

Lettuce

- Lettuce has been grown for over 2500 years
- 75% of our Nations lettuce is grown in California
- The average American eats about 30 pounds of lettuce every year
- Lettuce is high in Vitamin A, Vitamin C, Vitamin K, Manganese, Chromium, and antioxidants
- In general, the darker the leaves the higher the nutritional content

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