

CHEQUAMEGON BAY

Harvest of the Month

Growing Healthy Students

May/June



Did you know...?

Lettuce/ Gichi-waaboozobagoonsan

- ✓ Wild forms of lettuce in Egyptian tomb paintings and written accounts of lettuce that date back to 79 A.D. all support evidence that lettuce is one of the oldest known vegetables.
- ✓ In the United States, lettuce is the second most popular vegetable (behind potatoes).
- ✓ Today the average American eats five times the amount of lettuce per year than a person in 1900.
- ✓ Greeks used to serve lettuce at the end of a meal, as they believed it induced sleep.

How to Select and Store Lettuce

Regardless of the type, select lettuce that is fresh and crisp. Avoid wilted greens and lettuce that has slimy or brown spots. Choose heavy, compact iceberg heads and smaller romaine heads to avoid bitterness. Wrap lettuce in a damp towel or a perforated plastic bag and place in the crisper drawer of the refrigerator. Iceberg and romaine lettuce should keep for ten days while leaf and butterhead lettuce may only keep four days. Storing lettuce near apples or bananas that give off ethylene gas that will cause brown spots to develop on the lettuce. Wash lettuce in cool water just prior to using and dry well.

Nutrition Benefits of Lettuce

One cup of lettuce provides an excellent source of vitamin K (green leaf, red leaf, romaine, butterhead, and iceberg), an excellent source of vitamin A (green leaf, red leaf, romaine, and butterhead), a good source of folate (romaine and butterhead), and a good source of vitamin C (green leaf). Some varieties of lettuce, like iceberg, have been specifically cultivated to remove the bitterness from their leaves. These types of lettuce have a high water content, lighter colored leaves, and less nutrient value. Leaves with darker and colored leaves contain more antioxidants and nutrients.



****BUY LOCAL****

Want a steady supply of local produce, but don't have the time or space to garden? **Join a local CSA!**

Community Supported Agriculture (CSA) has become a popular way for consumers to buy local, seasonal food directly from a farmer. Interested consumers can purchase a share from a CSA farmer and in return receive a box of seasonal produce each week throughout the growing season. This arrangement creates several rewards for both the farmer and the consumer.

–**Farmers** get to spend time marketing the food early in the year, before their long days in the field begin, receive payment early in the season, which helps with the farm's cash flow, and get to know the people who eat the food they grow.

–**Consumers** get to eat ultra-fresh food, with all the flavor and vitamin benefits, are exposed to new vegetables and new ways of cooking, can develop a relationship with the farmer who grows their food and learn more about how food is grown.

Chequamegon CSA

Ann Rosenquist, manager (715) 779-3254

<http://www.localharvest.org/chequamegon-csa-M55949>

"Weekly deliveries of fresh produce, fruit, herbs, and flowers straight from our farms. Deliveries usually begin in early to mid June and continue weekly through the fall. Optional fall boxes and bread and jam share." Pick-up sites in Ashland, Bayfield, Washburn, Cornucopia, Herbster, Iron River, Brule, LaPointe, Port Wing, and Superior.

Elsewhere Farm CSA

Clare Hintz (715) 774-3153

<http://www.elsewherefarm.com/>

"We run a 20-week summer CSA from June through October. Each week will feature six to ten different crops plus occasional cheese from Sassy Nanny and eggs from Elsewhere on a biweekly basis. We also run a winter CSA featuring fresh greens and storage crops, plus treats like apple butter and apple cider." Pick-up sites in Herbster, Washburn, Bayfield, Ashland and Iron River.

Hermit Creek Farm CSA

Landis and Steven Spickerman (715) 492-5969

<http://hermitcreekfarm.com/>

"We offer several share options for spring, summer, fall, and winter. Shares include a mix of what's in season and typically include 8 to 12 items." Pick-up sites in Highbridge, Ashland, Washburn, Bayfield, Mason, Minocqua, Superior, and Duluth.

Lake Superior CSA

Stefanie - CSA Manager, at 218-409-6406

<http://www.lakesuperiorcsa.com/>

"Cheese, fruit, meat, bread, and more. The Lake Superior CSA promotes Whole Diet local eating." Pick-up sites in Ashland, Iron River, Superior, and Duluth.

Cooking Corner



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Spring Rolls

Ingredients

- 1 package of Spring Roll/Rice Wrappers (find in the Asian section of the grocery store)
- Lettuce leaves
- Fresh herbs (mint, basil, and/or cilantro)
- Cooked shrimp and/or cooked and shredded chicken
- Any other veggies such as shredded carrots, shredded purple cabbage, chopped red pepper, bean sprouts, etc.

For Dipping Sauce

- ½ cup water or chicken broth
- 3 Tbsp Peanut Butter
- Sriracha Chili Sauce to taste
- 1 ½ Tbsp Honey
- 3 Tbsp Soy Sauce
- 1 ½ Tbsp minced fresh ginger
- 2-3 cloves minced garlic

1 **Combine** dipping sauce ingredients in a microwave-safe bowl and heat on high for a minute or so. Whisk to combine and set aside.

2 **Fill** a pan with warm water. Soak one rice wrapper at a time until softened and flexible. Lay the softened wrapper flat, place desired fillings in the middle, and carefully roll up as tightly as possible, like a burrito. Assemble spring rolls ahead of time, or have everyone make their own, dipping and eating as they go.