

VEGETABLE OF THE WEEK

HEAD LETTUCE

We grow several varieties of lettuce in our CSA, head lettuces, loose-leaf, green-leaf, red-leaf, and cut lettuce (salad mix or spring mix). Lettuce will spoil quickly. This should be one of the first items you eat in your share!

To store: store unwashed lettuce in a plastic bag in the refrigerator. To store lettuce that you have already washed and dried with a spinner, place back in a plastic bag with a dry paper towel in the bag, and place the package in the vegetable crisper bin. We wash all of your greens before you get them but it's always a good idea to wash any produce before you eat it.

Handling: Slice the head at its base with a knife and let the leaves fall open. Discard any damaged or leathery outer leaves and tear large leaves into bite-size pieces. Wash leaves in a basin of cold water. Dry in a salad spinner.

To use: For salads, include combinations of greens and lettuce with grapefruit, pear, avocado, raw or roasted nuts, flax or sunflower seeds, olives, fine cheese, cooked grain, pasta, croutons, or edible flowers. Lettuces can be a great addition to sandwiches, tacos, burritos, chopped on the top of enchiladas, used as wraps instead of bread or tortillas, and many other multitude of ways!

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