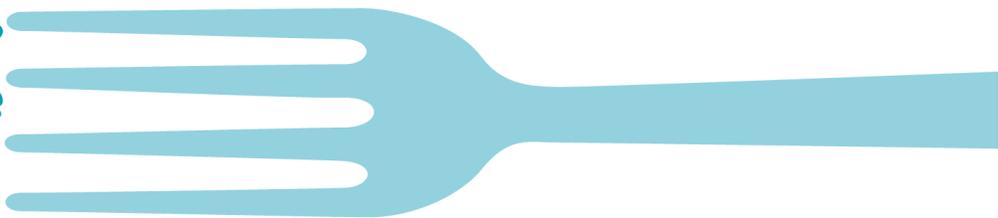


Harvest of the Month



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 thoroughly under cold water immediately before using. It may be necessary to submerge under water to remove all debris from leaves.
- 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

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

Generally, the darker green varieties of lettuce are more nutritious. For example – choose Romaine over iceberg varieties.

On average, Americans eat 30 pounds of lettuce every year.

This month Piggy's Restaurant in downtown La Crosse is featuring the Harvest of the Month in an artisan Caesar salad! Stop by to try it!

Uses

In a taco salad, replace chips with shredded lettuce. Top with an assortment of veggies such as peppers, tomatoes, and onions.

Not a fan of lettuce- try mixing sweeter fruits such as strawberries and mandarin oranges into salads. Top with chicken, seeds, nuts, and a vinaigrette dressing.

Family Friendly Activities

Play a game and have each family member keep track of the number of different vegetables they eat in one week. The winner, the one who has the greatest variety, gets to choose a family activity for the weekend.

Allow your child to help tear the lettuce into smaller pieces for salads or sandwiches.

Explore “mystery” foods. Take your children to the grocery store or farmers market and ask them to pick out a fruit or vegetable they’ve never seen before. Then find a recipe to use the “mystery” ingredient.

Asian Summer Salad

Serves 4 (1 cup per serving)

Ingredients:

- 2 cups chopped Romaine lettuce
- 2 cups shredded cabbage
- ½ cup shredded carrots
- ½ cup sliced green onions
- 1 (15 oz.) can mandarin oranges, drained
- 1 cup unsalted soy nuts
- ¼ cup ginger sesame salad dressing

Directions:

In a large bowl, toss lettuce, cabbage, carrots & onions. Top with oranges, soy nuts and dressing immediately before serving.

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLaCrosse.org

Nutrition Facts

Serving Size 1 cup (154g)
Servings Per Container 4

Amount Per Serving

Calories 180 Calories from Fat 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 18g **6%**

Dietary Fiber 6g **24%**

Sugars 10g

Protein 11g

Vitamin A 90% • Vitamin C 60%

Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Color Leaf
Lettuce!

