

Lettuce

Lettuce is part of the Aster family of plants.

Lettuce is a leafy green vegetable that can grow as loose leaves or in a tightly packed head. You can enjoy lettuce raw or cooked.

There are many varieties of lettuce that provide Vitamin K and A. Typically, the darker varieties of lettuce provide more nutrients.



Lettuce is a cool-season vegetable, grown in spring or fall.

Lettuce is in season in Georgia from around October through May but needs protection from extreme heat and cold.

Hydroponic Bibb lettuce is one type of lettuce popular in Georgia schools. It's grown in a nutrient-rich water solution instead of soil, so it is available from Georgia year-round!

Lettuce is an easy item to plant in school gardens that can be harvested from all season long.