WASTE LESS, TASTE MORE 043

Keep Extra Lettuce Ready for Another Meal



GOOD STORAGE STARTS BEFORE THE SALAD IS DRESSED.

If you buy more lettuce than your dinner party needs, keep the unused leaves ready for another salad or sandwich. Protect their texture while giving them a near-term purpose.

1 Prepare only what you need for service

Separate the amount for dinner from the reserve. Keep unused lettuce refrigerated.

Why: The reserve stays out of the bustle of plating and serving.

2 Manage surface moisture

For loose lettuce you wash ahead, spin or pat dry, wrap loosely in a clean towel or paper towels, and place in a bag in the refrigerator's vegetable drawer.

Why: This storage approach helps protect the leaves without leaving them sitting in excess water.

3 Plan the next use

Choose a next-day salad, sandwich, or lettuce cup that suits the variety.

Why: A specific meal makes it easier to use the remaining leaves.

KITCHEN NOTES

Check ready-to-eat packaging

Produce labeled prewashed or ready-to-eat can be used without further washing. Follow its storage instructions.

Avoid compressing delicate leaves

Give them space rather than wedging the bag beneath heavy containers.

Keep the dressing separate

Dress the portion you are about to serve.

THE PLATING MINDSET

Protect the leaves today so they can provide freshness and structure on tomorrow's plate.

Produce handling: FDA / American Heart Association (linked in PDF)