**HARVEST OF THE MONTH NEWSLETTER 05/2021**

**MAY**

**lettuce**

**FUN FACTS**
- Lettuce can be found in red and green varieties. The darker the lettuce, the greater the nutritional content.
- On average, Americans eat 30 pounds of lettuce a year!
- Lettuce dates back 6000 years and was eaten by ancient Egyptians.

**NUTRITION INFO**
Two cups of chopped lettuce has 10 calories and provides vitamin A and folate.

---

**Strawberry Lettuce and Spinach Salad**

**Serves 5**

**Ingredients:**
- 1 cup sunflower or pumpkin seeds
- ½ pound cucumbers
- ½ pound fresh strawberries
- ½ pound baby spinach
- ½ pound romaine lettuce

**Dressing:**
- 1 ½ Tbsp. Balsamic vinegar
- 1 Tbsp. maple syrup
- ¼ tsp. Dijon mustard
- ¼ tsp. garlic powder
- ¼ tsp. kosher salt
- ¼ tsp. black pepper
- ¼ cup olive oil

**Directions:**
Toast sunflower/pumpkin seeds in a large skillet over medium heat, stirring often, until fragrant and beginning to brown, 4-5 minutes.
Transfer to a bowl and cool. Peel cucumbers, cut in half lengthwise, slice ¼ inch. Hull strawberries and cut into ¼ inch slices. Trim romaine and cut into 1 inch pieces. Mix spinach and romaine in a large bowl. Mix dressing ingredients in a food processor with a steel blade until combined. Add oil in a stream and blend for 10-20 seconds. Drizzle dressing and toss to coat.

Per Serving (1 1/4 cup): 190 calories, 14g fat, 1g saturated fat, 4g protein, 14g carbohydrate, 4g fiber, 176mg sodium

---

**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 thoroughly under cold water immediately before using. Dry the leaves with paper towel or a salad spinner.

**PREPARE**
Tear the leaves into bite-size pieces. Using a knife will cause the greens to turn brown.

**USE**
Try wrapping your hamburger in a lettuce leaf instead of a bun! Not a fan of lettuce on its own? Add strawberries or mandarin oranges for a sweeter taste or nuts and chicken for added protein.