



# Romaine, Red Leaf & Green Leaf Lettuce

## FOR FOODSERVICE

This trio of lettuce each has their own unique attributes but all are menu staples in most foodservice operations. Their flavor profiles range from mild (Green Leaf) to slightly sweet (Red Leaf) to somewhat bitter and nutty (Romaine). Lettuce may be the star of salads and sandwiches but it is also used in a variety of other applications; heartier Romaine can even be grilled. Although the Salinas Valley of California is one of the largest production areas for lettuce, it is grown in multiple areas leading to year round availability.



### Selecting Lettuce

Look for fresh, bright green leaves that are dry, free from wilt and discoloration. Depending on the variety, the leaves should be medium to dark green or red-tinged.

### Storage & Handling

For maximum shelf life and freshness, store leaf lettuces in 34-36 degree F refrigeration. Keep leaf lettuces away from drafts to prevent dehydration. Store leaf lettuces away from ethylene- producing fruits and ripening rooms. Follow good rotation practices; first shipments received should be used or displayed first.

### Pack Sizes

Product Code	Product	Size	GTIN	Carton Size (LxWxH in.)			Carton Cube (Cubic ft.)	Carton Gross Weight	Ti	Hi	Cartons/Pallet
100459 02	Lettuce Green Leaf - No Wax - Bag	4ct/6ct CTN	10073150326211	19.13	12.88	12.88	1.83	25.00	8	5	40
100427 02	Lettuce Green Leaf - Liner Dry	24ct CTN	10073150302338	19.13	12.88	12.88	1.83	24.00	8	5	40
100452 02	Lettuce Green Leaf - Liner	12ct/24sz CTN	10073150307784	19.69	13.13	7.75	1.16	13.00	10	7	70
100456 02	Lettuce Green Leaf - Liner	6ct/24sz CTN	10073150307968	19.69	13.13	7.75	1.16	13.00	10	7	70
100451 02	Lettuce Green Leaf - Liner	20ct/24sz RPC	10073150303168	23.60	10.70	15.70	2.29	25.00	5	7	35
100131 02	Lettuce Red Leaf Liner Dry	24ct CTN	10073150307098	19.13	12.88	12.88	1.83	24.00	8	5	40
400061 02	Lettuce Red Leaf - Liner	12ct/24sz CTN	10073150410170	19.69	13.13	7.75	1.16	27.00	8	5	40
100413 02	Lettuce Red Leaf - Liner	6ct/24sz CTN	10073150308033	19.69	13.13	7.75	1.16	12.00	10	7	70
100121 02	Lettuce Red Leaf - Liner	20ct/24sz RPC	10073150303175	23.60	11.50	15.70	2.47	25.00	5	7	35
100524 02	Romaine	4ct/6sz CTN	10073150326068	23.25	15.38	12.00	2.48	45.00	5	7	35
100567 02	Lettuce Romaine - Liner	30ct CTN	10073150301751	23.25	15.38	12.00	2.48	45.00	5	7	35
100125 02	Lettuce Romaine - Liner Dry	24ct CTN	10073150302260	23.25	15.38	12.00	2.48	34.00	5	7	35
100090 02	Lettuce Romaine - Liner	12ct/24sz CTN	10073150301669	19.69	13.13	7.75	1.16	14.00	10	7	70
100520 02	Lettuce Romaine - Liner	6ct/24sz CTN	10073150325955	19.69	13.13	7.75	1.16	12.00	15	10	150
100538 02	Lettuce Romaine Heart - Bag	4ct/12ct CTN	10073150326259	23.25	15.25	10.00	2.05	27.00	5	8	40



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## Yield and Portion Analysis

Yield per Carton - Romaine: 75% Usable Product Average

Average Portions: Approximately 9 cups chopped per head or 16 leaves

Average Portions per Carton (24 heads) = 216 cups chopped = 384 leaves

Yield per Carton - Green Leaf: 82% Usable Product Average

Average Portions: Approximately 6.5 cups chopped per head or 12 leaves

Average Portions per Carton (24 heads) = 156 cups chopped = 288 leaves

Yield per Carton - Red Leaf: 75% Usable Product Average

Average Portions: Approximately 5.5 cups chopped per head or 12 leaves

Average Portions per Carton (24 heads) = 132 cups chopped = 288 leaves



## Features & Benefits

- Year round availability makes menu planning and sourcing easier
- Excellent nutrition profile - Leaf lettuces are good sources of Vitamin A and antioxidants. Romaine is also a good source of Vitamin C and iron
- The shape, texture and color of Leaf lettuces add volume, crunch and nutrition to salads, grains, sandwiches and wraps

## Menu Ideas

- Green Goddess Quinoa Salad with Chopped Red Leaf Lettuce, Scallions & Fresh Lemon Juice
- Green Leaf Salad With Cranberry, Onion, Pecan & Feta Tossed in Apple Cider Vinaigrette
- Charred Baby Octopus, Lemons, Baby Heirloom Tomatoes & Chili Peppers over Torn Romaine Lettuce with Lemon Oregano Dressing
- Pecorino, Black Grape & Green Leaf Lettuce Salad with Pine Nuts & Balsamic Vinegar

## About Duda Farm Fresh Foods

Growing in the most fertile land in the United States and closely monitored to meet our high safety standards, Duda Farm Fresh Foods has been delivering the best quality fruits and vegetables for the last 100 years. Our regional growing program enables year-round availability of a wide range of products packed in our well-known Dandy® brand. Through an extensive alliance of grower partners both nationally and internationally, Duda is a trusted single-source provider of the fresh produce consumers crave.

Duda Farm Fresh Foods' broad range of products are sold under the Dandy® brand, making us a single-source solution for fresh produce. We take pride in assuring our customers year-round availability, quality, and safety they can count on. Based on external benchmarking, our company ranks in the very top tier of producers, growers, packers, processors and shippers in the measurements of farms and ranches, harvesting, and facilities.



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