



It is most often grown as a [leaf vegetable](#) . In many countries, it is typically eaten cold, raw, in [salads](#)

,  
[sandwiches](#)

,  
[hamburgers](#)

,  
[tacos](#)

, and in many other dishes

The lettuce plant has a short stem initially (a [rosette](#) growth habit), but when it gradually blooms, the stem and branches lengthens; and produces many flower heads that look like those of [dandelions](#) , but smaller. This is referred to as [bolting](#)

. When grown to eat, lettuce is harvested before it bolts. Lettuce is used as a food plant by the

[larvae](#)

of some

[Lepidoptera](#)

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Lettuce is a low [calorie](#) food and is a source of [vitamin A](#) and [folic acid](#) .