



Lettuce *Lactuca Sativa L.*

- Ⓢ The word Lettuce derives from the French word *laitue* meaning milky. *Sativa* means grown from a seed.
- Ⓢ There are 4 varieties: Butterhead (Bibb, Boston), Cos/Romaine, Crisphead (Iceberg), and Leaf Lettuce (Oak Leaf, Red Sails). French Crisp, Batavian, and Nevada lettuces are an intermediate between Butterhead and Crisphead.
- Ⓢ Lettuce originated in Asia Minor and has been eaten since the 6th century BC. In 1885 there were ~ 90 different varieties.
- Ⓢ Lettuce is very low in calories. It aids digestion and promotes liver health. Research shows it can reduce the risk of heart disease, stroke, cataracts, and cancer and may ease nervous insomnia.
- Ⓢ *Storage:* Keep in a plastic bag wrapped in a paper towel in the refrigerator.
- Ⓢ *Serve* in a salad mixed with almost anything. Wrap your favorite foods in it for a scrumptious roll. Grill it! Season with oil, vinegar, mustard, salt, and/or pepper.



www.seasonalchef.com

Asian Lettuce Wraps

- 1/2 package bean thread noodles, cooked according to package directions
 - 1 tablespoon vegetable oil
 - 1 bunch green onions, thinly sliced
 - 1/2 teaspoon minced garlic
 - 1 (14 oz) package firm tofu, drained and cubed
 - 2 carrots, shredded (or 1 bag shredded carrots)
 - 3 tablespoons Hoisin sauce
 - 2 tablespoons soy sauce
 - 1 teaspoon sesame oil
 - 10 leaves of basil
 - 1/4 teaspoon hot chile paste
 - 1 head lettuce leaves, separated
1. Heat oil in a wok over medium-high heat. Cook the green onions, and garlic for 5 to 7 minutes, or until lightly brown. Add the tofu, carrot, Hoisin, and soy sauce, stirring frequently until heated through. Remove from heat, and stir in the sesame oil and chile paste.
 2. To serve: spoon a small amount of noodles into each lettuce leaf, top with the stir-fry mixture, and drizzle with additional soy sauce or Hoisin, if desired. Layer 1-2 basil leaves on top. Wrap the lettuce leaf to enclose the filling.

Have a question? E-mail us at washsquarecsa@yahoo.com.

Bank Street Says Thank You!

The Bank Street Head Start Community would like to express gratitude to the Washington Square CSA for allowing us to have this great opportunity of receiving free, fresh, locally grown farm food. Bank Street Head Start serves 90% of families that fall within the federal government poverty guidelines and 10% that are above.

Your program has allowed many members of our community to obtain fresh food items that they may not ordinarily be able to purchase.

One of our parents, Susan McKeown, has been able to attend a cooking demo and pick up the food a couple of times. She has shared this positive experience with other parents and staff. Other parents, who have received fresh food, have commented in positive ways about preparing and tasting the foods for the first time. This opportunity provides learning experiences for the parents of our program, through the cooking demo classes and for some the first time experience with some of the food, which in turn creates a better healthy eating environment for their families

At Bank Street Head Start, we are committed to providing high-quality services to our families and staff, and your donation to us supports this goal. It reinforces the messages we promote in relationship to proper nutrition and its benefits. Parents and staff alike are very excited to receive the fresh vegetables.

It is our hope that we can continue to make good use of this offer and expose more parents and staff to this great opportunity. We will be on break for six weeks this summer but hope to be able to attend the cooking classes and receive the food during that time.

It has certainly been a positive addition to our community and we would like to see it grow. We look forward to a continued relationship with you.

Thanks,

The Bank Street Head Start Family!

Have a question? E-mail us at washsquarecsa@yahoo.com.