



There are hundreds of varieties of **lettuce**, but to keep it simple they are divided into 4 groups: Crisphead, Butterhead, Looseleaf and Romaine/Cos.

Lettuce is grown two ways; by direct field seeding or by transplanting seedlings. In Idaho, commercial **lettuce** seed is grown and distributed. A farmer's market is great place to find **lettuce** seeds.

Lettuce grows best when the average temperature is between 60 to 70 degrees and should be planted in early spring or late summer.

Lettuce varies in nutritional value. Its most important nutrient is beta-carotene, which our body turns into vitamin A. The darker the green the **lettuce** the more beta-carotene it contains. Except for Iceburg **lettuce**, it is also a good source of vitamin C, calcium, copper and iron.

To keep your **lettuce** fresh and delicious for your dishes, wash, drip dry, and place in a plastic bag in the refrigerator. **Lettuce** can be used in sandwiches, wraps, and various types of salads.

