



Harvest of the Month

Butterhead Lettuce

Nutrition Information

- 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*

- [Bok Choy Wrappers](#) – ICN Recipe Box (substitute romaine lettuce with butterhead)
- [Tropical Bean Salad](#) – Food Hero (substitute romaine lettuce with butterhead)
- [Cilantro Lime Tuna Wrap](#) – Food Hero
- [Sunshine Roll-Ups](#) – Food Hero



While there aren't many credible recipes that feature butterhead lettuce as a main ingredient, it's often used in fresh salads, lettuce wraps, and as a leafy bed for proteins or grains. You can craft or modify your own butterhead lettuce recipe—just be sure to verify its credibility using the [USDA Recipe Analysis Workbook \(RAW\)](#).

*As a reminder, the CACFP sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.

Educational Resources

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

Sourcing

- Use the [Washington Food and Farm Finder](#) 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 farmtocnp@k12.wa.us or WSDA at farmtoschool@agr.wa.gov for support finding Harvest of the Month foods.

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).