

# Iceberg Lettuce



## Selecting

Iceberg lettuce is the most popular of the Crisphead type of lettuces. It has crisp, compact leaves that form a tight, cabbage-like head. The colour ranges from white in the interior to pale or medium green on the outside of the lettuce. This type of lettuce has a mild taste and can be cut into wedges or shredded like cabbage.

It is obvious if an iceberg lettuce is fresh. You want crisp leaves and a clear colour. Avoid lettuce that has brown edges or looks limp.

## Storing

Before storing the lettuce, remove any brown or wilted leaves. You can wash it before storing but dry the leaves well. Wrap your lettuce (washed or not) in paper towels or a clean cloth which will help the greens keep longer. Store the lettuce in a perforated bag in the crisper.

Don't cut or tear it up until you are ready to use it.

The first step is to wash the lettuce leaves well. Sometimes the leaves are very dirty so it is best to remove the core and then separate the leaves and place in a bowl of cool water in the sink. Swish the leaves around to remove any dirt. Rinse

and dry the lettuce well by either using a salad spinner, or by blotting the leaves with clean cloth or paper towel. Cut or tear the lettuce just before serving.

## Eating

Iceberg lettuce is most commonly eaten raw. It can be cut in wedges, pieces or shredded. This type of lettuce is usually paired with a heavy dressing such as Thousand Islands or ranch.

This lettuce can also be used as a wrap for a Chinese stir fry or a garnish for a sandwich.

## Seasonality

Lettuce is in season from June to October but greenhouse lettuce is available year-round.

## Nutrition

One cup (250 mL) of iceberg lettuce has 8 calories. Iceberg lettuce is high in Vitamin K and a source of Folate.



**Iceberg lettuce makes a great addition to tacos or fajitas. Try this Mushroom Steak Fajita recipe.**  
[www.halfyourplate.ca/recipe/mushroom-steak-fajitas/](http://www.halfyourplate.ca/recipe/mushroom-steak-fajitas/)

