

Seven Layer Salad

- 1 head lettuce torn into pieces (8-10 cups)
- 3-4 stalks celery, finely chopped (1 cup)
- $\frac{1}{2}$ cup onion, finely chopped
- $\frac{1}{2}$ cup shredded carrots
- 1 $\frac{1}{2}$ cups fresh or frozen peas
- 1 $\frac{1}{2}$ cups fat-free mayonnaise
- 2 teaspoons sugar
- 1 cup low-fat cheddar cheese, shredded

Layer vegetables in large serving bowl. Stir sugar into mayonnaise and spread over top of salad. Cover and refrigerate overnight. Before serving, sprinkle with cheese.

Yield: 12 servings; serving size 1 cup (70 calories, 1.5 grams fat, 5 mg cholesterol, 2 grams fiber, 340 mg sodium)



Dijon Dressing

- $\frac{1}{4}$ cup fat-free mayonnaise
- 2 Tablespoons Dijon mustard
- 1 Tablespoon honey
- 1 Tablespoon cider vinegar
- 1 $\frac{1}{2}$ teaspoons vegetable oil
- $\frac{1}{8}$ teaspoon ground red pepper
- 1 clove garlic, crushed

Combine all ingredients in a small bowl. Whisk mixture vigorously until blended.

Yield: 4 servings; serving size 2 Tablespoons (50 calories, 2 grams fat, 0 mg cholesterol, 0 grams fiber, 190 mg sodium)

Vinaigrette Salad Dressing

This is a creative recipe to use what you have on hand.

Combine 3 parts oil (olive oil) to one part acid (vinegar, or vinegar combined with orange or other citrus juice.) Season with herbs, garlic, pepper, honey, Dijon mustard, etc. as desired. Whisk together or place in a jar with a lid and shake well until combined.

2 tablespoons of dressing contains approximately 180 calories and 20 grams fat.



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Herkimer County Farmers' Markets

<http://blogs.cornell.edu/cceherkimer/programs/local-foods/local-farmers-markets/>



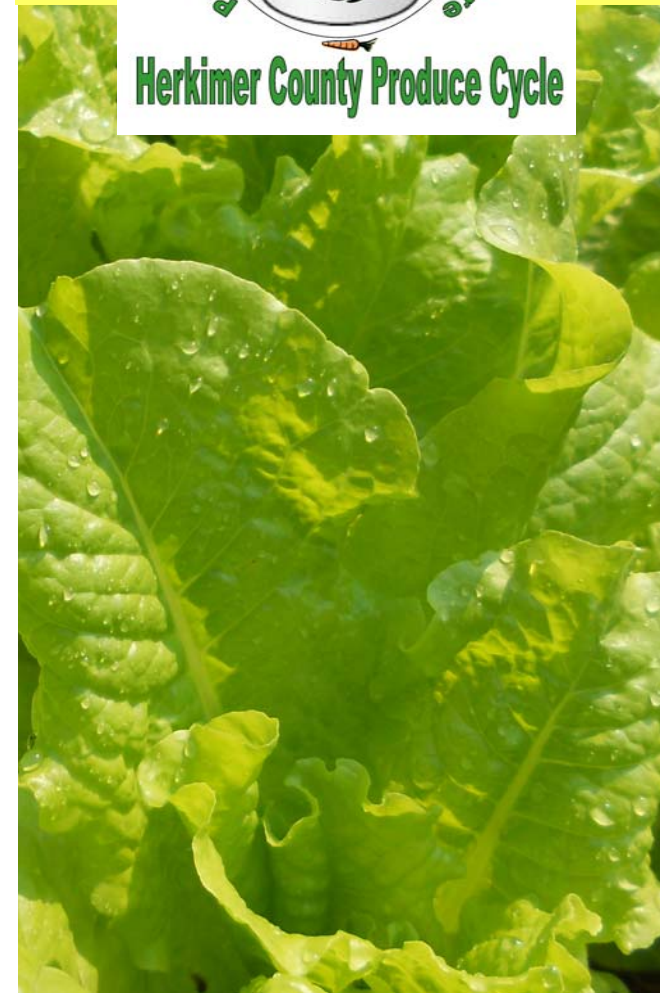
**Cornell Cooperative Extension
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HealthNet**
<https://www.healthnetinc.org/>

