

Salad Greens

1. Name three other vegetables that are of the family Asteraceae.

- 1) Endive
- 2) Artichoke
- 3) Spinach

2. What are three things that manganese helps your body break down?

Manganese is an essential trace nutrient in all forms of life. Many enzymes contain manganese. Some break down amino acids, some break down items to form oxygen, and some break down diphtheria, the toxin that causes illnesses.

3. What are four components of photosynthesis?

Plants make their own food through a process known as photosynthesis that consists of two phases. Using light energy, plants convert water and carbon dioxide into the energy-rich simple sugar, glucose. Oxygen is released into the air as a by-product of the process.

4. Why are darker green lettuce leaves more nutritious than lighter green leaves? What is the difference in the nutrient content? How does iceberg lettuce compare to darker green varieties?

The darker color indicates more nutrients. Darker leaves have more vitamin A, Vitamin C and fiber. Iceberg lettuce is lower in all nutrients and fiber.

5. Develop a pie graph depicting the percentages of the varieties of lettuce commercially grown in California.

- The percentages of the California grown varieties of leaf lettuce:
- Romaine: 64%

- Green Leaf: 21%
- Red Leaf: 10%
- Butterhead: 5%

6. Map the seven main lettuce production counties in California. Develop a key to show the different growing and harvesting seasons.

Lettuce-Producing Counties:

- Monterey
- San Benito
- Santa Barbara
- Santa Clara
- San Luis Obispo
- Santa Cruz
- San Joaquin

7. How do the various seasons affect the way lettuce is planted and grown?

Lettuce does not grow well under extreme weather condition. It is considered a cool-season crop with principal production in the coastal counties. In spring and fall, production occurs for brief periods in the San Joaquin Valley. In the desert, winter production is short. The general planting to harvesting dates for lettuce are 55 to 95 days for direct seed and 40-75 days for transplants.

8. Identify what percentage of all commercially produced salad greens make up the bagged salad sold in the U.S. markets.

About 25% of all iceberg lettuce is made into fresh cut salads.

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