

**LEARN**



**facts**

- Spanish translation:  
*La lechuga*
- Hmong translation:  
*Zaub xam lav*
- Lettuce is a leaf vegetable.
- You can only eat fresh lettuce. You can't freeze, dry, can, or pickle it.



*Romaine*



*Butterhead*



*Red Leaf*



*Asparagus Lettuce*

**EAT**



**LET US  
EAT LETTUCE**



**nutrition & seasonality**

- Lettuce has vitamin K. Vitamin K helps our blood clot when we get a cut and it helps our bodies absorb calcium.

**Share with children:**

Vitamin K helps our bodies make scabs when we get a cut, so it can heal faster.

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

**TASTE**



*Nutritious,  
Delicious,  
Wisconsin!*

**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.

Children can help rinse the fresh veggies under cool running water, dry the lettuce in a salad spinner or between paper towels, tear the lettuce into bite-sized pieces, and add everything to a bowl.



## FUN



### activity: Sorting Leafy Greens

**Sort** a mixture of different kinds of lettuce, or leafy greens, into a bowl for children. Have all children wash their hands. Give each small group of children a bowl of mixed leafy greens. Explain to children that there are many different types of leafy greens and you want them to see how some types are similar and some are different. Have children explain what it means if something is similar and what it means if something is different. Ask children to identify what is similar about two objects in the room and explain why. Do the same with two objects that are different.

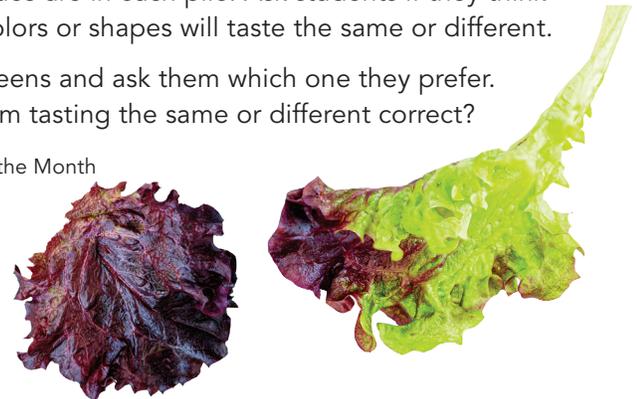


**Have** the children sort the lettuce into piles based on what they see are similarities and differences. Ask the children to tell you why they chose to group the pieces of lettuce the way they did. Have children count how many pieces of lettuce are in each pile. Ask students if they think the greens that are different colors or shapes will taste the same or different.

Have them try two different greens and ask them which one they prefer. Was their prediction about them tasting the same or different correct?

— Adapted from Montana Harvest of the Month

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



## READ



### books

- *Lettuce!* by Diana Kizlauskas
- *Oliver's Vegetables* by Vivian French
- *From Seed to Plant* by Gail Gibbons
- *The Tiny Seed* by Eric Carle



### 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.