



December

Not all salads are made with just lettuce and tomato.

What are some different types of salads you have tried that you enjoyed?

Are there any toppings you like on your salads?



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Would you rather:

Lettuce only in salads

OR

lettuce added to other recipes

?



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Lettuce grows well in Georgia school gardens and hydroponic classrooms.

What are the differences in these types of growing methods?



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Did you know lettuce is often used to add a “crunch” to recipes?

What are some dishes that remind you of lettuce’s “crunch” texture?



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Did you know lettuce varies in the nutrients it provides?

In general, the darker the color, the more nutrients the lettuce provides.



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Do you know how lettuce grows?

Some lettuce grows as head lettuce while others grow as loose leaf lettuce. Do you know the names of some common types of lettuce?

