

REGIONAL MARKET BRIEF

Lettuce



Lettuce (*Lactuca sativa*), a leafy green vegetable, is prized for its crisp texture, mild flavor, and nutritional benefits. **Lettuce** offers a low-calorie option packed with fiber and antioxidants. With the region's growing focus on promoting healthy eating habits and increasing demand from the hospitality sector, IESC is supporting farmers' capacity to meet the growing demand for produce like **Lettuce**.

Import quantities and values.

Two CARICOM Member States, Bahamas (62%) and Trinidad and Tobago (11%), accounted for approximately 73% of all regional imports between 2018 and 2022 (Figure 1). Combined, annual imports averaged US \$7.6 million. Details on other CARICOM market opportunities are provided in Table 1.

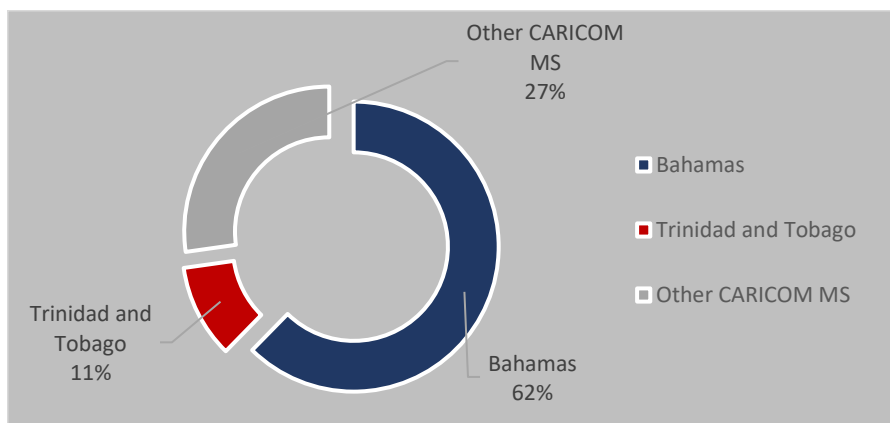
About CAPA

A USAID-funded program, implemented by Improving Economies for Stronger Communities (IESC), focused on enhancing regional food security by increasing fruit and vegetable productivity, building the capacity of buyers and input suppliers, to strengthen relationships with farmers, and improving farm-level extension systems.

CAPA is being implemented in Barbados, Dominica, Grenada, Guyana, Saint Lucia, Saint Vincent and the Grenadines, Suriname, and Trinidad & Tobago.

- **Objective 1:** Increase smallholder market-led production of fruits and vegetables.
- **Objective 2:** Improve domestic and regional market linkages for smallholder farmers.
- **Objective 3:** Strengthen public/private sector extension skills, capacity and systems to transfer best practices to smallholder farmers.

Figure 1: Imported values of Lettuce by percentage by CARICOM Member States over the period (2018-2022)



Intra-regional trade for Lettuce remains limited.

Explore intricate details on the next page, where import dynamics and trends are uncovered.

