



April is Lettuce

Nutrition & Health Benefits

- **Vitamin K** - Needed for blood clotting, preventing excess 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.

Preparation & Cooking Tips

- Select** - Choose lettuce with fresh, crisp leaves.
- Store** - Keep lettuce in a plastic bag with small holes. Store in refrigerator for up to 1 week.
- Prepare** - Rinse carefully under cool water and allow to dry well.

Did you know?

- The 4 main types of lettuce include butterhead, crisphead, looseleaf, 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 it can't be frozen, dried, canned or pickled.

Fun Facts

- Fresh spinach grown in Wisconsin is available from mid-June through September.
- Lettuce is a member of the sunflower family.
- 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.

TASTE

taste testing



Nutritious,
Delicious,
Wisconsin!

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.



Eat healthy • Be active • Your kids are watching

FUN



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/Klug9Fouu3s>.

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

Asparagus
Lettuce

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



Find out more at <https://www.wiharvestofthemoth.org>



Lettuce Wraps

Use a leaf of lettuce as a fresh and healthy wrap.

Scoop in your favorite fillings like chicken or egg salad, fajitas, taco meat, or cream cheese and fresh vegetables.

You can also substitute lettuce for the bun of a hamburger or sandwich.

Popular types of lettuce for wraps include Boston bibb lettuce and romaine hearts.

Information adapted from Wisconsin Harvest of the Month.

