

Leafy Salad Greens

Nebraska Seasonal Produce Guide



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.

Why Should I Eat This?

Salad greens provide dietary fiber, which is beneficial for 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.

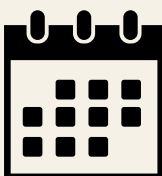
Make a Good Selection

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 of 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



Seasonal Availability in Nebraska

Harvest Season: April through December

Market Availability: April through December



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