

Lettuce

Lettuce is a member of the Aster Family or the Sunflower Family. All lettuce is a good source of chlorophyll and vitamin K. Romaine lettuce is the most nutrient-dense of all the lettuce varieties and is an excellent source of vitamins A, B1, B2, and C, folic acid,



Above, Oakleaf Lettuce. Good for chopping into salad.

TIPS:

Short-term Storage: Keep lettuce dry by patting it with a towel. Put in plastic in the refrigerator.

Long-term Storage: Does not store long term.

General Cooking Info: There are many creative ways to use different types of lettuce.

Growing info: We grow lettuce in the spring and the fall as they don't do well in the heat of the summer.

Common Problems: Slugs can eat holes in the leaves, but so far have not been a problem. Rabbits will graze newly planted seedlings a good deal. We try to move lettuce plantings around the garden to keep them off guard.



Butterhead lettuce. Thick succulent leaves with a buttery flavor.

Romaine Lettuce:
Long crisp leaves
great for wraps and
Caesar Salads



Salad mix with Orange, Feta & Beans

6 cups lettuce mix or chopped lettuce
 1 cup radishes, sliced
 1 cup canned kidney beans, rinsed
 1 orange, segmented
 1 scallion, sliced
 1/4 cup crumbled reduced-fat feta cheese
 1/4 cup Orange-Oregano Dressing

Dressing:

1/2 teaspoon orange zest, freshly grated
 1/2 cup orange juice, preferably freshly squeezed
 1/4 cup cider vinegar
 1 tablespoon extra-virgin olive oil
 2 teaspoons fresh oregano, chopped, or 3/4 teaspoon dried
 1 teaspoon Dijon mustard
 1/2 teaspoon salt
 1/2 teaspoon freshly ground pepper

Place dressing ingredients in a jar with a lid and shake. Drizzle over salad ingredients.

Wilted Lettuce Salad

Ingredients

5 slices bacon
 2 tablespoons red wine vinegar
 1 tablespoon lemon juice
 1 teaspoon white sugar
 1/2 teaspoon ground black pepper
 1 head leaf lettuce - rinsed, dried and torn into bite-size pieces
 6 green onions with tops, thinly sliced

1. Place bacon in a large, deep skillet. Cook over medium high heat

until evenly brown. Remove from skillet, crumble and set aside.
 2. To the hot bacon drippings, add the vinegar, lemon juice, sugar and pepper. Stir over medium heat until hot.
 3. In a large bowl, combine the lettuce and green onions. Add the warm dressing and toss to evenly coat. Sprinkle with bacon and serve.

from Allrecipes.com

Asian Lettuce Wraps

16 lettuce leaves
 1 pound lean ground beef
 1 tablespoon cooking oil
 1 large onion, chopped
 2 cloves fresh garlic, minced
 1 tablespoon soy sauce
 1/4 cup hoisin sauce
 2 teaspoons minced pickled ginger
 1 tablespoon rice wine vinegar
 Asian chile pepper sauce (optional)
 1 (8 ounce) can water chestnuts, drained and finely chopped
 1 bunch green onions, chopped
 2 teaspoons Asian (dark) sesame oil

Rinse whole lettuce leaves and pat dry, being careful not to tear them. Set aside.

In a medium skillet over high heat, brown the ground beef in 1 tablespoon of oil, stirring often and reducing the heat to medium, if necessary. Drain, and set aside to cool. Cook the onion in the same pan, stirring frequently. Add the garlic, soy sauce, hoisin sauce, ginger, vinegar, and chili pepper sauce to the onions, and stir. Stir in chopped water chestnuts, green onions, and sesame oil, and continue cooking until the onions just begin to wilt, about 2 minutes.

Arrange lettuce leaves around the outer edge of a large serving platter, and pile meat mixture in the center. To serve, allow each person to spoon a portion of the meat into a lettuce leaf. Wrap the lettuce around the meat like a burrito, and enjoy!

from Allrecipes

Lettuce Soup

1 cup chopped onions, scallions, and/or shallots
 1 garlic clove, chopped
 3 tablespoons unsalted butter
 3/4 teaspoon ground coriander
 3/4 teaspoon salt
 1/4 teaspoon black pepper
 3/4 cup diced (1/3 inch) peeled potato
 8 cups coarsely chopped lettuce leaves including ribs (3/4 lb)
 3 cups water

Cook onion mixture and garlic in 2 tablespoons butter in a 4- to 5-quart heavy pot over moderately low heat, stirring, until softened, 3 to 5 minutes. Add coriander, salt, and pepper and cook, stirring, 1 minute. Stir in potato, lettuce, and water and bring to a boil, then reduce heat and simmer, covered, until potato is very tender, about 10 minutes.

Purée soup in batches in a blender (use caution when blending hot liquids) and transfer to a 2- to 3-quart saucepan. Bring soup to a simmer, then whisk in remaining tablespoon butter and salt and pepper to taste.

from www.epicurious.com