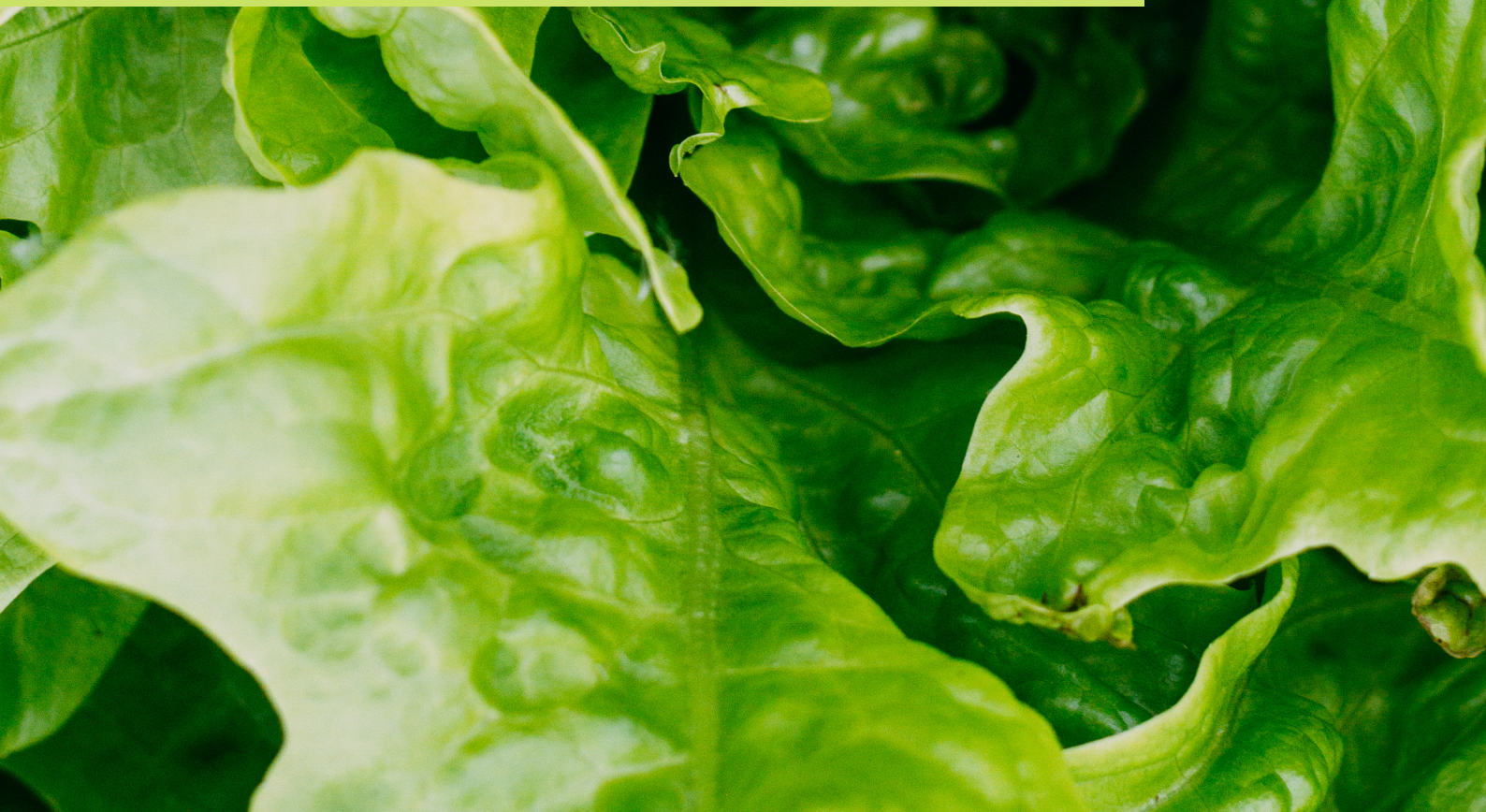


Veggie Education: Lettuce

Learn how to store, prepare, and grow lettuce from scraps at home this summer!

For students at Mallet Bay Elementary School by
students at the University of Vermont



How to Keep Lettuce Fresh

- **Wash your lettuce!**

Make sure that you wash your lettuce thoroughly with water. Then dry with a paper towel or salad spinner.

- **Add a little moisture**

Wrap a damp paper towel around your lettuce and put it in a plastic bag. This dampness will keep your lettuce crisp, but not soggy!

- **Store in the fridge**

Store a head of lettuce in the fridge for 1-3 weeks. Store loose lettuce leaves in the fridge for 7-10 days. You can also freeze romaine and butterhead lettuce!





Growing Lettuce

1. Cut the stem

Cut the stem about 2 inches from the base of a head of lettuce. This could be romaine, iceberg, red leaf, or raddachio lettuce.

2. "Plant" in a container

Use an old vase, large yogurt container, or mason jar and place your stem at the bottom. Stabilize the stem with toothpicks and add water until the stem is covered halfway.

3. Place in sunlight

Place your plant on a windowsill that receives a couple hours of sun a day.

4. Watch the leaves grow!

Make sure to keep the plant with water covered halfway.

5. Harvest your food

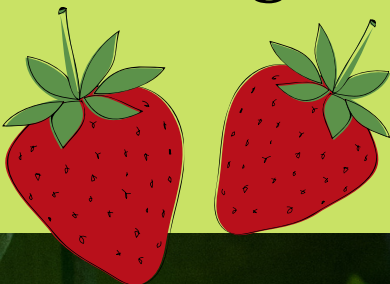
Your lettuce should be ready to be harvested within about 12 days!

Strawberry Lettuce Salad

Ingredients:

- 1 cup sliced strawberries
- 3 cups spinach leaves
- 5 cups lettuce leaves
- 1/4 cup candied pecans
- 1/4 cup cheese of choice
- 1/2 cup dressing of choice

Slice off the tops of strawberries and slice them lengthwise. Wash greens. Chop the pecans. Place greens on plate and top with other ingredients. Dress with desired dressing. Enjoy!





***Growing your
own food is
delicious for
your stomach
and brain!***