

LEARN

facts



Romaine

- Spanish translation: *La lechuga* • Hmong translation: *Zaub xam lav*
- The four main types of lettuce include butterhead (Boston, bibb), crisphead (iceberg), looseleaf (red leaf, green leaf) and romaine. Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.
- Lettuce is different from most vegetables because you cannot preserve it — it can't be frozen, dried, canned or pickled.
- Ancient Egyptians grew lettuce along the Nile River valley over 6,000 years ago. Ancient Egyptian artwork, especially tomb paintings, depicts different varieties of lettuce.
- Lettuce is a member of the sunflower family.



Butterhead

EAT

nutrition & seasonality



• **Key nutrients:**

Vitamin K - Needed for blood clotting, preventing excessive bleeding.

Vitamin A - Keeps skin and bones healthy, resists and fights infection, maintains good eyesight.

Folate - Helps prevent birth defects, is needed to make DNA, and helps your cells divide, including red blood cells.

- Fresh lettuce is available in Wisconsin from mid-June through September.



Red Leaf

TASTE

taste testing

Make salad as a group! Gather all of the salad ingredients including different types of lettuce, fresh veggies, fresh or dried fruit, and dressing. Kids can help rinse the fresh veggies under cool running water, tear the lettuce into bite-sized pieces, cut other veggies using crinkle cutters, add everything to a bowl, and toss in the dressing.

Nutritious,
 Delicious,
 Wisconsin!



FUN



Asparagus Lettuce

activity: The Great Stem Relay

Objective: Kids will understand the role stems play in transporting water and nutrients throughout the plant.

Supplies: Green and blue batons (or another item that kids can hand off during the relay).

Procedure: In order for lettuce plants to grow beautiful green leaves, they need to have water. What role do stems play in this process? They provide the transit corridors. Not only does water travel to the leaves in these corridors, but the food created by the leaves travels from the leaves through the stem to where it needs to go to feed the plant and keep it healthy.

Create a stem relay course with blue batons to indicate water and green batons to indicate nutrient-rich food from the leaves. The starting point is at the roots where runners must carry the blue "water" batons through the stem corridor to the other side where they hand the batons to their partner in the leaves. Once the hand-off has occurred, the green "food" baton runners who have been waiting in the leaves can speed off to deliver the newly manufactured food to the roots at the starting point. — Adapted from: *Got Veggies? A Youth Garden-Based Nutrition Education Curriculum*

This activity can be done in multiple settings: classroom, outdoors, garden, or virtual.

Tips for adapting to virtual learning: Another fun way to illustrate this process is by using celery, water, and food coloring. Share a link to a video or re-create the experiment to show kids virtually: <https://youtu.be/Klug9F0ou3s>.

Share pictures and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.

READ



books

- *From Seed to Plant* by Gail Gibbons
- *Green Power: Leaf and Flower Vegetables* by Meredith Sayles Hughes
- *Oliver's Vegetables* by Vivian French
- *Plants on My Plate* by Cathy Smith
- *Sell What You Sow* by Erica Gibson
- *The Tiny Seed* by Eric Carle



GARDEN CONNECTION

planting

Lettuce prefers cool weather and can be planted in the early spring or late summer. In the summer lettuce may be bitter and the seed stalk grows quickly. Plant seeds ¼-½ inches deep and thin seedlings to 4-6 inches apart. Lettuce has shallow roots and prefers frequent light watering.

harvesting

Lettuce can be harvested either by removing the whole plant by cutting it off at the soil level or selecting older leaves and allowing remaining leaves to keep growing. Leaf lettuce can be cut whenever it is large enough to use. Start by cutting every other plant to allow the remaining plants more room to grow.