

# PEAKfresh® USA

## Packing Guide for Lettuce



There are a number of different varieties of lettuce including Iceberg, Cos, Italian, Oak-Leaf, Coral, Minute, Radicchio and Endive. Lettuce is very perishable and wilts quickly following harvest unless it is pre-cooled quickly and packaged in PEAKfresh and refrigerated. Russet spotting (brown edges) is induced by damaged lettuce and the presence of ethylene. Lettuce is easily damaged by freezing.

Recommended Post Harvest Temperatures: 0°C (32°F) not above 2°C (36°F) and 95% humidity.

### Packaging Method:

There are three proven methods to extend freshness and shelf life using PEAKfresh. The first is to individually bag a head of lettuce. The second is to use a carton liner for 6-10 heads of lettuce and fold the top over. Do not seal the carton liner top. The third method covers the export of lettuce to hot climates where temperature variations in refrigeration may occur or refrigeration is not available. To avoid unnecessary build up of moisture caused by temperature changes, an oversized sheet of PEAKfresh is placed at the bottom of the carton, the lettuce loaded and another sheet of PEAKfresh placed over the top of the lettuce. This method avoids sudden heat damage, but maintains humidity levels and limited control of ethylene gas produced by the lettuce. Using PEAKfresh sheets is recommended for sea freight of lettuce under refrigeration. Lettuce must be packed dry with damaged outer leaves removed.

Storage Temperatures: 0°C (32°F) and 95% humidity

### *Important Please Read:*

*All recommendations for the use of PEAKfresh products are given in good faith and based on proven field experience. Packaging method, storage temperatures, storage humidity levels, transit and destination conditions are factors likely to affect the performance of PEAKfresh products and no liability for indirect or consequential damage can be accepted. We recommend that PEAKfresh products be tested under local conditions before introduction to large scale commercial applications.*