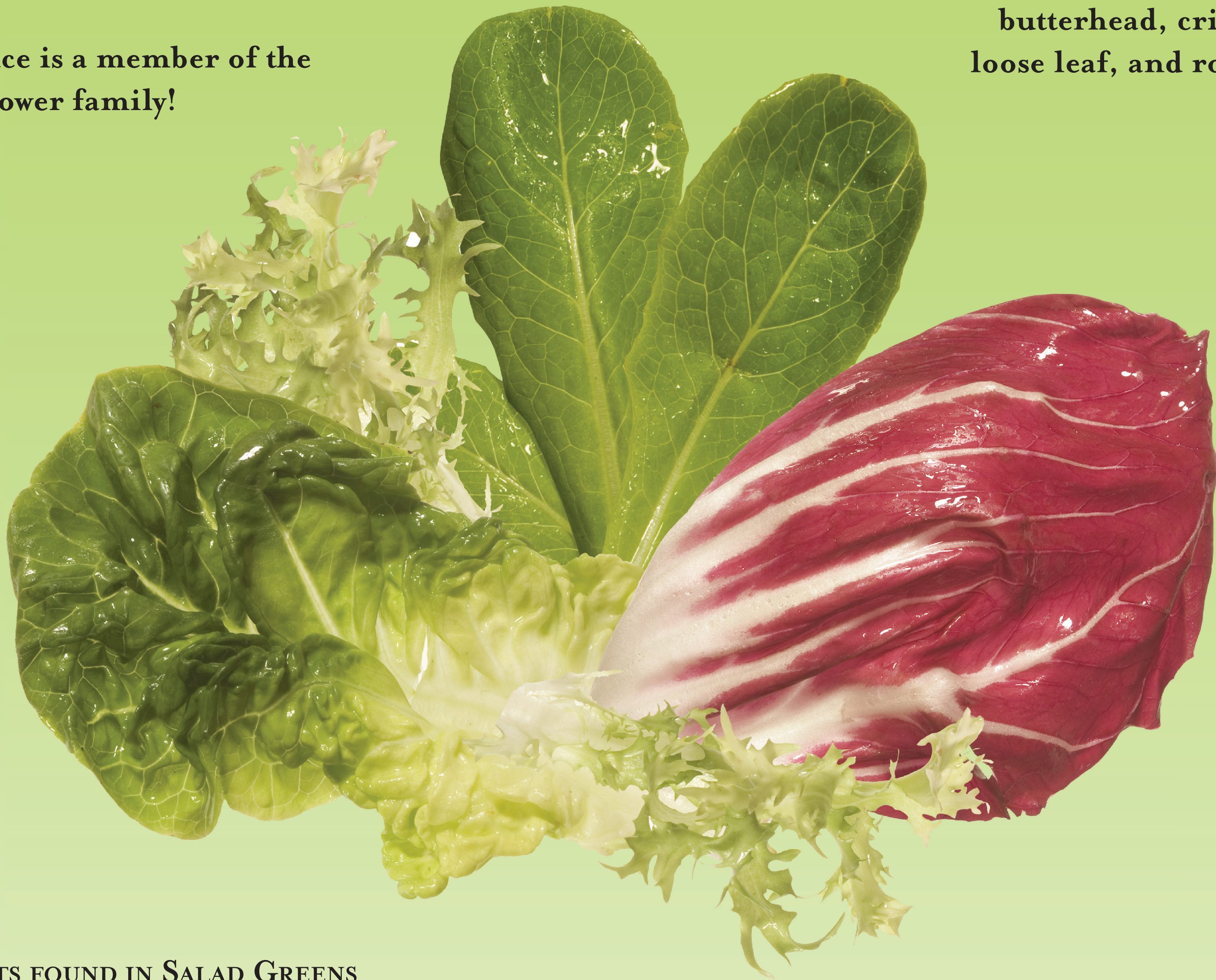


OREGON SALAD GREENS

Lettuce is a member of the sunflower family!

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



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!



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

