The most popular lettuces in the United States are butterhead, crisphead, loose leaf, and romaine.

SALAD CAREENS

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- Nutrients found in Salad Greens
- ~ One cup of green mixed lettuce is an excellent source of vitamin K and vitamin A.
- ~ Green mixed lettuce is also a good source of vitamin C and folate.
- ~ Green leaf, red leaf, and butterhead lettuces are all excellent sources of vitamin A.



In Oregon, salad greens can be grown for much of the year, but the cooler temperatures in late spring and fall are good for salad green production.



There are hundreds of varieties of salad greens!

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2015 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.



Dark green leafy lettuce contains more nutrients than lighter-colored types.
Choose dark green leafy lettuce more often!