Creating Healthy Places

Lettuce



PLANT * GROW

- ◆ Lettuce is an annual plant that is adaptable to many soils and growing conditions, but grows best when the outside temperature is 40°F-65°F.
- ◆ Grow lettuce in spring or fall and shade from hot sun in summer. Hot sun will make lettuce bolt or flower and go to seed. This makes lettuce taste bitter.
- ◆ Lettuce can be sown directly into soil that is 40°F-70°F. Lettuce can also be started inside and transplanted outside 3-4 weeks after sprouting.
- ◆ Lettuce makes an excellent container garden plant.
- ◆ Some lettuce seeds need light to germinate. Sow seeds 1/8" deep, 1" apart in rows 12" apart. Thin seedlings to 6" spacing.
- ◆ Seeds also can be broadcasted in a patch instead of in a row. Seedlings will still need to be thinned to 6" spacing.
- ◆ Make succession plantings every week or two and grow several varieties with different maturity dates for a continuous supply.
- ◆ Lettuce has a shallow root system, so keep soil moist and mulch to retain moisture and suppress weeds (unless slugs are a problem).
- ◆ Lettuce will withstand light to moderate frost. Hardened seedlings are more frost tolerant than mature plants.

Cornell University Home Garden Websites:

General gardening:

<http://gardening.cals.cornell.edu/>

Lettuce specific:

<http://www.gardening.cornell.edu/homegardening/scene9aa6.html>

ENJOY YOUR LETTUCE

There are five main types of lettuce:

Looseleaf: Easy to grow, matures quickly and great for early season plantings.

Butterhead: Exceptionally good flavor and quality.

Romaine: Upright, elongated heads. More tolerant of warm weather.

French: Midway between Butterhead and Crisphead, you can harvest leaves early or wait for head to form.

Crisphead: The familiar round heads found in grocery stores. Requires a very long growing season.

- ◆ Many salad greens are harvested young so the plants can grow new leaves throughout the season. These are called, "baby greens."
- ◆ 1 cup of raw greens contains 12 calories and is naturally fat free.
- ◆ Raw or cooked greens contain Vitamin A, folate, potassium, calcium and magnesium.
- ◆ **Remember, the darker the leaves, the more nutrients.**

Websites for Healthy Eating:

USDA: www.myplate.gov

Cornell University Food & Nutrition Education in Communities (FNEC): <https://fnec.cornell.edu/>

RECYCLE * COMPOST

- ◆ Disease free lettuce scraps provide a rich nitrogen source, nutrients and moisture to your compost.
- ◆ Vegetable scraps are the "green" additions to your compost.

Composting Resources:

Cornell Waste Management Institute:

<http://cwmi.css.cornell.edu/resources.htm>

Composting at Home publication:

<http://cwmi.ccs.cornell.edu/smallscale.htm>

PRESERVE

- ◆ Keep lettuce in a plastic bag in the refrigerator until ready to use. Wash well and dry well with a salad spinner or kitchen towel. Tear, don't cut lettuce to prevent browning.
- ◆ Lettuce is great cooked. When lettuce becomes wilted, it can be sautéed or added to soups and stews in place of any other green.
- ◆ Freezing: Blanch 2-3 minutes. Cool in cold water, drain; and fill freezer bags, squeezing out air, leaving 1-inch headspace.

Food Preservation Websites:

National Center for Home Food

Preservation: www.homefoodpreservation.com

CCE Herkimer County Food Preservation

Resources: <http://blogs.cornell.edu/cceherkimer/programs/local-foods/food-preservation-resources/>



PURCHASE

- ◆ Leaf lettuce is often sold either as a loose head or as young leaves in a mix. The leaves may be waxy, flat, or have curly or frilly edges. Lettuce colors vary as do the leaf shapes. Darker colors have more nutrients.
- ◆ Look for greens that are not wilting or yellowing. If buying head lettuce, choose one that feels light for its size because it will store longer.