

Romaine Lettuce (Greens)

Interesting facts: It can be also used for the wrapping of food. Iceberg, Romaine and Leaf lettuce are the best-known varieties of lettuce. They differ in color, texture and in the amount of nutrients.

How to select: Choose bright, crisp heads of romaine lettuce.

What to avoid: Avoid bunches that have rust, holes or that are limp, wilted or yellowing. It is common to find romaine that has slight browning along the very edges of the outer leaves. This is okay as long as the rest of the head looks fresh and green. I just trim the brown edges off the outer leaves.

How to clean and store: Store in the fridge in a large plastic tub with a piece of paper towel to absorb excess moisture and condensation. My lettuce will keep for up to 5 days this way. If you store wet lettuce in a produce bag, it will likely only last a couple days.

How to prepare and use: Raw in salads or wraps or used in juicing or a smoothie.