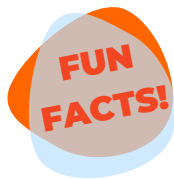


HARVEST OF THE MONTH

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.

LET'S EAT! CAFETERIA CONNECTIONS

1

Make pre-packaged salads or a salad bar available to all students.

2

Pre-packaged salads or a salad bar is in a high traffic area.

3

Label pre-packaged salads or salad bar choices with creative, descriptive names.

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TASTE TEST IDEAS

Have students taste different lettuce varieties with low-fat dressing and vote on their favorite.

Branch out! Run a “Know Your Leafy Greens” taste test. Let students try different types of leafy greens, like kale, romaine, and microgreens and have them describe the taste on feedback forms.

PICK, STORE, PREPARE

Choose fresh lettuce that feels firm, with no browning on the leaves.

Place your lettuce in a plastic bag and store it in the crisper drawer of the refrigerator. Lettuce will remain fresh for 2-4 weeks, depending on the variety. Remove all moisture before storage and do not pre-wash your lettuce.

Chop into fresh salads, make lettuce wraps for a low-carbohydrate option, or add to sandwiches for an extra crunch!



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 - 2 CUPS

14-18 YRS 2.5 - 3 CUPS

BOYS

9-13 YRS 2 - 3.5 CUPS

14-18 YRS 2.5 - 4 CUPS