

# RED LEAF LETTUCE



HARVEST OF THE MONTH  
FEBRUARY



## Fun Facts

- Lettuce is a member of the sunflower family.
- Lettuce is often eaten in a salad, a sandwich, a burger, or nachos! It adds a fun crunch!
- Darker varieties, like red leaf lettuce, provide more nutrients than light green lettuce.

## Joke of the Month

Knock, Knock

- Who's there?

Lettuce

- Lettuce who?

Lettuce in... we're cold!

I am  
**Lorena  
Lightning**

My favorite  
activities are  
football and  
playing frisbee.



Food and Nutrition Division | Farm Fresh Initiative



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

This product was funded by USDA. This institution is an equal opportunity provider.



Updated 2/2019

# LECHUGA MORADA



LA COSECHA DEL MES  
FEBRERO



## Hechos Graciosos

- La lechuga es un miembro de la familia del girasol.
- ¡La lechuga se come a menudo en una ensalada, un sándwich, una hamburguesa o nachos! ¡Añade un crujido divertido!
- Las variedades más oscuras, como la lechuga de hoja roja, proporcionan más nutrientes que la lechuga de color verde claro.

## Chiste del Mes

TOC Toc

- ¿Quién está ahí?

Lechuga

- ¿Lechuga a quién?

Lechuga en ... ¡Tenemos frío!

Yo soy  
**Lorena  
Lightning**

Mis actividades  
favoritas son el  
fútbol y jugar  
frisbee.



Food and Nutrition Division | Farm Fresh Initiative



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

This product was funded by USDA. This institution is an equal opportunity provider.



Updated 2/2019