

## **Iceberg Lettuce** (Greens)

**Interesting facts:** Name "Iceberg" originates from the preservation method that was used at the beginning of the 20<sup>th</sup> century in California. When refrigerators were not available, large quantities of ice were used to prevent spoilage of lettuce in the trains on their trips to the market. Carriages were filled with icebergs that floated on top of the lettuce on their final destinations, hence the name - iceberg lettuce. Iceberg, Romaine and Leaf lettuce are the best-known varieties of lettuce. They differ in color, texture and in the amount of nutrients; (Iceberg has the least amount of nutrients).

**How to select:** Choose an organic Iceberg Lettuce head that is round, firm and has no discoloration on the outer leaves. Avoid spongy or misshapen heads. The color of Iceberg varies throughout the year, but the preferred color is light- to medium-green.

**What to avoid:** Limp or dried out.

**How to clean and store:** Like most lettuce, Iceberg will begin to deteriorate quickly if not stored properly. Moisture and cool temperatures help preserve lettuce, so store Iceberg lettuce in perforated plastic bags wrapped in damp paper towels, and keep in the refrigerator vegetable crisper. Tip: Try trimming the core of the head of lettuce before storing in the refrigerator. Iceberg lettuce will last for five to seven days if refrigerated properly.

**How to prepare and use:** Raw Wedges, Leaves for Sandwiches

**Raw Wedges:** Slice into crisp wedges and top with blue cheese dressing and fresh, chopped chives.

**Greens for Sandwiches:** Crisp chilled Iceberg lettuce liven up tuna, egg, chicken and turkey salad sandwiches.