



LAND to LEARN

June's Vegetable of the Month is...

Lettuce

Lechuga



What did the salad say when it's favorite song came on the radio?

Lettuce Turnip the Beet!

Fun Facts about Lettuce

- Lettuce is part of the sunflower family, Asteraceae.
- China produces the most lettuce in the world.
- Americans consume 30 lbs. of lettuce, per person per year.
- Darker lettuce leaves have more nutrients than the lighter leaves.
- The lettuce that the Greeks and Romans ate in ancient times had sleep-inducing properties. This property, however, has already been bred out of the current varieties of lettuce.
- Lettuce has lots of Vitamin A and beta carotene, which keep your skin and eyes healthy. Lettuce also has high doses of Vitamin K, which helps your brain.
- Lettuce was a popular girls name in the 1800's, while Kale was popular for boys.

Lettuce Boats

Prep and Cook Time: 15 min.

Ingredients

- Large romaine lettuce leaves
- 1 tomato
- 1 cucumber
- 1 red bell pepper
- 1 avocado
- 1 carrot
- your favorite kind of cheese

Instructions

1. Cut the tomato, cucumber, and red bell pepper into small pieces.
2. Cut the avocado, remove the pit, and scoop the insides into a bowl.
3. Shred the carrot and the cheese with a cheese grater.
4. Mash up the avocado with a spoon. Use the spoon to spread avocado on a lettuce leaf.
5. Sprinkle carrot on the avocado, then the other veggies. Sprinkle cheese, fold the sides of the lettuce over the cheese, and enjoy!

Did you know?

There are many different varieties of lettuce and some have unique names, like Green Forest, Hyper Red Ruffled Wave, Marvel of Four Seasons, Pirat, Red Tinged Winter, Revolution, Tango, Winter Wonderland, Deer's tongue and speckled trout...just to name a few!

