

# Lettuce

**Lettuce is part of the Aster family of plants.**

**Lettuce is a leafy green vegetable that can grow as loose leaves or in a tightly packed head. It is enjoyed both raw and cooked.**

**There are many varieties of lettuce that provide Vitamin K and A. Typically, the darker varieties of lettuce provide more nutrients.**



Lettuce is a cool season vegetable, grown in spring or fall.

Lettuce is in season in Georgia from around October through May as long as it is protected from extreme heat or cold.

Hydroponic Bibb lettuce is one type of lettuce popular in GA schools. It's grown in a nutrient rich water solution instead of soil so it is available from GA year round!

Lettuce is an easy item to plant in our school gardens that can be harvested from all season long.



Georgia Department of Education School Nutrition

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