

November – Featured Vegetable: LETTUCE



WASH. EAT.  
(how easy is that?)



Hi there! I'm Lucy Iceberg Lettuce, and this is my cousin Rita

Romaine Lettuce.<sup>1</sup>

We're both very excited you're joining us in our lettuce adventure. Well, let's get going so we can explore lots of cool stuff about lettuce.

## Facts

Lettuce is a member of the sunflower family.

Americans eat about 30 pounds of lettuce every year. That's about five times more than what we ate in the early 1900s.

In the United States, lettuce is the second most popular fresh vegetable.

Darker green lettuce leaves are more nutritious than lighter green leaves.

In 1988, more than 153,000 acres of lettuce were harvested in California.

About 25 percent of all iceberg lettuce is made into fresh-cut salads.

Almost all lettuce is packed right in the field.

## History

Lettuce is one of the oldest known vegetables and is believed to be native to the Mediterranean area.

Iceberg lettuce was called "Crisphead" until the 1920s. It was renamed when California began transporting large quantities of lettuce underneath mounds of ice to keep them cool. So, this is how Iceberg lettuce got its name.

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Source: <sup>1</sup>Dole 5 A Day. [www.dole5aday.com](http://www.dole5aday.com)

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Romaine lettuce was named by the Romans who believed it had healthful properties. In fact, the Emperor Caesar Augustus put up a statue praising lettuce because he believed it cured him from an illness.

In Europe, Romaine lettuce is called "Cos." It's named after the Greek island of "Kos" in the Aegean Sea.

In the 1600s, John Winthrop Jr. brought packets of lettuce seed to America from England.

## Where Grown

In the United States, most lettuce is grown in California and Arizona. Lettuce is also grown in Colorado, New Mexico, Washington, New Jersey, New York, Ohio and Florida.

## Types

Hey Rita, did you know that we're members of the lettuce family? Do you recognize any of the other lettuce members? Besides us, there are Looseleaf lettuces like Green leaf and Red leaf. There are also Butterhead varieties like Boston and Bibb lettuce. WOW - what a cool family! How many of these lettuces have you tried?



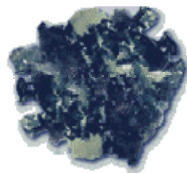
Iceberg Lettuce



Romaine Lettuce



Green Leaf Lettuce



Red Leaf Lettuce



Bibb Lettuce

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