

Turning Heads with Leafy Greens



Lettuce, a leafy vegetable we use for salad, in sandwiches, and other dishes, is known to scientists by its scientific name, *Lactuca Sativa*. There are four common types of lettuce: leaf (also called loose leaf), romaine, crisphead, and butterhead. The nutritional value of lettuce varies with the variety. Its most significant nutrients are vitamin A and potassium. The vitamin A comes from beta carotene, whose yellow-orange is hidden by green chlorophyll pigments. The darker green, the more beta carotene present. **Write a paragraph highlighting the nutritional value and health benefits of different lettuce varieties using online or printed resources.** Standards: CC ELA: W.3-8.2; W.3-3.

Watercress Chinese Cabbage
Mizuna Radicchio

Lettuce Rap!

"Lettuce is nutritious, lettuce is cool, if you don't like lettuce, you're really a fool." Have a class challenge of writing your own Specialty Crop Rap and perform it for the class!

Did you Know?
Americans eat 25.8 pounds per person of lettuce each year.



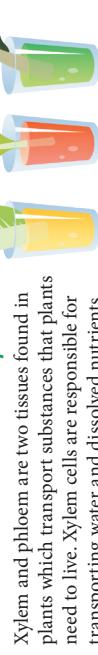
Get Growin'

Plant the seeds from different lettuce varieties to grow a salad bowl garden on students' desktops. Under ideal conditions, lettuce seeds will germinate in eight to 10 days. After seeds germinate, remove seedling to plant in a container or in the ground. Measure and graph the growth rate of each seed. Use QR code for detailed instructions. Standards: NGSS: 3-LS1-1; 4-LS1-1, 5-LS1-1; CC: Math: 3-4.MD.4, 6-SP.4, 7.RP.2, 7.G.1



Lettuce Experiment

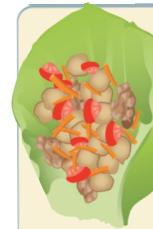
Create a Rainbow Phloem & Xylem Lab



Xylem and phloem are two tissues found in plants which transport substances that plants need to live. Xylem cells are responsible for transporting water and dissolved nutrients from the roots up the stem to the leaves. Phloem cells are responsible for transporting a sugary sap that is made in the leaves during photosynthesis to the rest of the plant. Conduct a class experiment to see how the xylem and phloem function in different varieties of lettuce. Start by collecting one variety of lettuce. Place one leaf in each cup of water colored with food dye. Carry out two investigations, change out the variety of lettuce (the variable) each time. Compare observations from the first and second investigations and discuss with the class the differences you found.

Standards: NGSS: MS-LS1-1, MS-LS6-6

Lettuce Variety: _____ Observation	Lettuce Variety: _____ Observation
Day 1:	Day 1:
Day 3:	Day 3:
Day 5:	Day 5:



Make your own lettuce wraps

Think beyond the salad bowl—lettuce can be used for a number of dishes, including lettuce wraps. Lettuce wraps are similar to tacos, but with lettuce instead of a tortilla. Make lettuce wraps at home or school using one of the featured lettuce varieties and at least three additional crops within this edition of *What's Growin' On?* Here are some combinations to get your wrap started:

Carrot, mushroom, onion, and edible flowers.

Pumpkin, walnuts, and orange

My wrap: