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Lettuce is the Harvest of the Month!



Lettuce is an often-overlooked vegetable but should be on your plate! Iceberg lettuce is often the base of your salad or tossed on top of your burger. But there are many types of lettuce with unique flavors, nutrients, and uses. Let-tuce chat about leafy greens.

What is Lettuce: Lettuce is a dark, leafy vegetable grown in Wisconsin from June through September. We see 4 main types of lettuce in Wisconsin, Butterhead, Crisphead, Looseleaf, and Romaine. Try a variety to find what you enjoy best. USDA MyPlate recommends between 2-4 cups of vegetables a day for adults. However, because dark, leafy greens, like lettuce, tend to be less dense than other vegetables, 2 cups of leafy greens is one serving.

Benefits of Lettuce: Each type of lettuce has a slightly different vitamins and minerals. The general rule is the darker the leaf, the more nutrition! Leafy greens carry vitamins K, A, and Folate. They are very low in calories. The vitamins in lettuce can help with bone and blood health, fight infections, and prevent birth defects. One cup of Romaine lettuce contains 37% of your daily Vitamin K needs, 14% of your Vitamin A, and 3% of Folate, and only 8 calories!

How to Best Enjoy: Keep it healthy. Avoid adding lots of dressings and toppings. Adding other vegetables is healthy way to keep salads from being boring. Try sliced radishes, mushrooms, or cucumber. Check out these tasty options from USDA MyPlate: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/citrus-salad> or <https://www.myplate.gov/recipes/myplate-cnpp/apple-chicken-salad>

Written by Jace Purdy, FoodWise Nutrition Educator

What does physical activity look like?



Most adults should exercise regularly. That means 2 ½-3 hours of moderate-intensity aerobic activity each week PLUS muscle strengthening. What would that look like?



Moderate-intensity aerobic activity can take the form of anything that will get your heart rate up! It could be walking briskly, taking a bike ride, or working in your garden. We like to use the talk-sing test to gauge the intensity. If you can sing your favorite song, you are not at a high enough intensity. If you can only manage a few words before needing to catch your breath, you are working too hard. Aim for an hour, three times a week.



Muscle strengthening can look different from person to person as well. For some it is doing bodyweight exercises like pushups and squats. Some might work out at a gym. Others may climb the stairs. Choose something you enjoy. Try to move as often as you can. Set a goal to use those muscles for at least 30 minutes twice a week.

Coping with Rising Prices



With gas prices passing \$4.00/gallon in Wisconsin many of us are feeling the pinch at the pump. While many families are still recovering from losing income during the pandemic, the current spikes in prices for gas and food can feel particularly hard to manage right now. Consider trying some of the strategies listed below to keep costs down, allow you to meet your obligations, and to make room for the things you love to do.

Check out these tips to save on transportation costs.

- Plan ahead and combine trips. If you need to run to the grocery store, buy new shoes for your child, and pick up a prescription at the drug store, try to run all of those errands at once. That will save time and money over driving to and from your home for each one.
- Are there any opportunities to carpool? If your neighbor goes to the same house of worship as you, take turns driving each other to services. Do you pick kids up after school or from sporting activities? Try creating a carpool schedule with other parents so that you only have to make the trip a few times a week.
- If you live in an area that offers public transit, consider that as an alternative for some of your trips.
- As the weather warms, are there any places to which you can walk or bike instead of drive? We recognize this idea isn't feasible in many parts of the state.
- Consider temporarily transferring some of your activities closer to home, e.g. if you eat out for many of your meals try eating half of those meals at home.

For more tips on how to save money when times are tight visit

<https://kewaunee.extension.wisc.edu/2022/03/15/coping-with-rising-prices/>

LET US EAT LETTUCE

Select – Choose lettuce with fresh, crisp leaves.

Store – Keep lettuce in a plastic bag with small holes. Store in refrigerator for up to 1 week.

Prepare – Rinse carefully under cool running water and allow it to dry well.

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Add lettuce to your favorite family meals:

- Serve tuna, chicken, or egg salad on a bed of lettuce.
- Use lettuce instead of a bun for a burger or sandwich.
- Ran out of tortillas? Use a large leaf as a taco shell for leftover fillings.

Make meals and memories together. It's a lesson kids will use for life.

Did you know?

The four main types of lettuce include butterhead (Boston, bibb), crisphead (iceberg), looseleaf (red leaf, green leaf) and romaine. Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.

Nutritious, Delicious, Wisconsin!
#WISharvestoftheMonth

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant #AKC201100000360. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

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KIDS IN THE KITCHEN

Making salad is a great way to get kids involved in the kitchen! Kids can tear lettuce, rinse veggies, add toppings, and toss in the dressing.

UW-MADISON EXTENSION

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La cosecha del mes en Wisconsin

Nutritivo · Delicioso · Wisconsin

Harvest of the Month materials are available in Spanish or English:
<https://healthyliving.extension.wisc.edu/welcome-to-harvest-of-the-month/>

Apple Cider Vinegar Salad Dressing Serves 8

Dressing Ingredients

- 1/3 cup extra virgin olive oil
- 1/4 cup apple cider vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 garlic clove, minced (optional)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Directions: Put ingredients in a container with a lid. Shake for 30-60 seconds. Or whisk ingredients in a bowl. Store in refrigerator for up to 5 days.

Ideas: Instead of Dijon mustard, use brown or honey mustard. In place of honey, try maple syrup. Instead of Apple Cider Vinegar, use balsamic, white wine vinegar, or lemon juice.

Serving size: 2 tablespoons. Calories: 89kcal
Carbohydrates: 2g Fat: 9g Saturated Fat: 1g
Sodium: 141mg, Potassium: 5mg, Sugar: 1g

Photo: Elena Garcia