

Lettuce

HARVEST OF THE MONTH

Lettuce is a cool-season leafy vegetable that adds freshness, color, and crunch to.a variety of meals. Whether it's romaine, butterhead, leaf lettuce, or iceberg, each type offers a different texture and flavor. Kettuce is commonly used in salads but can also add a crisp layer to sandwhiches, wraps, burgers, tacos, and much more. Because many varieties have a mild flavor, lettuce can easily complement other ingredients without overpowering a dish.



did you know?

Lettuce has been enjoyed for thousands of years. Ancient Egyptians grew early forms of lettuce, but it looked much diferent than many of the varieties we eat today.

fun fact

There are hundreds of varieties of lettuce. Some form tightly packed heads, and others grow as loose leaves that can be harvested individually as the plant continues growing.

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