

Where Does Food Come From?



This month we talked about how food comes from farms. An easy way to reinforce this concept is to help your child grow some food!

Lettuce is a vegetable kids' enjoy. It grows easily from seed in a flower pot. Children can harvest a few leaves at a time for a salad and new leaves will continue to grow.

Don't feel you need a formal flower pot. You can cut the top off a plastic milk jug, add a few drainage holes in the bottom, and you have a great pot!

To plant the seeds, fill your container or a small cup with some potting soil. Gently tap a few seeds onto the soil – they don't need to be buried. Moisten the soil with a gentle stream of water. Loosely cover the container with plastic wrap or a paper towel to maintain the moisture. Check daily and gently water to keep soil moist.



When the seeds start to sprout, remove the cover and place your container in a sunny window. Place your container in a sunny spot outside once the temperature stays above 40 degrees at night. Continue to water to keep the soil moist. When the leaves get big enough, help your child harvest, wash, and taste some!



Here are some fun ideas for using your lettuce.

- Tuck lettuce leaves into sandwiches for extra color and crunch.
- Add shredded lettuce to wraps, tacos and tostadas.
- Make a lettuce wrap using lettuce as the bread.
- Toss lettuce leaves with your favorite nuts and cut-up seasonal fruits and vegetables for an easy side-dish salad.

