

HARVEST OF THE MONTH

MARCH: RED LEAF LETTUCE

Lettuce

SELECT

Choose lettuce with fresh, crisp leaves.

STORE

Keep lettuce in a plastic bag with holes. Add a paper towel to soak up the moisture and replace it each time you use lettuce.

PREPARE

Rinse lettuce under cool running water and allow to dry well.

**LET US
EAT LETTUCE**

Lettuce Facts

The four main types of lettuce include Butterhead, iceberg, Red and Green Leaf and Romaine.

Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.

Lettuce is different from most vegetables because you cannot preserve it – it can't be frozen, dried, canned or pickled.

Fresh lettuce is available in Wisconsin from mid-June through September.



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Orange Dressing with Fruit and Greens

Ingredients:

- 1/4 cup orange juice
- 2 tablespoons vinegar
- 1 1/2 teaspoons sweetener of choice
- 2 tablespoons olive oil
- 8 cups greens (red leaf, romaine, spinach, etc.)
- 2 cups vegetables, chopped (broccoli, cabbage, carrots, cauliflower, celery, peppers, onions, or tomato)
- 2 cups fruit, chopped (apples, berries, grapes, or oranges)



Instructions:

Combine dressing ingredients in a container with a screw top. Close tightly and shake until combined. Store in the refrigerator until ready to use (up to 1 week).

For each salad, top 2 cups of greens with 1/2 cup vegetables and 1/2 cup fruit.

Take dressing from the refrigerator and shake hard to combine ingredients again. Drizzle 2 Tablespoons of dressing onto each salad.

<https://spendsmart.extension.iastate.edu/recipe/orange-dressing-with-fruit-and-greens/>

Add Lettuce to Your Favorite Meals



- Serve tuna, chicken, or egg salad on a bed of lettuce.
- Use lettuce instead of a bun for burgers and sandwiches.
- Use large leaves of lettuce as a tortilla for taco night.



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