

Lettuce and Leaf Vegetables

Sustainability Insights



Product Description

Lettuce and Leaf Vegetables include fresh, frozen, and processed forms of edible plant leaves. Product types include lettuce, cabbage, spinach, kale, arugula, chard, bok choy, mustard greens, collards, endive, and radicchio.

Mission

The mission of The Sustainability Consortium (TSC) is to improve the sustainability of products when they are made, purchased, and used, with a focus on manufacturers and the retail buyers who decide what products to carry in stores. The information in this document is drawn from our detailed research on known and potential social and environmental impacts across product life cycles. TSC acknowledges that other issues exist, but we have included here those that are most relevant to the decision making of retail buying teams and manufacturers. The topics are listed alphabetically for ease of reading; the order does not represent prioritization or other criteria.

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Managing the Supply Chain

Climate and Energy

The production of crops requires significant amounts of energy. The burning of fossil fuels to produce this energy, as well as the production and use of fertilizers, results in greenhouse gas emissions. Growers can reduce these impacts by measuring and tracking energy use, performing preventative maintenance on equipment, and replacing inefficient equipment. Additionally, growers can minimize impacts by implementing a nutrient management plan, using precision agriculture, which applies only the amount of fertilizer needed, or low-energy irrigation, and optimizing the size and efficiency of farm vehicles.

Fertilizer and Nutrients

Improper management and use of fertilizers can lead to local water pollution and release greenhouse gases during production. Growers should use a nutrient management plan to improve the efficiency of fertilizer and manure use for production. Growers can use precision agriculture, which applies only the amount of fertilizer needed. Where appropriate, growers could plant vegetative buffer zones around streams to help prevent water pollution via nutrient runoff.

Pesticides

Improper use of pesticides can impact workers and nearby ecosystems and communities. If growers use pesticides, they should read the label and follow usage directions exactly. Workers should be trained and provided with protective gear to prevent exposure to themselves and the environment during handling or application. Consultation with experts can help determine the appropriate selections, forms, timing, and amounts of pesticides for pest problems.

Supply Chain Transparency

Addressing many of the environmental and social challenges within an agriculture supply chain requires cooperation among companies at different stages of the supply chain. Manufacturers should determine the locations of farms that produce their supply and engage in initiatives that improve transparency, communication, and data sharing. Suppliers can work together to address common issues, such as energy use, water availability and quality, chemical use, worker health and safety, and labor rights.



Use of Resources

Packaging

Packaging design should be optimized to ensure that packaging performs its essential functions of containment and protection while minimizing use of materials, energy resources, and environmental impacts across the life cycle of the packaged product. Under-packaging and over-packaging can both lead to increased impacts. These impacts may be mitigated by using more energy-efficient manufacturing, creating packaging materials from renewable resources, designing packaging to be recyclable, and encouraging consumer recycling.



Workers and Communities

Smallholder Farmers

Growers on small farms, called smallholder farmers, may have limited access to information, technology, and resources. Manufacturers should determine where their crops are grown, understand if they source from small farms, and work with organizations that help smallholder farmers overcome challenges and achieve greater and more sustainable results.

Workers

Farm workers, especially women and migrants, may face unfair pay, discrimination, and limited freedoms. They may also be exposed to chemicals, dust, or other hazards. Manufacturers can implement programs to ensure they are sourcing from growers who protect labor rights and ensure the health and safety of their workers.