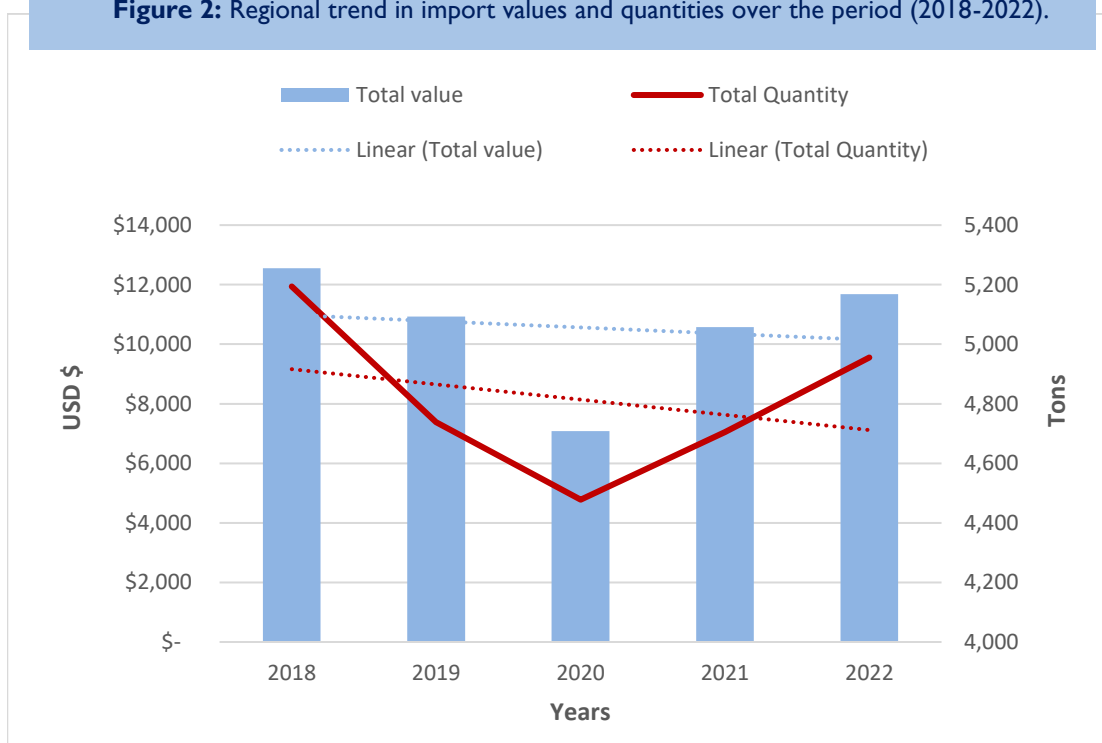


Table I: Total and Average values and quantities of Lettuce imported by CARICOM Member States over the period (2018-2022) in US \$'000 and Tons respectively.

Importers	Total Import Value US \$'000	Average Import Value US \$'000	Total Import Quantity (Tons)	Average Import Quantity (Tons)
Bahamas	32,926	6,585	12,847	2,569
Trinidad and Tobago	5,506	1,101	3,560	712
Barbados	4,963	993	2,898	580
Antigua and Barbuda	4,210	842	1,747	349
Saint Lucia	1,626	325	695	139
Grenada	1,097	219	320	64
Saint Vincent and the Grenadines	770	154	278	56
Belize	581	116	1,103	221
Guyana	443	89	257	51
Saint Kitts and Nevis	312	62	0	0
Haiti	119	24	0	0
Suriname	93	19	135	27
Dominica	68	14	28	6
Jamaica	64	13	183	37
Montserrat	40	10	19	4
Total	52,818	10,566	24,070	4,815

Source: <https://www.trademap.org>

Figure 2: Regional trend in import values and quantities over the period (2018-2022).



Explore the regulatory and market requirements for importing and exporting lettuce on the next page.





Import Requirements.

- Phytosanitary Risk Assessment (PRA) required for the first entry.
- Plant Certification (PC) issued after inspection and in accordance with conditions of the importing country.
- Surface disinfection and disinfestation required.
- Import Permit (IP) to be obtained before commodity leaves exporting country, valid for 60 days from the date of issue.
- Valid Import Permit with stipulations must be issued from the importing country to meet entry requirements.
- Use of pesticides must conform to the regulations of the National Plant Protection Organization (NPPO) and collaborating agencies.
- Certification of freedom from soil and pests of plant quarantine significance.



Export Requirements.

- Phytosanitary Certification (PC) required, issued no more than 72 hours before export.
- Surface disinfection and disinfestation of the commodity by the exporter, overseen by a plant quarantine inspector.
- Traceability of production, processing, and distribution maintained. Notification must be given by existing pack house facilities to the NPPO/Plant Protection Unit in the Ministry of Agriculture to ascertain pack house requirements.

Regulatory Regimes/Market Requirements

Quality Requirements:

Lettuce must be intact, sound, clean, trimmed, fresh in appearance, free from pests and damage caused by pests, turgid, and not running to seed. Two classes exist:

Class I: Good quality, well formed, firm and free from damages or deterioration.

Class II: Reasonably well- formed and may have slight discolouration and damages caused by pest.

Sizing: Size is determined by the weight of one unit of lettuce.

Tolerances: Tolerances are provided for deviations from quality and size requirements, allowing for natural deterioration and handling. Class I produce allows for a total tolerance of 10% of units not meeting requirements but meeting Class II standards. Class II permits a 10% tolerance of produce not meeting its own requirements. Size tolerances are also allowed, with a total tolerance of 10% for produce not meeting sizing requirements.

Uniformity: Each package must contain uniform Lettuce of the same origin, variety, quality, and size. For mixtures of different varieties and or colours, uniformity in quality is required, but size uniformity is not necessary. The visible part of the contents of the package must be representative of the entire contents.

Packaging:

Packaging must protect the produce properly, with clean materials used to avoid damage. The contents of each package must be uniform and properly marked with identification, nature of produce, origin, and commercial specifications.

CAPA Contact Information

IESC Home Office

2000 M Street NW
Suite 250
Washington, DC 20036

Chris Addison
Senior Program Manager
caddison@iesc.org

Guyana Office

112 New Market Street
North Cummingsburg
Georgetown, Guyana

Sandiford Edwards
CAPA Program Director
sedwards@iesc.org

St. Vincent Office

Jaxon Inc, Building
Calliaqua, Kingstown
Saint Vincent and the Grenadines