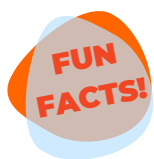


HARVEST OF THE MONTH

F2SFREDERICK.ORG



LETTUCE



Lettuce is one of the most recognizable vegetables grown in Maryland. This cool-weather crop is easy to grow and can be overwintered with row covers. Leaf lettuces, which grow green or reddish leaves around a central stalk, are found in many home gardens. Other varieties to try are butterhead, romaine or cos, iceberg, escarole, endive, and chicory!

NOTABLE NUTRITION

Romaine lettuce is a good dietary source of:

Folate, a water-soluble B vitamin. Folate is needed to make our DNA and for cell replication. Because of this, adequate folate intake is essential for women planning on becoming pregnant. Folate deficiencies within the first four weeks of pregnancy can lead to neural tube defects in the fetus.

Romaine lettuce is an excellent folate food choice since we usually consume it raw, ensuring no folate is lost in the cooking process! Just one cup of romaine lettuce provides 25% of the recommended intake of folate for healthy adults.

READING ROOM

- 1 "Lettuce!" by Diana Kizlauskas; Grades K-2; Available at Frederick County School Libraries
- 2 "Jump into Science:Dirt" by Steve Tomecek; Grades 3-5; This book can be acquired through an MD SNAP-Ed educator.

HOMEGROWN VARIETIES

Recommended varieties for overwintering:

Black Seeded Simpson, Waldmann's Dark Green, Brune D'Hiver, & Winter Marvel

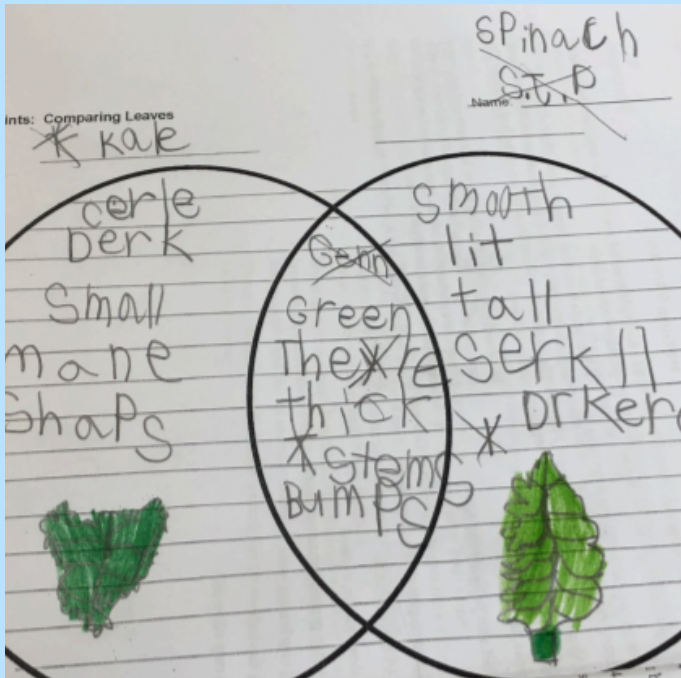
LINK TO LEARNING!

Compare and Contrast Activity

In this investigation, students will compare three different varieties of the same kind of plant; for example, you could compare three different types of kale or lettuce, depending on what is growing in your garden or available at the grocery store.

Visit the [FRESHFARM FoodPrints website](#) for the FREE [Exploring Leaf Families](#) lesson plan; (Grades K-2).

Meets National Standards:
Common Core ELA: SL.1.1, SL.1.5

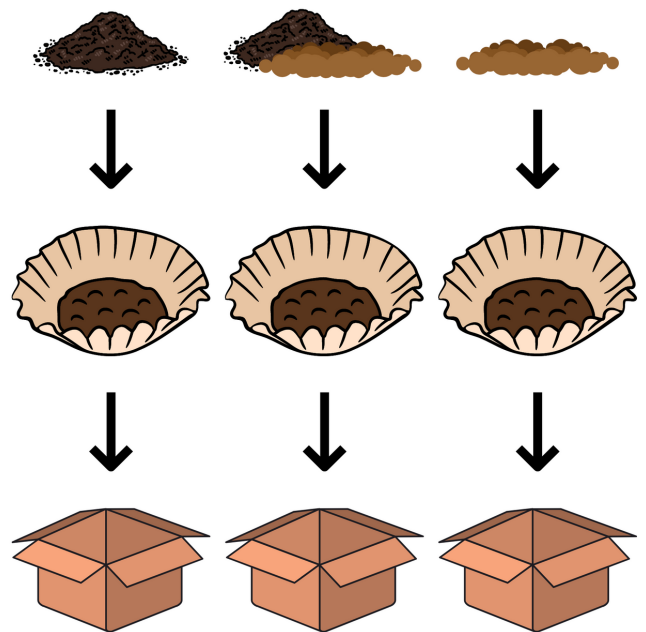


Make Your Own Salad Garden Activity

Students plant lettuce seeds in three cardboard box gardens, each with three distinct soil mixes. Observations of growing patterns are then recorded.

Visit the [University of Maryland Extension SNAP-Ed program website](#) for the FREE activity (#23) in the Read for Health Curriculum; (Grades 3-5).

Meets National Standards:
Specific curriculum objectives not provided. The RFH lesson plan should be tailored to meet the goals and objectives of the teacher.



USDA DAILY VEGETABLE RECOMMENDATIONS

CHILDREN

2-4 YRS 1 - 2 CUPS
5-8 YRS 1.5 - 2.5 CUPS

GIRLS

9-13 YRS 1.5 - 3 CUPS
14-18 YRS 2.5 - 3 CUPS

BOYS

9-13 YRS 2 - 3.5 CUPS
14-18 YRS 2.5 - 4 CUPS