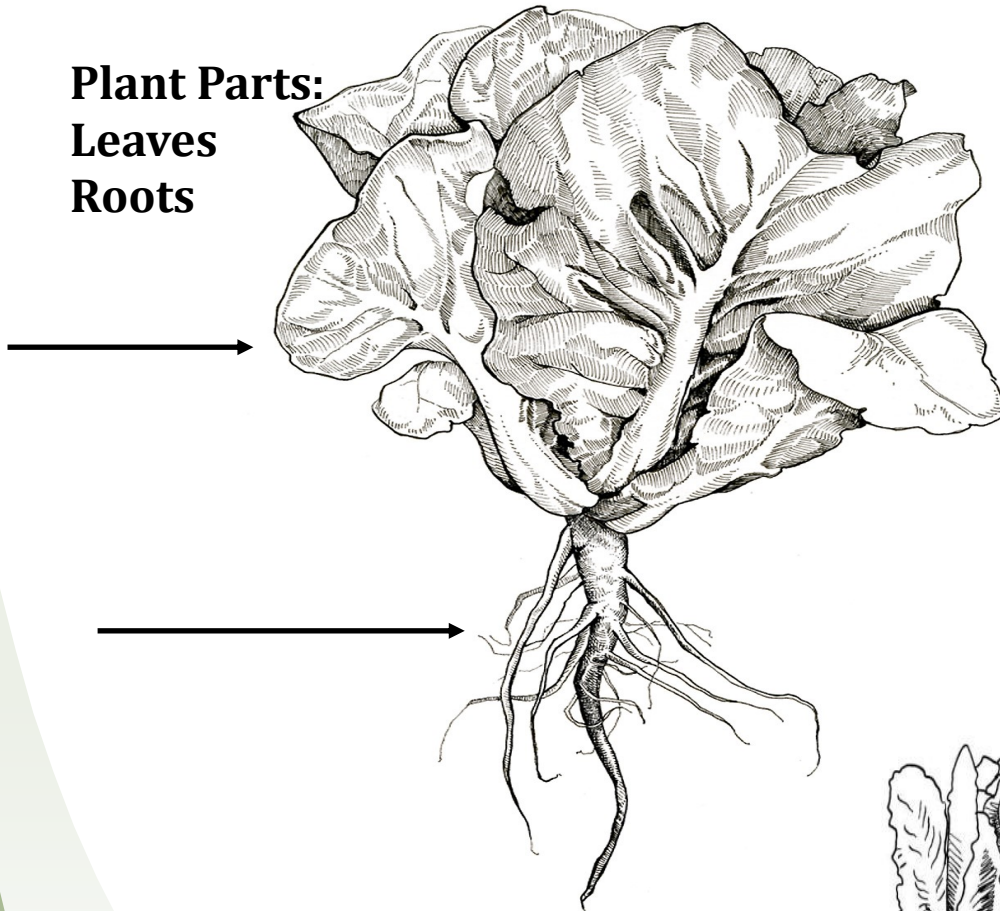


# FARM TO SCHOOL GROW GUIDE

## LettuCe

**Plant Parts:**  
Leaves  
Roots



### Planting:

Lettuce plants will need to be 6 to 18 inches apart. When first planting seeds plant 2"-4" apart (according to seed packet) and thin to 6"-18" apart depending on the variety.

### Caring for Plants:

**PH** between 6 and 7

**Sun** Lettuce grows best when temperatures are between 45F and 80F and can tolerate partial shade. Full 8hrs of sun is recommended.

**Fertilizer:** One inch of compost added yearly and any additional fertilizer as required by seed pack label.

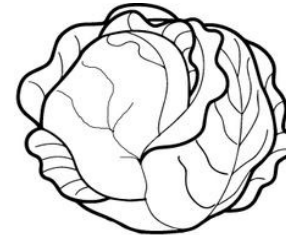
**Water** 1 inch of water weekly.

**Harvesting:** Harvesting depends on the variety. Leaf or Bibb style lettuce start to harvest the outer leaves first as the inner buds will continue to produce. Lettuce plants can be harvested as soon as the leaves reach a desirable size. For Iceberg and Romaine varieties wait until the head size is tight and a desirable size. Once the heads are harvested replanting is necessary.

### Varieties of Lettuce



**Bibb**



**Romaine**



**Iceberg**

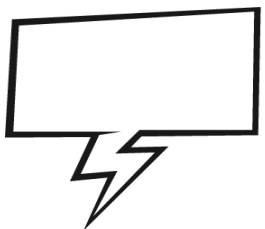
**Leaf Lettuce**

### Nutritional Facts

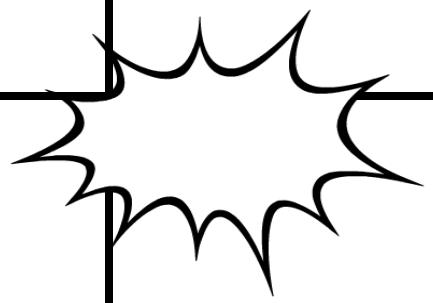
Lettuce leaves are very low calorie **100 g fresh greens provide just 15 calories.** Its fresh leaves are an excellent source of several Vitamin A and beta carotenes. Just 100 g of fresh, raw-lettuce **provides 247% of daily vitamin A, and 4443 µg of beta-carotene.** Vitamin A is required for maintaining healthy mucus membranes and skin, and is also essential for vision. Consumption of natural fruits and vegetables rich in flavonoids helps to protect the body from lung and oral cavity cancers. It is a rich source of **vitamin K.** Vitamin K has a potential role in the bone metabolism where it thought to increase bone mass.

WHAT WILL HAPPEN NEXT?!

WHEN SUDDENLY...

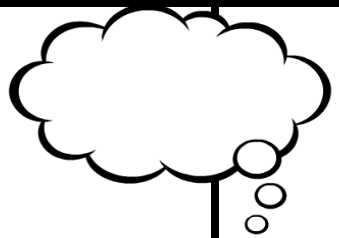


POW!



JUST AT THAT MOMENT...

LATER ON...



OMG!

BOOM!

THE END.