Lettuce

A leafy vegetable

What nutrients are found here?

Beta-Carotene, Vitamins K, C,
Manganese, Folate, Fiber, & Water
(The antioxidant beta-carotene converts to vitamin A)

What do those nutrients do in my body?

- Support blood formation, flow, & clotting.
- Support digestive, skin, & eye health.

How/Where can I grow my own lettuce?

- In the ground, in a raised bed, or in a large tub.
- Lettuce thrives in cooler weather, using the sun & shade.
- Lettuce can be grown in the spring and fall.

How should I store freshly picked lettuce?

- Wash & dry the lettuce.
- Place a damp towel around the lettuce & store in a sealed container in the fridge.

How can I eat lettuce?

- Any way you want!
- Mixed in salads
- Added to burgers & wraps

