

## Leafy Lettuces

Name	Appearance	Freshness	Taste	Salad Uses	Notes
<b>Bibb</b>	Small, vivid green leaves	No browning at edges; no large cracked leaves	Sweet, delicate, mild	Alone or with Romaine or bitter greens	Wash well; grit hides in folds
<b>Boston</b>	Somewhat round, spring-green leaves	No wilting or browning at tips or on stem	Sweet, mild	Alone or with leaf lettuces	Wash well; very gritty
<b>Green or Red Leaf</b>	Long, green or red-tipped leaves	No browning at tips or on stem; no mushiness at tips of red leaf	Light, mildly sweet	Alone or with bitter greens	Colors dress up a salad
<b>Iceberg</b>	Thick, sturdy leaves; tightly packed head	Firm and tightly packed; no brown spots	Crisp, mild	Alone or with Bibb or Romaine	Less dirt, but wash thoroughly
<b>Romaine</b>	Deep-green, long leaves	No dry, overgrown outside leaves, no brown spots	Crunchy, has some bite	Alone or with Bibb or iceberg	Wash well; very gritty

## Bitter Salad Greens

Name	Appearance	Freshness	Taste	Salad Uses	Notes
<b>Arugula</b>	Dark, narrow leaves on stems	No yellow leaves or dark bruises; no large, dry, cracked outer leaves	Tangy, pungent	Alone or toss with leafy greens	Wash well to remove sand and grit; remove the stems
<b>Belgian</b>	White, conical leaves, looks like a cigar	Endive heads should be tightly wrapped	Subtly spicy	Slice thinly or add whole leaves; good contrast to milder flavored lettuce; with radicchio	Cut just before serving to prevent browning
<b>Chicory</b>	Long, frizzy light-green leaves	No brown or mushy spots	Slightly bitter	Add small amount to leafy greens	
<b>Escarole</b>	Broad, coarse leaves with wavy edges	No tough outer leaves	Slightly bitter	Add small amount to salads	Whitish inner leaves are best for salad
<b>Watercress</b>	Small, delicate leaves on long stems	Look for deep green leaves without any dark spots	Delicate, bitter	Alone; adds color and a sweetly bitter flavor to leafy greens; as a garnish	Wash gently as leaves bruise easily; trim away stems
<b>Radicchio</b>	Small, deep purple, tightly wrapped leaves	No yellowing edges; firm, not soft, leaves	Slightly bitter	Use a bit at a time to add color; with endive	Needs minimal washing; expensive, but keeps well