

Louisiana HARVEST *of the* MONTH



Lettuce

Fun Facts About Lettuce!

- Lettuce can be grouped into four main types: butterhead, iceberg, leaf and romaine.
- Americans love lettuce! On average, each of us eats about 30 pounds of lettuce a year.
- Lettuce is a common hydroponic plant, grown with nutrient-rich water delivered to the roots instead of growing in soil.

Lettuce Is Nutritious and Good for You!

- Low in calories.
- Dark green lettuce is an excellent source of vitamins A and K and folate.
- Good source of potassium.



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