

Taste and Teach

February - Leafy Greens



Five **Fun Facts** About Spinach & Lettuce!

- Americans consume an average of 30 pounds of lettuce per person each year.
- There are three types of spinach varieties: Smooth Leaf, Savoy, and Red Veined.
- Lettuce was recently grown, harvested, and eaten aboard the International Space Station.
- Spinach typically takes 21-50 days to grow. Lettuce can take from 65 to 130 days to grow, depending on what time of year it is planted.
- There are several types of lettuce, but the most popular are head, leaf, and romaine.

Four **Fun Teaching Ideas!**

- Watch this video on romaine from the Produce Nerd: www.youtube.com/watch?v=hww8odLFCw4
- Read the book, *Tops and Bottoms* by Janet Stevens, and use the ideas in the Ag-Bite activity to bring the book to life.
- Use the *Fact and Activity Sheets* and other resources to compare and contrast the nutritional value of lettuce and spinach.
- Invite students to create a salad recipe! Check out the word problems on the *Lettuce Introduce You* page from the *What's Growin' On?* student newspaper.

Explore all the great spinach and lettuce resources in this section!

