

Lettuce

HOW TO CHOOSE AND STORE

Lettuce comes in many colors and leaf types. Choose heads with no damage or discoloured areas, the leaves should be crispy/ firm, not limp. It is best not to handle excessively before storing, make sure the head is dry and store in a damp towel or plastic bag in the fridge. Loose leaf types don't keep as long as solid heads types.



HOW TO USE AND EAT

Lettuce is most often used for salads, although it is also seen in other kinds of food, such as soups, sandwiches and wraps; it can also be grilled.

Garlic Scape Dressing for Salad

- 4 Garlic Scapes (but more is better), or 2 garlic cloves
- 1 small fresh onion ,
- 1/2 cup vinegar —apple cider / red wine/ etc
- 1 T honey (or maple syrup)
- 1 teaspoon mustard (dry, Dijon, or yellow)
- 1 T fresh or dry ginger (optional)
- 1/2 cup Olive oil or sunflower oil
- salt & pepper to taste

Process the scapes, onion, and ginger in a food processor or blender until finely chopped/pureed. Slowly add the oil and vinegar along with remaining ingredients, process until smooth. Adjust oil and vinegar to taste, more vinegar may require more sweetener. For a creamier dressing, add yogurt.

For the salad:

Chop/ tear the lettuce into bite size pieces. Add herbs; kale; greens; wild edibles like violet/ dandelion/ clover/ strawberry spinach; fruit and other veggies in season. Toss together and add dressing to taste.

Romaine Lettuce Salad

- 2 heads romaine lettuce, washed and dried
 - 2 tablespoons olive oil
 - 1 tablespoon lemon juice
 - 1 teaspoon rice wine vinegar
 - freshly ground black pepper to taste
 - 2 pinches flaky sea salt (such as Maldon)
- Trim and discard root end romaine; slice leaves into thin ribbons, about 1/8-inch-thick, discarding any pieces of core. Transfer to a large bowl; toss gently to separate romaine ribbons. Drizzle olive oil, lemon juice, vinegar, and pepper over romaine; toss to coat. Set aside to rest for 10 minutes. Mix with sea salt and serve.

Lettuce Deli Wrap

- romaine lettuce leaves - tough ends trimmed
- 4 slices deli ham - (2 oz)
- 2 slices Swiss cheese
- ¼ cup guacamole
- 3 thin tomato slices
- 3 thin red onion slices
- 1 slice cooked bacon - cut in half

Place a 12-inch parchment paper square on your work surface. Layer 4-5 lettuce leaves on top, overlapping each other.

On the lettuce leaves, layer the ham and cheese. Spread the guacamole on top, then add the tomato, onion, and bacon. Roll the lettuce wrap sandwich as tightly as you can, using the parchment paper as your guide, much like you would use a sushi mat to make a sushi roll. When the lettuce is completely rolled, wrap the parchment paper tightly around it and tuck it underneath the roll. Use a serrated knife to cut the lettuce wrap sandwich in half.