

# RED LEAF LETTUCE



TASTE OF TEXAS 23-24 Harvest of the Month Club!



Spotlight Item for February

HARVEST OF THE MONTH  
FEBRUARY



## Fun Facts

- Lettuce is a member of the sunflower family.
- Lettuce is often eaten in a salad, a sandwich, a burger, or nachos! It adds a fun crunch!
- Darker varieties, like red leaf lettuce, provide more nutrients than light green lettuce.

## Joke of the Month

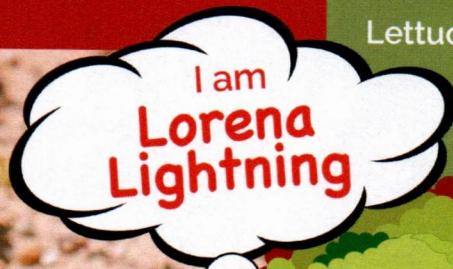
Knock, Knock

- Who's there?

Lettuce

- Lettuce who?

Lettuce in... we're cold!



I am  
**Lorena  
Lightning**

My favorite  
activities are  
football and  
playing frisbee.



Food and Nutrition Division  
Farm Fresh Initiative



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

This product was funded by USDA.  
This institution is an equal opportunity provider.



Updated 1/12/2022  
www.SquareMeals.org

# RED LEAF LETTUCE

HARVEST OF THE MONTH  
FEBRUARY



**Red leaf lettuce** has large, open leaves and is a reddish-purple color. Lettuce is harvested by cutting the short stem underneath the leafy mass called the "head." Other varieties include romaine, green and butter. Red leaf lettuce is fat-free and offers more nutrients than green lettuce. As one of the world's most popular salad vegetables, lettuce comes in many shapes, sizes and colors. It is usually served cold and fresh although it can be cooked or steamed for a culinary adventure.

## DID YOU KNOW?

Red leaf lettuce comes from a big family, including: new red fire lettuce, red sails lettuce, redina lettuce, galactic lettuce and benito lettuce.

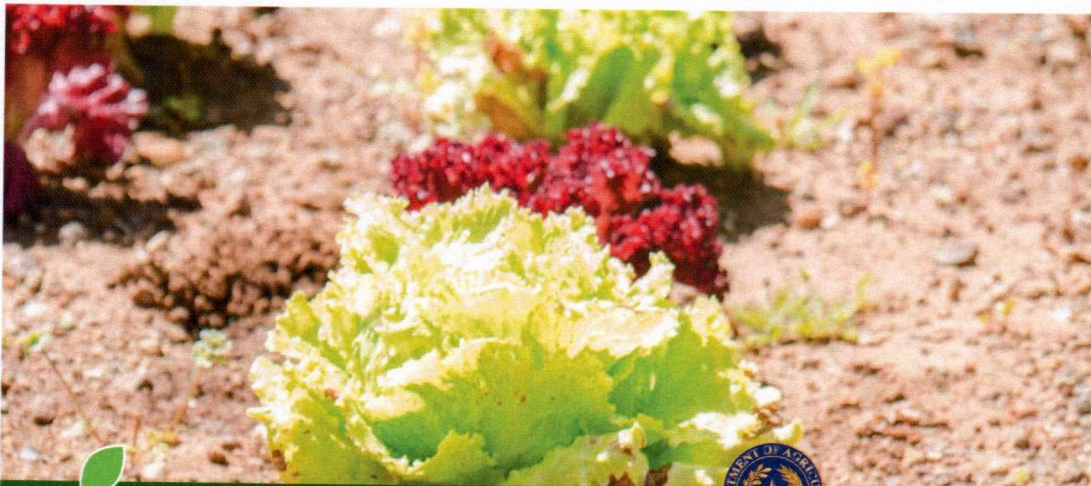
## FUN FACT

Did you know lettuce is a member of the sunflower family?



## RED LEAF LETTUCE GROWING REGIONS

1. The High Plains
2. North Texas
3. East Texas
4. Central Texas
5. Trans Pecos
6. Winter Garden
7. Coastal Blend
8. Rio Grande Valley



Food and Nutrition Division  
Farm Fresh Initiative

TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

This product was funded by USDA.  
This institution is an equal opportunity provider.



Updated 1/12/2022  
www.SquareMeals.org