

# FARM FRIDAY FUN

## WITH ARIZONA AGRICULTURE

### LETTUCE



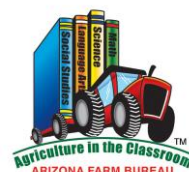
Lettuce is the leaf of the plant.



The spine of lettuce provides dietary fiber, while the vitamins and minerals are concentrated in the leaf portion.



Lettuce is a leafy vegetable that belongs to the sunflower family.



Lettuce can be grown in the ground or in water.



There are 7 main types of lettuce. Iceberg, Romaine and Leaf Lettuce are the best-known varieties of lettuce.



The name iceberg comes from before refrigerators were invented. To keep the lettuce from spoiling the cartons were covered in ice.



Americans consume 30 pounds of lettuce per person each year.



Lettuce is about 95% water.



Arizona is the Winter Lettuce Capitol of the World.

