





## Lettuce is The Harvest of the Month!

### Add lettuce to your favorite family meals:

- Serve tuna, chicken, or egg salad on a bed of lettuce.
- Use lettuce instead of a bun for a burger or sandwich.
- Ran out of tortillas? Use a large leaf as a taco shell for leftover fillings.

*Make meals and memories together. It's a lesson kids will use for life.*

- 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 running water and allow it to dry well.

### Did you Know?

The four main types of lettuce include butterhead (Boston, bibb), crisphead (iceberg), looseleaf (red leaf, green leaf) and romaine. Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.



Nutritious, Delicious, Wisconsin!  
#WIHarvestoftheMonth

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Hello Spring

Why is the lettuce always on time?



She doesn't like to LEAF anyone waiting!

## facts

- Spanish translation: *La lechuga* • Hmong translation: *Zaub xam lav*
- The four main types of lettuce include butterhead (Boston, bibb), crisphead (iceberg), looseleaf (red leaf, green leaf) 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 you cannot preserve it — it can't be frozen, dried, canned or pickled.
- 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.
- Lettuce is a member of the sunflower family.



Butterhead

## nutrition & seasonality

### Key nutrients:

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



Red Leaf

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

## 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.

## WHAT'S HAPPENING?

Apr - National Garlic Month



Apr - National Pecan Month

Apr - National Soft Pretzel Month



Apr 2 - National PB&J Day

Apr 3 - National Burrito Day



Apr 4 - International Carrot Day



Apr 5 - National Deep Dish Pizza Day

Apr 6 - National Tomato Day



Apr 8 - National Empanada Day

Apr 12 - National Grilled Cheese Day

Apr 16 - National Banana Day



Apr 19 - National Garlic Day

Apr 21 - National Chickpea Day

Apr 25 - National Zucchini Bread Day

Apr 26 - National Pretzel Day



Apr 30 - National Raisin Day

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