

EAT FRESH. LIVE BETTER.
**HARVEST OF THE MONTH:
LETTUCE**

www.qualitycareforchildren.org/farm-to-ece



**WHY IS LETTUCE
IMPORTANT?**

Lettuce is a good source of vitamin C, calcium, iron, and copper. The most important nutrients in lettuce are vitamin A and potassium.

MAKE IT!

CREAMY HERB DRESSING

- 2 tbsp. white wine vinegar
- Grated zest of one lemon
- 2 tbsp. fresh lemon juice
- ½ tsp salt, or to taste
- 1 tbsp. each of chopped chives, tarragon, and parsley (could be herbs from your garden!)
- 6 tbsp. extra virgin olive oil
- 6 tbsp. heavy cream
- 1 tsp. Dijon mustard

Directions: Put all ingredients into a container with a lid and shake until mixed.



READ IT!

Lettuce!
by Diana Kizlauskas



LETTUCE! is a deliciously tall tale about sharing. Good fortune runs amuck as Rabbit watches his crop of lettuce grow and grow and GROW!

What will he do with all this leafy goodness? Wacky neighbors help him solve his dilemma.

Buy this book here:
<https://amzn.to/2IK2p6v>

Want more books to read?
Look at our monthly book list:
www.qualitycareforchildren.org/homlettuce