



# Lettuce



Lettuce is a cool-weather leafy vegetable that comes from the Asteraceae family known for its crisp texture and mild flavor. There are several types of lettuce, including iceberg, romaine, leaf, and butterhead.

Lettuce is grown in temperate regions and prefers well-drained, loamy soil, regular watering, and full sunlight. California and Arizona are the top lettuce-producing states. Lettuce can be grown from seeds or transplanted as seedlings. In addition to traditional growing methods, lettuce is also grown hydroponically and in controlled environments such as vertical gardens and greenhouses.

Head lettuce is usually ready to harvest 60-80 days after planting. Workers use knives to cut lettuce heads at the base or mechanical harvesters equipped with rotating blades or bandsaws are used to cut the lettuce. The lettuce is inspected, trimmed, and packed in the field and then transported to cooling and packaging facilities.

After harvesting, the lettuce is quickly cooled using vacuum cooling (rapidly reducing the temperature to 32°F), hydro cooling (immersing the lettuce in cold water), or ice packing. The lettuce is then packaged for transport to grocery stores, restaurants, or processing facilities in refrigerated trucks.

Lettuce is low in calories and high in vitamins and minerals, including vitamin K, vitamin A, folate, and potassium. Lettuce benefits hydration due to its high percentage of water. About 95% of lettuce is water.

Lettuce is a primary ingredient in salads, can be used as a low-carb alternative to tortillas and wraps, and can be added to sandwiches and burgers.



<https://youtu.be/NfoVWo4SMuU?si=KBzDYgNjGATezmXx>