

CUT LEAFY GREENS

According to the FDA, “cut leafy greens” are fresh leafy greens whose leaves have been cut, shredded, sliced, chopped or torn. Leafy greens can include the following:

- Iceberg lettuce
- Romaine lettuce
- Leaf lettuce
- Butter lettuce
- Baby leaf lettuce
(ie. Immature lettuce or leafy greens)
- Escarole
- Endive
- Spring Mix
- Spinach
- Cabbage
- Kale
- Arugula
- Chard

Leafy greens do not include herbs such as:

- Cilantro
- Parsley

Raw Agricultural Product is any food in its raw or natural state. If a cut leafy green fits this definition; this product does not have to be kept at 41 degrees or less

Harvest Cut is when a leafy green has only been cut from their root in the field with no additional cutting, shredding, slicing, chopping or tearing.

If a leafy green still has a stem or stalk present and the core trimmed it is not a cut leafy green. The exterior leaves of this produce may be discarded.

Examples of these leafy greens are:

- Heads of lettuce
- Cabbages
- Whole clumps of leaf lettuce or spinach.
 - ❖ If the core of a head of lettuce or cabbage is completely removed then the remaining leaves are considered cut leafy greens.
 - ❖ If exterior leaves are removed and discarded, the head or clump still remains this is still not a cut leafy green. Only if snipping or tearing individual leaves off, does it become a cut leafy green.

