

Leafy Salad Greens



The raw leaves we toss into a salad may come from several varieties of lettuce: iceberg, romaine, butterhead, and loose leaf such as red or green leaf lettuce. Other salad greens used raw include spinach, kale, watercress, dandelion, radicchio, and arugula.

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Why Should I Eat This?

Salad greens provide dietary fiber, which is beneficial in cardiovascular and gastrointestinal health. Dark leafy greens are generally more nutritious. Iceberg is known for being the least nutrient-dense salad green so it's best to mix it with other greens.

Proper Storage

Separate the leaves and rinse thoroughly under cool running water. Dry on paper towels or in a salad spinner. Place in a plastic bag or storage container and refrigerate for up to one week.

Make a Good Selection

Lettuce and other salad greens should look fresh and crisp, not wilted. Avoid leaves with brown edges or that are slimy.

How Could I Use This?

- Use large lettuce leaves as a wrap for meat and vegetables
- Add leafy greens to wraps, sandwiches, hamburgers, and tacos
- Coat a head lettuce like romaine and butterhead with olive oil and grill
- Use as a base for a salad and add other vegetables, fruits, nuts, and lean proteins

What is the Seasonal Availability of This Item?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST				✓	✓	✓	✓	✓	✓	✓	✓	✓
MARKET				✓	✓	✓	✓	✓	✓	✓	✓	✓



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