

AgBite

A series of commodity insights

Did you know?

Lettuce is prone to water loss after harvest, especially in high-temperature, low-humidity environments.

Overview

- Iceberg is a member of the asteraceae family and is actually related to the daisy.
- Iceberg is a good source of vitamin K and has folate.
- You can further increase the crispness of your leafy greens by allowing them to soak in ice water for up to 30 minutes.
- Leafy greens are made up of mostly water and begin to dehydrate as soon as they are harvested.

Production

Although lettuce is produced in many states, California and Arizona dominate U.S. production.

Lettuce is produced year round in the U.S.

The average yield of a head lettuce in 2015 was 36,200 pounds.

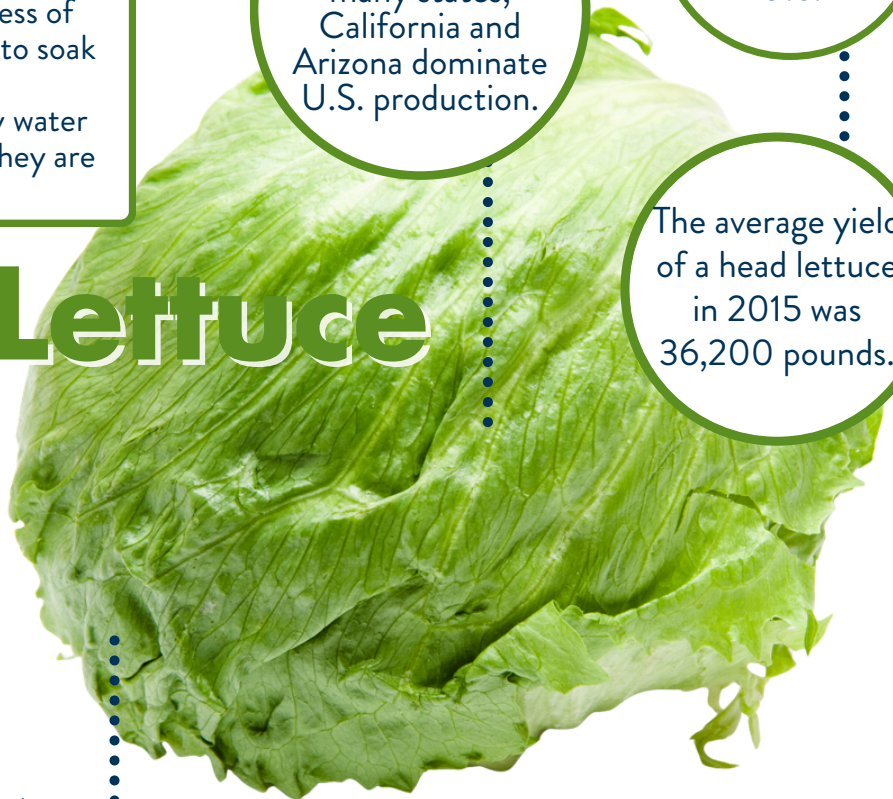
Iceberg Lettuce

Kingdom: *Plantae*

Family: *Asterales*

Genus: *Lactuca*

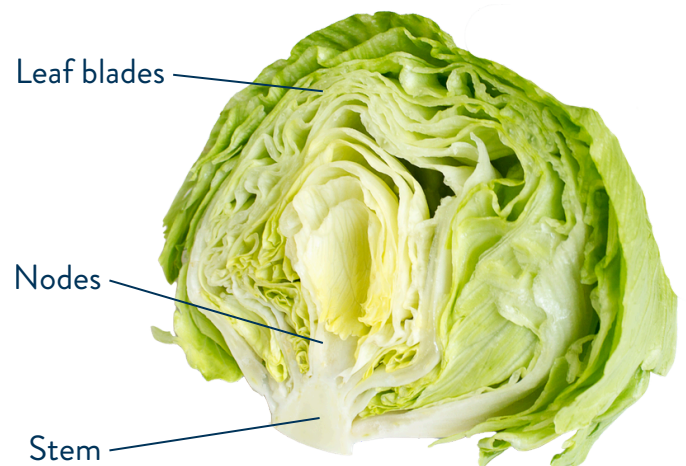
Species: *L. sativa*



Nutritional Information 1 cup

Total Fat 0 g	Vitamin C 2 mg
Cholesterol 0 mg	Calcium 13 mg
Sodium 5 mg	Iron .3 mg
Potassium 102 mg	Magnesium 5 mg
Total Carbohydrate 2 g	Zinc .11 mg
Dietary Fiber 1 g	Vitamin K 17 mcg
Sugar 1 g	
Protein 0 g	

Lettuce Anatomy



Sources: <https://www.agmrc.org/commodities-products/vegetables/lettuce>
<https://lettuceinfo.org/products/iceberg/>
<https://postharvest.ucdavis.edu/produce-facts-sheets/lettuce-crisphead>