

JERSEY TASTES! ACTIVITY SHEETS

Lovely Lettuce



ACTIVITIES:



Pre-K: Growing Lettuce in the Classroom

Re-growing Kitchen Scraps Video

Lower & Upper Elem:

Lettuce Be Healthy Lesson Plan

Middle: Chain of Food Lesson

HS: Agronomy Feeds Us All Module



RECIPES:

Breakfast: Lettuce Breakfast Wraps

Lunch: Simple Garden Salad & Vinaigrette Dressing How-to

Dinner: Chicken Lettuce Wrap Tacos or Vegetarian Chickpea Lettuce Wrap Tacos

NUTRITION FACT:

Lettuce provides 247% daily values of Vitamin A.

MADE IN COLLABORATION WITH:



ALL ABOUT NEW JERSEY!

Lettuce is cool-season crop that grows well in the spring and fall in New Jersey from March till June and September till December.

HOW DOES IT GROW:

Lettuce loves the cooler weather and can tolerate a light frost. Sow lettuce when soils are above 40°F. Seeds germinate best at 55 to 65°F and will emerge in only 7 to 10 days. Because lettuce grows quickly, plant a small amount at a time, staggering your plantings for a continued harvest.

LETTUCE VOCAB WITH VIDEOS:

Cut and come again: continually cutting and harvesting leaves from the same plant

Broadcasting: a way of direct seeding by tossing seeds over soil and sprinkling lightly with dirt

Bolting: the weather becomes too hot for the plant and it begins to flower

FUN FACT:

The average American eats 30 POUNDS of lettuce a year!



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