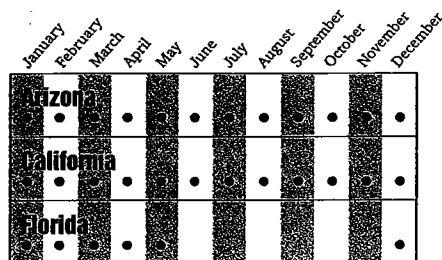


Lettuce, Leaf

Availability

Some major production areas include:



Variety/Type Descriptions

Loosely bunched curly leaves with crisp texture. Both green and red leaf lettuce are available. Red leaf lettuce is characterized by green leaves with red-tinged edges.

Ordering Specifications

Common packaging:

10- to 25-lb. baskets, cartons, or crates

Grades:

U.S. Fancy
U.S. No. 1
U.S. No. 2

Differences between grades are based primarily on external appearance.

Receiving and Inspecting

Good quality leaf lettuce should be fresh, crisp, and well-colored. Avoid lettuce that appears wilted or show signs of spotting or decay. Avoid leaf lettuce with yellow leaves or with leaves showing cracked ribs.

Storing and Handling

Temperature/humidity recommendation for short-term storage of 7 days or less:

32-36 degrees F/0-2 degrees C
90-98% relative humidity

Retail display tips:

Water sprinkle: Ok
Top ice: No

Ethylene production/sensitivities:

Produces ethylene: No
Sensitive to ethylene exposure: Yes

Storing tips:

Keep leaf lettuce away from ethylene-producing fruits and ripening rooms.

Handling tips:

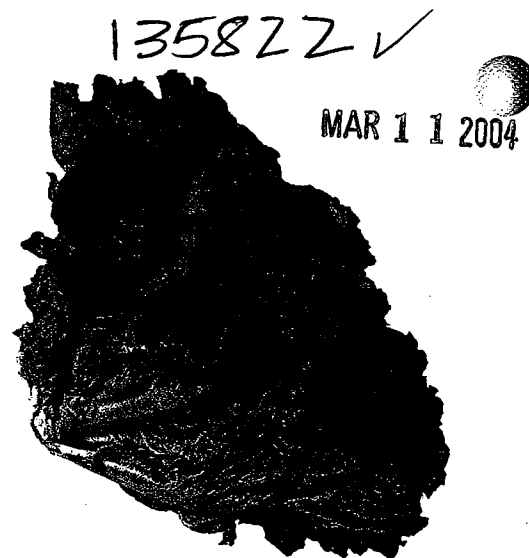
Follow good rotation practices; first shipments received should be used or displayed first.

Nutrition*

Serving Size 1 cup Lettuce, Leaf (57g)

Amount Per Serving	% Daily Value
Calories 10	
Calories from Fat 0	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 1g	
Vitamin A	25%
Vitamin C	6%
Calcium	2%
Iron	0%

*Based on information published by FDA.



Troubleshooting

Russet spotting:

Leaf lettuce may exhibit russet (brown) spotting if exposed to ethylene. To prevent russet spotting, keep lettuce away from ethylene-producing fruits and ripening rooms.

Deterioration:

Storing leaf lettuce at high temperatures may promote rapid deterioration. Rough handling of the product may also promote deterioration of bruised leaves. To maintain quality, store lettuce at 32-36 degrees F/0-2 degrees C and always handle with care.

Wilting:

Storing leaf lettuce in an area with low humidity may promote wilting. For best quality, maintain a humidity level of 90-98%.

Dried translucent leaves:

This is an indication of freeze damage. To prevent freeze damage, do not store lettuce below 31 degrees F/-0.5 degrees C.