

# HARVEST

## {Of the Month}



# LETTUCE

### Fast Facts

- ✔ Lettuce started out as a weed around the Mediterranean basin. It has since been **served in meals for more than 4,500 years.**
- ✔ Lettuce is the second most popular fresh vegetable in the United States, behind potatoes. **The average American eats approximately 25-30 pounds of lettuce each year.** Do you love lettuce as much as the rest of America? Share with us on social media using the **#MDKidsEatLocal!**
- ✔ Lettuce is categorized into two types: **head lettuce**, which includes iceberg, and **leaf lettuce**, which includes romaine, butterhead, and other leaf types.

### Availability

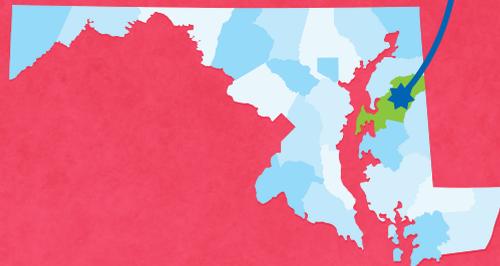
YEAR ROUND



### Featured Farm

**CHESAPEAKE GREENHOUSES**  
**QUEEN ANNE'S COUNTY**

Chesapeake Greenhouse is a commercial greenhouse which grows 12 varieties of lettuce and 10 types of herbs. Their growing method is called Controlled Environment Agriculture, also known as Hydroponic, which, allows them to grow their product indoors all year long. You may even see their produce in school lunches!



**MARYLAND DEPARTMENT OF AGRICULTURE**  
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