

Harvest of the Month



April: Lettuce



Lettuce Fun Facts

Learning about Lettuce



Lettuce is one of the most popular leafy greens! It's great in salads, on wraps, and can even be used in soups.



Lettuce is a great and refreshing snack! It is full of nutrients like vitamin A and potassium.



There are many different kinds of lettuce! Some, like romaine lettuce, have long leaves. Others, like Boston lettuce, are small and grow closer to the ground.

Some kinds of lettuce are more crispy, like iceberg lettuce! Others are softer, like butterhead lettuce.

Most kinds of lettuce are green, but there are some that are red or purple. This purple coloring actually helps lettuce protect itself from the sun!



Ways to Enjoy Lettuce

There are plenty of ways to enjoy lettuce! Here are some delicious dishes



Grilled Romaine Lettuce



Lettuce and Squash Salad



Chicken Lettuce Cups



Lettuce Coleslaw



Spring Rolls with Lettuce



Caesar Salad

Ingredients

- 4 leaves of lettuce of your choice
- Fillings of your choice. These could be:
 - Lunch meat
 - Tomatoes
 - Cucumber
 - Cheese



Directions

1. Wash your lettuce leaves and pat dry with a paper towel
2. Layer on your fillings to each leaf. If your leaves are too small, you can layer them beside each other to make a bigger surface. This is a good chance to use whatever you like best or already have at home! You can add lunch meat, other kinds of veggies, and whatever condiments you like.
3. Starting from the stem side of the leaf, tightly roll up the leaf.
4. Enjoy!