Lettuce

What am I?

Lettuce is a green, leafy vegetable. There are different varieties of lettuce including iceberg, romaine and leaf.

How am I grown?

- Lettuce grows as plant leaves.
- Most lettuce in the US is grown in California.
- Lettuce is harvested by hand.

Nutritional Facts

Good source of vitamin C, iron, folate and fiber. Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.

Fun Facts

- Lettuce is a member of the sunflower family.
- On average, each American eats 30 pounds of lettuce every year.
- Lettuce started out as a weed around the Mediterranean Sea.

WISCONSIN DEPARTMENT OF
Public Instruction
Jill K. Underly, PhD, State Superintendent