

Buying and Storing Lettuce

When purchasing lettuce, look for purple or brown leaf varieties as they're usually higher in nutrients.

Loose-leaf variety will likely be more nutritious than tightly formed heads like iceberg lettuce.

Additional Options

Other leafy greens or non-lettuce varieties that are sharper or slightly bitter in flavor can be substituted for lettuce and generally have a higher nutrient delivery.

Examples: Arugula, Radicchio, Curly Endive, Spinach and Frisée.

Care and Storage

Take a few minutes when you get home from the store to wash and dry leaves and store them in a plastic bag.

Here's how:

- Separate leaves and wash them with cold water, pat or spin them dry, and roll them in a paper towels or cloth tea towels.
- Store the bundle of washed leaves in a sealable plastic bag in the crisper.
- Squeeze the excess air out of the bag and seal it.
- Use a fork and poke a dozen holes in the bag to allow it to "breathe".

No more brown, slimy or limp lettuce. Lettuce stays crisp and fresh this way. You'll still should use it within 7 days.

It's so handy to have leaves ready for use in salads etc. when dinner preparations are underway.