May  Lettuce

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.

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.

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The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community. Funding provided by the Wisconsin Partnership Program.
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