleaf lettuces generally grow along a single stalk; tear larger leaves into bite-size pieces to for salads and sandwiches



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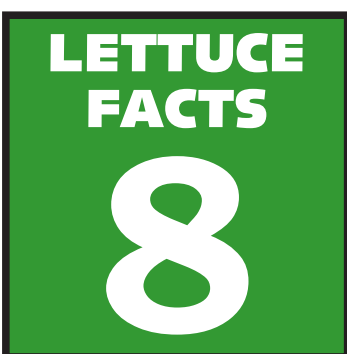


Lettuce

Arugula, originating from the Mediterranean, and watercress, are peppery; dandelion and escarole are bitter



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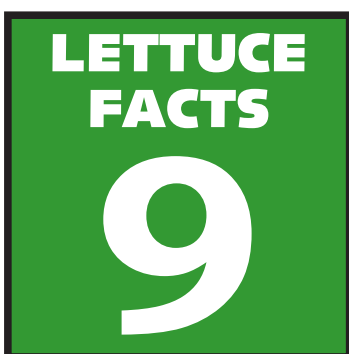


Lettuce

**It takes about two cups
of greens to make the
nutritional equivalent of a
one-cup serving
of vegetables**



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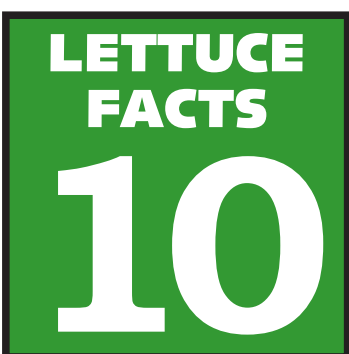


Lettuce

Mesclun is a loose mix of tender young lettuce leaves that might include arugula, baby spinach, radicchio, and other baby greens



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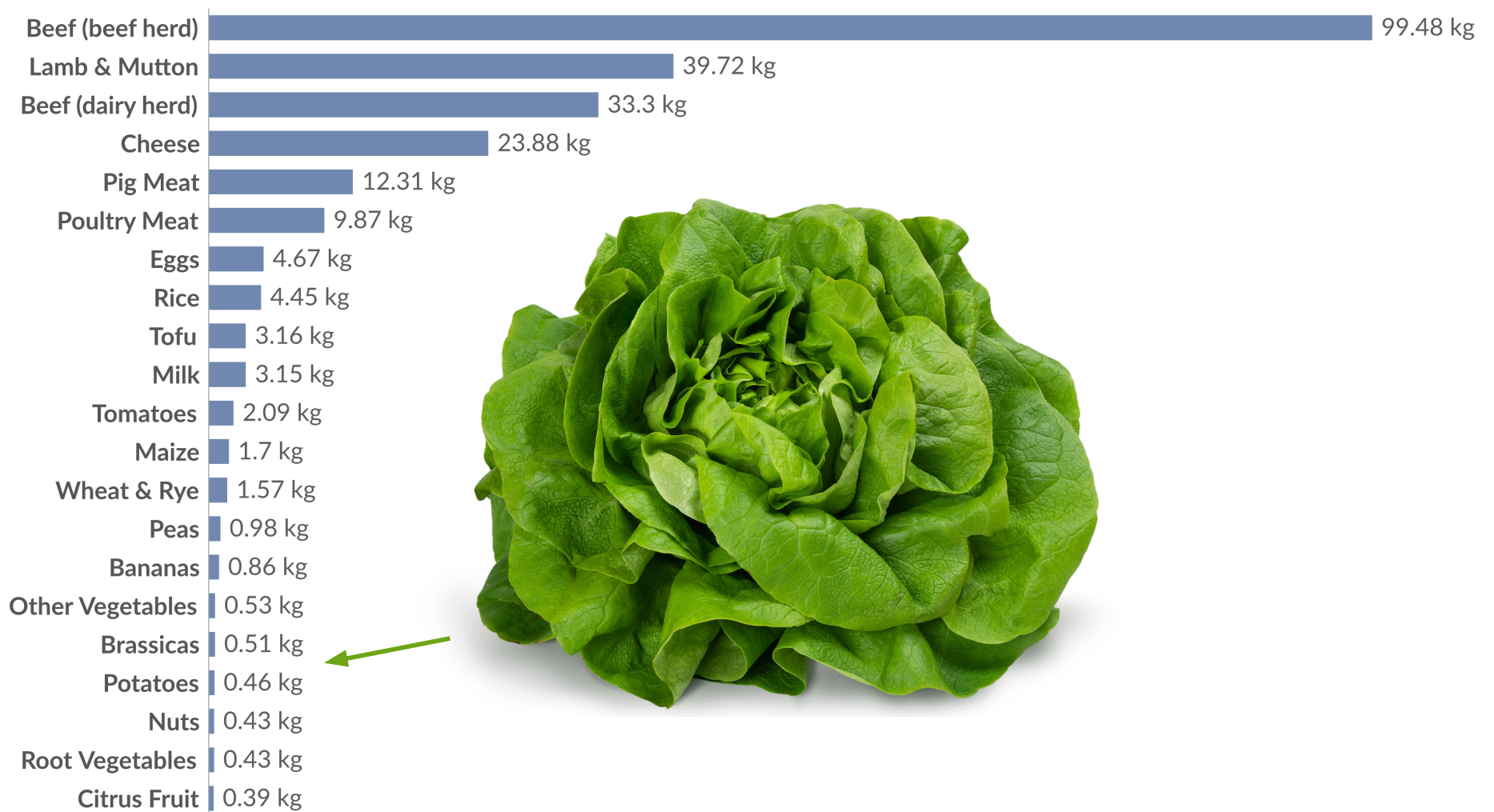
CLIMATE IMPACT OF LETTUCE

