



Lettuces & Micro Greens

Plant: Lettuce and micro greens are a cool-season crop; they will not survive a hot spell. Start planting the seeds 4 to 6 weeks before the last spring frost, inside in a planter. Transplant to an outside 1 week before or 2 weeks after the last frost. Plant 4 to 16 inches apart, depending on the variety.

Grow: Water thoroughly when transplanting and fertilize 3 weeks after planting. Make sure the soil is moist but not overly full of water. Use mulch throughout the summer months to retain moisture. These plants will have wilted leaves when in need of watering, so pay attention. Weed by hand if necessary but be careful of plant roots, because they grow shallow.

Harvest: Harvest just before maturity. Before the plant reaches maturity, you can break the leaves off; as time passes you will be able to pull the entire plant from the ground. Mature lettuce and micro greens go bad quickly, so be sure to check them daily. Also, it is best to get the plants in the morning to prevent them from getting damaged in the sun.

Nutrition Facts	
Serving Size 1/2 cup (80g)	
Servings Per Container	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A 0%	• Vitamin C 10%
Calcium 2%	• Iron 0%

Nutrition Information:

Lettuce and micro greens are both naturally fat free and low in calories. They are also full of fiber, vitamin C, calcium, folate, vitamin A beta-carotene, and antioxidants.

How to Prepare: Most commonly used in salads, on sandwiches and in cooked vegetable dishes.



Dressing your Salad

Herbed Vinegars: Herbed vinegars brighten a salad without adding calories or fat. Play with combinations of herbs and vinegars to find a pleasing combination but use no more than four different herb flavors at any one time. Twist the bunch of fresh, clean, dry herbs to release their natural oils. Fill a clean, pint sized glass jar 2/3 full with the fresh herbs. Pour the vinegar over the herbs, cover the jar with plastic wrap and secure with a rubber band. Store in the fridge for 2-4 weeks; be sure the herbs stay submerged in the vinegar. Strain the vinegar and store in a clean, sterile jar in the fridge. Try these herb and vinegar combos:

- Savory Basil: basil, 2 cloves of garlic and fresh Tabasco peppers with red wine vinegar
- Lemon Herb: lemon basil, lemon verbena, lemon balm and lemon thyme with white wine or cider vinegar
- Winter Herb Blend: rosemary, thyme and parsley with red wine or cider vinegar
- Summer Spruce: basil, chives, mint and lemon thyme with cider or rice vinegar

Green Goddess Dressing: Place 1 avocado (peeled and pitted), 1 1/2 cups fat-free buttermilk, 1/4 cup fresh chopped herbs, (such as tarragon, sorrel, mint, parsley and/or cilantro), 2 tablespoons rice vinegar, and 1/2 teaspoon salt in a blender and puree until smooth. Provides only 15 calories per 2 Tbsp.

Yogurt Based Ranch Dressing: Allow 1/3 cup plain, non-fat Greek Yogurt to sit in a coffee filter to drain out extra liquid. Stir in 2 tbsp fresh parsley, 1/8 tsp garlic powder, 1/2 tsp garlic paste, 1 tsp vinegar, 1/8 tsp dill, or to taste and salt and pepper to taste. Thin with fat free buttermilk to achieve desired consistency. Refrigerate for at least 2 hours before serving to allow flavors to come together. Provides only 25 calories and 4 g protein per 2 Tbsp.