

'Lettuce' Introduce You...

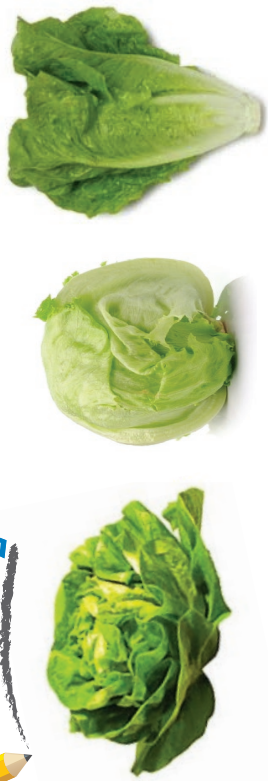
Lettuce, a leafy vegetable we use for salad, in sandwiches, and other dishes, is known to scientists by its scientific name of *Lactuca sativa*.

Lettuce has a long history in California. Lettuce began to be **cultivated** commercially in California in the 1930s. Today, lettuce is in California's Top-Ten most valuable agricultural commodities. California is the leading producer of lettuce in the United States, producing more than 73% of all lettuce grown in the United States. It grows year round in California. Monterey and Imperial counties are the top producers of lettuce.

There are three main kinds of lettuce: head, leaf, and romaine. Head lettuce is round and tight and shaped like a cabbage. Iceberg lettuce is a type of head lettuce. Leaf type is loose and leafy. Butter, Red and Green Leaf are types of leaf lettuce. Romaine is tall with slender leaves.



Identify each kind of lettuce; write your answer under each one.



Lettuce: How do you grow?

The lettuce you purchased at your local market is very fresh. There is a lot of planning and preparation before a lettuce crop is planted. First, the farmer prepares the field by using a laser to level the field, then **beds** are prepared to plant seeds. Sprinklers or drip irrigation are used to water the emerging plants and throughout their growing season. It is important to fertilize plants so that plants are healthy. **Integrated Pest Management (IPM)** is used to control pests and diseases that could harm plants. Lettuce is harvested carefully and quickly when it is ready to eat. Harvested lettuce is cooled and stored just above freezing to keep it fresh. Lettuce is then transported in a refrigerated truck to market.



'Lettuce' Keep you Healthy!

Lettuce may help maintain

- Vision
- Healthy immune system
- Cell growth

95% of lettuce is water!

Lettuce is high in Vitamin A

CA Standards: ELA CCSS: RI.3-4.1, 7, WA.3-5.2, 7, SL.3-5.2, RI.6-8.1, W.6-8.2, 7, SL.6-7.2, RST.6-8.1, 7, WHST.6-8.7; Math CCSS: 3-4.MD.2, 5.MD.1, 6.NS.1, 7.NS.2; NGSS: 3-LS.1-1, 4-LS.1.A, 5-LS.1-1, LS.1.C, MS-LS.1-1

Source: <http://learnaboutag.org/caspecialtycrops/legibles.pdf>, <http://anrcatalog.ucdavis.edu>, www.cdffa.ca.gov

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Today there are many options in purchasing lettuce. Lettuce can be purchased unwrapped or wrapped in cellophane, in bulk, or even in a bag as a prepared salad mix.



Create a salad recipe for two using California Lettuce. Use other "Top-Ten" California commodities as ingredients (walnuts, almonds, strawberries, tomatoes, grapes). Create and write your recipe. Be sure to record ingredients, measurements (in standard form like cups, teaspoons, etc) and instructions. Then, figure out the recipe for the entire class!

Salad for Two

Salad for the Class



What jobs are involved in producing lettuce? Choose a job related to lettuce production using evidence from the text or doing additional research. On a separate sheet of paper, draw a picture of yourself in a lettuce career spotlight, and write a paragraph about what you do.

STEM: How long do you grow?

Using a calendar, compute the answer:

When is Harvest? When lettuce is planted in the summer, it takes 65 to 80 days to grow. If it was planted on June 5, what would be the earliest day it could be harvested?

When to Plant? If lettuce is planted in late fall, it could take as long as 130 days to grow. If you want to harvest on January 12, when should you plant?