The four main types of lettuce are butterhead, crisphead, leaf and romaine.

Lettuce, a commonly grown and eaten vegetable in the United States, is a member of the sunflower family.

They are a good, low-calorie, source of vitamins A, C, K, folate and dietary fiber.

Leafy greens like lettuces are high in water and low in calories.

For a good source of dietary fiber, chop the lettuce ribs and add them to your salad.

**Lettuce Learn**

**Produce Tips**

- Choose lettuce with healthy outer leaves.
- Avoid lettuce that is limp or withered.
- For the best source of the vitamins, choose a dark green or red lettuce.
- After purchase, refrigerate unwashed lettuces in a perforated plastic bag in the crisper for up to three days.
- When getting ready to prepare the lettuce, wash and dry it well.

**Make It**

**Asian Turkey Lettuce Boats**

**Ingredients:**
- 3 Tablespoons reduced-sodium soy sauce
- 3 teaspoons sugar
- 2 teaspoons sesame oil
- 1 teaspoon hot sauce
- 3/4 pound lean ground turkey
- 1/4 teaspoon garlic powder
- 1 can (8 ounces) water chestnuts, drained and chopped
- 2 cups cooked brown rice
- stalks celery, sliced
- medium carrots, shredded
- large lettuce leaves

**Directions:**

1. In a small bowl, blend the soy sauce, sugar, sesame oil and hot sauce.
2. In a large skillet, sauté turkey, celery and carrot until the turkey begins to brown, 10 minutes. Break turkey into crumbles as it cooks.
3. Add ginger and garlic. Cook 2 minutes.
4. Stir in soy sauce mixture and water chestnuts. Cook 2 minutes longer.
7. Refrigerate leftovers within 2 hours.

Recipe developed by FoodHero.org

For more information on Louisiana Harvest of the Month, visit www.SeedstoSuccess.com

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Butterhead lettuces have large soft leaves. Want a lettuce wrap? These make perfect cups for cooked shrimp.

Crisphead lettuce is also known as iceberg lettuce. Cut in a wedge and dressed with a creamy dressing, it’s an all-time favorite.

Leaf lettuce comes in three colors and flavors. Red and green leaf have a mild flavor and oak leaf is spicier and nuttier. Bagged spring mix contains these pretty leaves.

Romaine lettuce is a crisp lettuce best known for its use in Caesar Salad or cut in half and brushed with olive oil and grilled. Like leaf lettuce, it comes in green and red and is packed with nutrients.

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