

# INCREDIBLE EDIBLE IDAHO

## LEAFY GREENS



▲ Spinach

▲ Romaine

▲ Red Leaf

### IDAHO GREENS FACTS:

Lettuce and most greens are cool season crops meaning they like to grow when the daytime temperatures are cool in the Spring and Fall.

Because lettuce likes cooler temperatures, it grows in just about any area of the state.

Lettuce is a fast growing plant. You can harvest lettuce 6-10 weeks after planting the seed.

If lettuce is not picked at the right time it will "bolt" meaning it will put up a seed stock and the lettuce leaves will begin to taste bitter.

### GREENS NUTRITION FACTS:

Dark-green leafy greens offer plenty of the antioxidant beta carotene, which may help protect you from cancer.

The darker the leaves, the more nutrient-rich the lettuce. (Romaine has seven times more vitamin A and C than iceberg lettuce.)

Greens supply lutein, which contributes to good vision and may help protect your eyes.

Some greens deliver folate, potassium, and fiber, too.



### Top leafy greens producing counties:

Ada Canyon Blaine Gem Kootenai  
Camas Latah Twin Falls Teton

