Storing and Crisping Lettuce

To store and keep lettuce fresh, use this quick method right after shopping. It is an easy way to clean and store all types of lettuce. It will keep it fresh for use in salads and sandwiches for up to 3 to 4 weeks.

Step 1. Remove lettuce from plastic bag. Remove any wires or rubber bands around the leaves. Take off any damaged, discolored, decayed, or wilted leaves.

Step 2. Trim off about ¼ inch piece from the bottom end of the head of lettuce.

Step 3. Submerge the trimmed head of lettuce into a sink, bowl, or container that has warm, clean water in it (90° to 100° F). Let the lettuce soak in the water for about 15 minutes.
Step 4. Remove the lettuce from the water and quickly dip or rinse the lettuce under clean water. Allow the lettuce to drain for 10 to 15 minutes.

Step 5. Wrap prepared lettuce leaves in paper towels and place in a closed container or sealed plastic bag.

Step 6. The lettuce is now ready to be used whenever you want. Taking a few minutes to prepare your lettuce this way saves time and money!