



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Lettuce

In season:



Spring and
Summer

Preserve it
to enjoy year
round!

Canning

The National Center for Home Food Preservation does not recommend canning lettuce.



Freezing

Process: Water Blanch

- Select young, tender leaves
- Wash and trim woody stems
- Boil in water for 3 minutes (collards)
- Boil in water for 2 minutes (other greens)
- Cool in cold water
- Drain
- Pack leaving ½ inch headspace
- Seal and freeze

Drying

Process: Dehydrator

- Select young, tender leaves
- Wash and trim woody stems
- Place in boiling water for 1 ½ minutes or steam for 2 ½ minutes
- Set dehydrator to 140 degrees F
- Arrange in single layer on drying racks
- Rotate racks during drying process
- Dry 8-10 hours, depending on type of greens



Tips/Tricks:

Rip heads of lettuce with hands or cut with plastic knives instead of metal knives to increase shelf-life.

This document is to serve as supplemental material for those already knowledgeable on how to safely preserve food and should not serve as a guide to someone completely new to food preservation methods. For further guidance, go to: extension.sdstate.edu/food/preservation

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