

- Butterhead lettuce is low in calories and packed with nutrients like vitamin K, vitamin A, and vitamin B9.
- In the Child and Adult Care Food
  Program (CACFP), butterhead lettuce
  (including Boston and Bibb varieties) is
  categorized under the dark green
  vegetables subgroup.

## **Selection and Storage**

- Choose lettuce with bright green, crisp leaves; avoid slimy, wilted, or discolored ones.
- Store unwashed lettuce in the crisper drawer at 32–36°F to keep it fresh longer.
- Wait to wash lettuce until just before use
   —moisture speeds up spoilage.
- Keep lettuce away from apples and bananas because they release a gas that can make it spoil quicker.

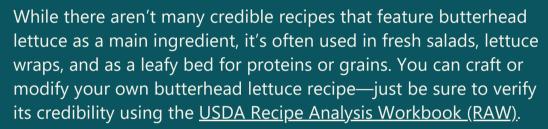
#### **Fun Facts**

- Americans consume approximately 30 pounds of lettuce each year.
- Butterhead lettuce has been grown since the 1800s, starting in the Mediterranean region.
- Lettuce, including butterhead varieties, is part of the sunflower family.
- In 2015, astronauts aboard the International Space Station grew and ate lettuce in space for the first time.
- Lettuce can produce seeds without needing pollen from other plants.
- Its soft leaves make it perfect for salads, wraps, or as a garnish, adding a mild flavor and delicate texture to meals.



# Recipes\*

- <u>Bok Choy Wrappers</u> ICN Recipe Box (substitute romaine lettuce with butterhead)
- <u>Tropical Bean Salad</u> Food Hero (substitute romaine lettuce with butterhead)
- <u>Cilantro Lime Tuna Wrap</u> Food Hero
- <u>Sunshine Roll-Ups</u> Food Hero





## **Educational Resources**

- <u>A Taste of Leafy Greens</u> National Agriculture in the Classroom (ages 5-8)
- <u>Ed Said: EdVentures in Healthy Eating Leafy Greens</u> National Agriculture in the Classroom
- Lettuce Exploration lesson plan Growing Minds
- <u>Lettuce Explore</u> Seeds to Success, Louisiana Farm to School Program

## **Sourcing**

- Use the <u>Washington Food and Farm Finder</u> to find butterhead lettuce and other seasonal foods from local producers. Check out the WSDA Finding Farms webpage for other resources.
- Can't find butterhead lettuce in your area? Try substituting with other Washington-grown leafy greens such as green leaf, romaine, or red leaf lettuce, which are also available during the same season.
- Contact OSPI at <u>farmtocnp@k12.wa.us</u> or WSDA at <u>farmtoschool@agr.wa.gov</u> for support finding Harvest of the Month foods.

For more ideas about what items you could feature as a Harvest of the month, visit <u>WSDA's</u> <u>Washington Grown Food & Recipe Kit and USDA's Seasonal Produce Guide</u>.

