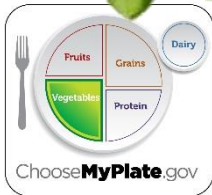




Hydro Bibb Lettuce



NUTRITION NOTES

- One cup of Bibb lettuce contains 7 calories, no fat and 0.6 gram of fiber.
- Bibb lettuce is a good source of **vitamin A** (*good for your vision*), **vitamin C** (*helps the body absorb iron*) and **folate** (*helps form red blood cells*).
- One cup of chopped, raw lettuce counts as ½ cup vegetable.

Lettuce is a member of the sunflower family. We are celebrating hydroponic Bibb lettuce in March. Hydroponic means growing plants in a nutrient solution in water, without soil. Bibb lettuce has tender leaves and a mild, buttery flavor.

USES AND TIPS

Select lettuce with fresh, crisp leaves, avoid brown or wilted leaves. Store lettuce in a plastic bag in the refrigerator and use within 5 days. Wash lettuce just prior to use under cold, running water.

Lettuce is most commonly used in salads, however add lettuce to sandwiches, tacos or use the leaves as a wrap, much like a tortilla.

SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!



Did you know?

Lettuce is harvested by hand.

Bibb lettuce is named after John Bibb from Kentucky, who developed the variety in the 1860s. It was originally called “limestone” lettuce.

Lettuce is one of the oldest vegetable crops. It originated in the Mediterranean area and was brought to North America by Christopher Columbus.

There are four main types of lettuce, butterhead (includes Boston and Bibb varieties), crisphead (e.g. iceberg), looseleaf (e.g. red or green leaf), and Romaine/Cos.

Lettuce is 96% water!

- Lettuce is a cool season vegetable, grown in spring or fall.
- Lettuce is in season in Georgia January through May and October through December.
- Lettuce is ready for harvest about 60-85 days after planting.
- In 2016, the top lettuce producing counties in Georgia were Floyd, Habersham, Paulding, and Hall.

For more on the Harvest of the Month program and farm to school, visit the Georgia Farm to School Toolkit at <http://gafarmtoschool.org/>.



Source: 2016 Georgia Farm Gate Value Report. UGA College of Agriculture & Environmental Sciences.

Georgia Department of Education School Nutrition Program

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