



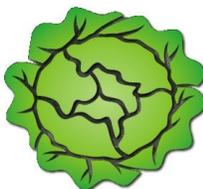
Family Fun Page!!

Lettuce Grows in the Ground!

Have you ever thought about how lettuce grows or where it grows? In the colorful book, *Lettuce Grows in the Ground!*, children learn fun facts about lettuce in comparison to other vegetables.

As you read this story with your children, talk about what you read. Start with these questions:

- ♦ **On the Cover:** Have you ever seen lettuce seeds? What is the growth cycle of lettuce? What does lettuce look like when it's fully grown? What color is it?
- ♦ **In the Book:** In what season does lettuce grow? How much time passed before the lettuce sprouts in the book? What's the difference between the the vegetables that are ready to harvest and those that need more time?
- ♦ **In the Garden:** What are some natural resources that are needed for a vegetable like lettuce to grow? (Answer: water, sun, and soil) Name some similarities and differences when comparing lettuce to other vegetables in the garden. Talk about color, shape, texture, and smell.
- ♦ **On the Plate:** Have your child taste lettuce from the garden, store, or farm market/farm stand. What does it taste like? Is it crunchy?



Kitchen Korner!

VEGETARIAN LETTUCE WRAPS!

- 3 Tablespoons Olive Oil
- 2 Cloves garlic
- 1 Pound snap peas
- 1 Carrot (large)
- 1 Cup spinach (fresh)
- 1/2 Cup onions
- 1 Tablespoon oyster sauce
- 1 Tablespoon soy sauce
- Hoisin sauce (optional)
- 1 Head lettuce (butter or red leaf)



- ♦ Mince the garlic and dice the onions. Set aside.
- ♦ Peel and chop the carrot into bite sized pieces. Set aside.
- ♦ Chop the spinach. Set aside.
- ♦ Heat the olive oil in a large sauté pan, over medium heat.
- ♦ Carefully add the garlic and onions. Cook 2-3 minutes or until the onions start to soften.
- ♦ Add the carrots. Cover the pan and let cook for 2 minutes. Very carefully, lift the lid and stir the carrots. Cook covered for another 2 minutes.
- ♦ Add the Snap peas and spinach and cook for 3 minutes.
- ♦ Turn off the heat and add the oyster sauce and soy sauce. Stir it well.
- ♦ To serve, spoon several tablespoons of the chicken mixture into the center of a lettuce leaf, taco-style.
- ♦ Sprinkle with Hoisin sauce, if desired.

Recipe: <https://www.naturaldeets.com/>

Lettuce Read

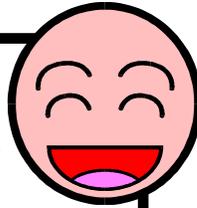
Check out these terrific books that have great stories about this delicious vegetable:

- ♦ Lettuce! By Diana Kizlauskas
- ♦ Who Ate All the Lettuce? By Gill Munton
- ♦ [Eating the Alphabet Fruits & Vegetables from A to Z by Lois Ehlert](#) (audiobook...click here)

MAKE IT WITH THE KIDS!



Q: What did the salad say to the pineapple?



A: Lettuce be friends

RE-GROW YOUR OWN LETTUCE

Lettuce grows from seeds. But, you can also grow a lettuce plant by replanting the unused portion from an existing head. Give this activity a try, using the scraps of your lettuce head.

Materials:

- ◆ 1 head of lettuce
- ◆ A medium-sized bowl
- ◆ Water



Instructions:

1. After you use the leaves from your lettuce, set aside the stump — the bottom, harder part of the lettuce (also known as the heart).
2. Fill a medium bowl with 1/2 inch of water. It should be enough for your lettuce to float a bit but not to drown it.
3. Place your lettuce heart in the water and place the container on a window sill or in another spot with partial sunlight. Change the water every day or so.
4. Check in on your lettuce to see if it has started growing more lettuce leaves. After a couple of days, roots will begin to grow at the bottom of the stump and leaves will begin to form.
5. After 10-12 days, the leaves will be as large and plentiful as they are going to grow. Snip off your tiny leaves and use them in a salad or on a sandwich.

Bonus Activity:

Try this experiment with different types of water. For example, use coconut water, tap water, and bottled water. See if one heart of lettuce does better than the other.

And The Good, Brown Earth

Gram and Joe love to spend time together taking care of the vegetable patch, but it takes a lot of patience. There's digging time, planting time, weeding time, watering time, and even thinking time. Meanwhile, the seasons change, and while Gram does things her way, Joe does things his way. But come harvest, each will find wondrous surprises, thanks to the benevolence of the good brown earth.



Join the read-along of this wonderful book about sharing family time in the garden at <https://www.youtube.com/watch?v=RM1vm2feHIs>.

This book gives a good introduction to growing a garden and how the garden changes as time passes. It's a great book to read as you get started with your garden. And, remember... The garden is a place for everyone, young and old! Gardening is a great way to join the generations in a fun, engaging activity.

Farm Facts from the NJ Department of Agriculture

- ◆ California, Arizona, Colorado, and New Jersey are the top lettuce-producing states.
- ◆ NJ ranks 4th in lettuce production in the country.
- ◆ Lettuce originated in ancient Egypt.
- ◆ There are 5 distinct varieties of lettuce: Leaf, romaine, crisp head, butter head, and stem!

