

Lettuce and Lettuce-type Greens

FRESH

Sizes

Iceberg:

18, 24, 30 count

Grades

Iceberg, Bibb:

U.S. Fancy

U.S. No. 1

U.S. No. 2

Endive, Escarole, Romaine:

U.S. No. 1

Kale:

U.S. No. 1

U.S. Commercial

Spinach:

U.S. Extra No. 1

U.S. No. 1

U.S. Commercial

Unclassified (ungraded)

Popular Varieties

Lettuce:

Butterhead: Boston, Bibb, Limestone

Cos: Romaine

Crisphead: Iceberg

Looseleaf: Bunched or garden

Other Greens:

Chicory

Endive

Escarole

Kale

Spinach: Savoy, Broadleaf

How Packed

Iceberg, not wrapped, 50 lb to 55 lb:

30, 24, 18 counts; cello wrapped,

42 lb to 45 lb: 30, 24, 18 counts

Bibb: 10-lb to 20-lb cartons

Endive and escarole: 30 lb, 24 count western pack; and 25 lb, 24 count eastern pack

Romaine: 40 lb; (24 count) western pack;

22 lb to 24 lb (24 count) eastern pack

Spinach: 10-oz packages, 12 per carton

(eastern); 2 1/2-lb packages, 4 per carton

(western); 22 lb loose, varying counts

Kale: 25-lb crate, 24 count

In Season

- Iceberg, endive, escarole available year-round
- Romaine peak season: November to December
- Spinach peak season: January to February and June to August
- Kale peak season: November to April

Purchasing Tips

- Many greens are not graded.
- Romaine does not ship or hold well.
- Carton weight of greens purchased by count varies slightly from weights listed under How Packed.

Receiving

- Inspect for quality. **Iceberg**: Heads should give slightly but be firm and springy, and be free from damage or blemishes. Poor quality heads are heavy for size (indicating over-maturity); have reddish tinge, broken surfaces.
- **Endive and escarole**: Should be fresh and crisp. Endive has very curly edges on leaves. Escarole has slightly wrinkled leaves. Wilted yellowing leaves, cracked ribs, or dark stem ends are indications of poor quality.
- **Kale**: Should be fresh with good color. Wilted yellowing leaves indicate poor quality.
- **Spinach**: Should have dark green color and clean, fresh, crisp leaves. Wilted, long stems indicate poor quality.

Storing

- Store immediately in tightly covered container in coldest part of refrigerator – 32-36°F/0-2°C, 90-98% relative humidity.
- Store away from ethylene producing fruits (apples, bananas, pears, tomatoes).
- Store uncut and untrimmed; leave outer leaves in place.

Lettuce and Lettuce-type Greens

FRESH (CONTINUED)

Preparation Tips

- Core iceberg heads by tapping sharply on counter, core side down, then twist core out.
- Wash in cold water, drain, and refrigerate to crisp.
- Wash kale and spinach in several rinses to remove sand.

Standard of Identity Reference

None

Grade Standard Reference

Title 7 CFR 51.2510 to 51.2512 (lettuce)

Title 7 CFR 51.3295 (romaine)

Title 7 CFR 51.3535 to 51.3537 (endive, escarole, chicory)

Title 7 CFR 51.1730 to 51.1732 (spinach)

Title 7 CFR 51.3930 to 51.3931 (kale)

Sample Description

LETTUCE, ICEBERG, FRESH: to be packed to U.S. No. 1 Grade standard; well trimmed; 2 to 2 ½ doz heads per carton; 40 lb net minimum case wt; growing location to be provided with price quote.

Sample Description

KALE, FRESH: to be packed to U.S. No. 1 Grade standard; well trimmed; 24 count; 25 lb net wt.

Sample Description

SPINACH, FRESH: to be packed to U.S. No. 1 Grade standard; tender Broadleaf; trimmed and washed; eastern 12/10 oz packages or western 4/2 ½ lb packages.



Leafy Greens

FROZEN

Forms

Whole leaf
Sliced leaf
Cut or chopped
Pureed

Grades

U.S. Grade A or U.S. Fancy
U.S. Grade B or U.S. Extra Standard
Substandard
(There is no Grade C standard.)

Popular Varieties

Beet greens
Collard
Dandelion
Endive
Kale
Mustard
Spinach
Swiss chard
Turnip
Any other "market accepted" leafy greens

How Packed

Mustard, collard, kale and turnip greens:
3-lb packages, 12 per case
Package size varies with variety

Purchasing Tips

U.S. Grade A is recommended for whole leaves;
U.S. Grade B is satisfactory for cut or chopped
greens.

Standard of Identity Reference

None

Grade Standard Reference

Title 7 CFR 52.1376

Sample Description

LEAFY GREENS, FROZEN: mustard; cut or chopped;
to be packed to U.S. Grade B standard; 12/3 lb.