



Lettuce, Boston

Purchasing Specifications

Availability:

Year round

Growing Regions:

USA

Receiving Information:

- Heads should appear fresh with even-colored leaves that exhibit a soft, buttery texture.
- Avoid lettuce that appears wilted or shows signs of discoloration or decay.
- Avoid heads with dark butts, yellow-tipped leaves, or leaves showing cracked ribs.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: OK
- Odor Producer: No
- Ripens After Harvest: No
- Mist: OK

- Troubleshooting: Russet spotting on leaves: Boston/Bibb lettuce is sensitive to ethylene; exposure to the gas may cause russet (brown) spotting of the leaves or loss of green color. To prevent russet spotting, keep lettuce away from ethylene-producing fruits and ripening rooms.
- Wilting: Wilting may occur if lettuce is stored in an area with low humidity. For best quality, maintain humidity level.
- Yellow leaves: This is an indication of freeze damage.

- Usage: Good for salads
- Outside Coloring: Green
- Variety AKA/Synonyms: Limestone, Butter, Boston
- Taste: Mild, buttery flavor
- Phytochemical: Quercetins
- Skin Texture: Round, cup-shaped, loose head
- Flesh Description: Smooth and soft texture

Nutrition Facts

Serving Size: 1 cup, shredded or chopped

Amount Per Serving

	Fat Calories
	% Daily Value*
Calories 7	
Total Fat 0g	
Sat Fat 0g	0%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 3mg	0%
Total Carbohydrates 1g	1%
Dietary Fiber 1g	2%
Sugars 1g	
Protein 1g	2%
Potassium 131mg	3%
Vitamin A 13%	Vitamin C 3%
Calcium 2%	Iron 4%