

# RED LEAF LETTUCE



HARVEST OF THE MONTH  
FEBRUARY



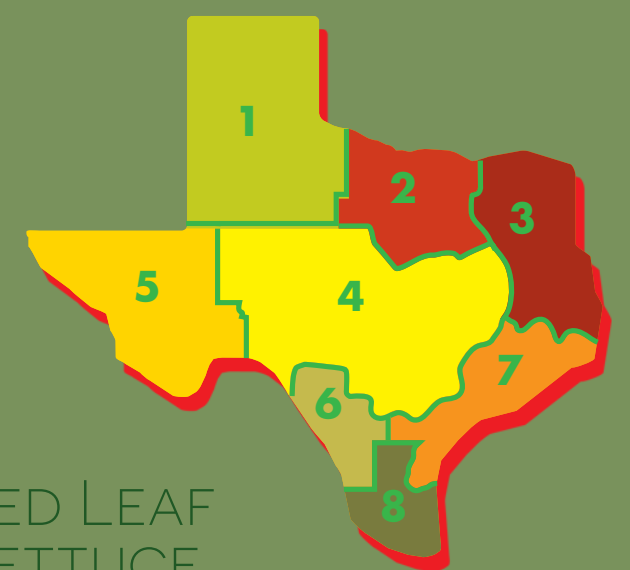
**Red leaf lettuce** has large, open leaves and is a reddish-purple color. Lettuce is harvested by cutting the short stem underneath the leafy mass called the “head.” Other varieties include romaine, green and butter. Red leaf lettuce is fat-free and offers more nutrients than green lettuce. As one of the world’s most popular salad vegetables, lettuce comes in many shapes, sizes and colors. It is usually served cold and fresh although it can be cooked or steamed for a culinary adventure.

## DID YOU KNOW?

Red leaf lettuce comes from a big family, including: new red fire lettuce, red sails lettuce, redina lettuce, galactic lettuce and benito lettuce.

## FUN FACT

Did you know lettuce is a member of the sunflower family?



RED LEAF LETTUCE GROWING REGIONS

- |                    |                      |
|--------------------|----------------------|
| 1. The High Plains | 5. Trans Pecos       |
| 2. North Texas     | 6. Winter Garden     |
| 3. East Texas      | 7. Coastal Blend     |
| 4. Central Texas   | 8. Rio Grande Valley |



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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