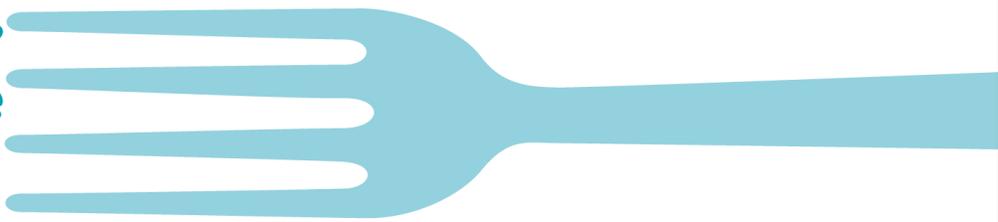


Harvest of the Month



May



Lettuce



Pick:

- Choose lettuce that appears fresh and crisp with no wilting or brown spots.

Store:

- Store in a plastic bag in the refrigerator away from fruit and use within a week.
- Lettuce should be rinsed very thoroughly under cold water immediately before using.
- Dry clean leaves with a paper towel or salad spinner.

Prepare:

- When preparing, tear the leaves into bite-size pieces as using a knife will cause the greens to turn brown.

Nutrition Info

Two cups of chopped lettuce has 10 calories.

Lettuce provides vitamin A and folate.

Fun Facts

Lettuce can be found in red and green varieties- and the darker the lettuce the more nutritional it is.

On average, Americans eat 30 pounds of lettuce a year!

Thomas Jefferson had 19 varieties of lettuce growing in his garden at Monticello.

Lettuce dates back nearly 6000 years when it was being eaten by ancient Egyptians.

Uses

Try a lettuce wrap with your hamburger instead of a regular bun. Simply wrap your burger in a big leaf of lettuce!

Not a fan of lettuce on its own? Top with fruits like strawberries or mandarin oranges for a sweeter taste or nuts and chicken for some extra protein.

You can even make a taco salad with lettuce. Replace chips with lettuce and add a protein, veggies, salsa and cheese.

Family Friendly Activities

Allow your child to help tear the lettuce into smaller pieces for salads and sandwiches. Children also love to operate a salad spinner!

Try growing your own lettuce! Cut off the stump/root end of Romaine lettuce. Place the stump in a small glass of water. Change the water every few days and watch the lettuce regrow. Or plant lettuce seeds in this year's garden!

Maple Pecan Strawberry Salad

Serves 8

Ingredients:

8 ounces fresh baby spinach
8 ounces romaine lettuce, torn
½ cup pecan pieces
3 cups strawberries, sliced
1½ pounds chicken breast
2 tsp. olive oil
salt and pepper to taste

For the dressing:

1/3 cup apple cider vinegar
2/3 cup olive oil
¼ tsp salt
¼ tsp pepper
1 TB Dijon mustard
2 TB pure maple syrup

Directions:

Season chicken breast with salt and pepper. Heat olive oil in a large pan over medium heat. Add chicken breast and cook 5-8 minutes per side or until done. Cool, dice and set aside. In a small dry pan, lightly toast pecans over medium heat until fragrant. Remove from heat to cool.

In a small bowl, whisk together all salad dressing ingredients.

In a large bowl, toss all ingredients. Drizzle with dressing and serve! Extra dressing will keep in the fridge for about a week.

This salad is versatile! Swap the strawberries for diced apples or raisins. Try walnuts or another nut in place of pecans. Add thinly sliced red onion, diced avocado or your favorite grated cheese. There are many ways to try it!

For more information on Farm2School visit:

www.laxf2s.org

**Color
Leaf Lettuce!**