ONLY THOSE GROWN LOCALLY AND SEASONALLY

Greenhouse gas emissions per kilogram of food product

Our World
in Data

Greenhouse gas emissions¹ are measured in kilograms of carbon dioxide-equivalents². This means non-CO₂ gases are weighted by the amount of warming they cause over a 100-year timescale.



Data source: Poore and Nemecek (2018)

OurWorldinData.org/environmental-impacts-of-food | CC BY

Lettuce is climate friendly only during early spring and fall, when it's in season and grown in a sunny spot in your own backyard, or nearby. Out of season, it's difficult to grow, harvest and transport and use large amounts of water and energy.

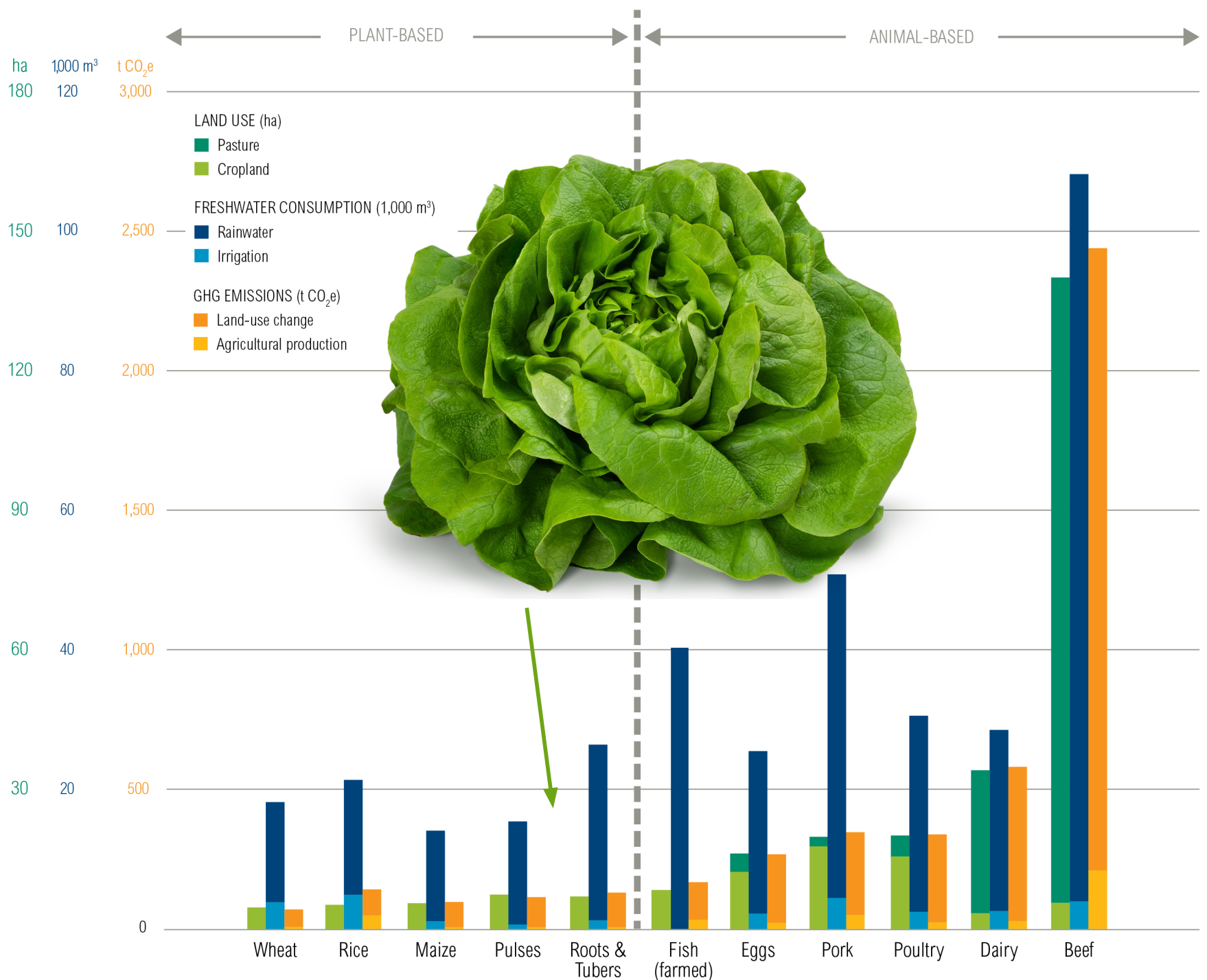


CLIMATE IMPACT OF LETTUCE

ONLY THOSE GROWN LOCALLY AND SEASONALLY

Animal-Based Foods Are More Resource-Intensive than Plant-Based Foods

PER TON PROTEIN CONSUMED



wri.org/shiftingdiets

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