

# FRUIT AND VEGGIE NEWSLETTER

*February Edition*



## IN THIS MONTH'S ISSUE

### VEGGIE OF THE MONTH

Hydroponic Lettuce



### FRUIT OF THE MONTH

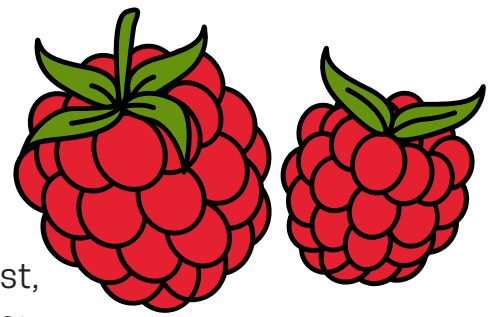
Raspberries

## NEVER TRY, NEVER KNOW!

### THIS MONTH'S FUN FACT:

This month's veggie of the month is delicious and crisp lettuce grown hydroponically in Denver, Colorado from Kalera!

# RASPBERRIES



- Raspberries are a great source of vitamin C for an immunity boost, and healthy skin and gums! 1/2 cup of raspberries provides 100% of your vitamin C per day!
- Raspberries belong to the genus Rubus, which is a part of the rose family
- Raspberries can be grown from the Arctic to the equator.

## FUN WAYS TO EAT RASPBERRIES

### HOW DO THEY GROW?

Raspberries' underground root stem and crown are perennial, meaning they come back year to year without re-planting.

- Add to a salad
- Make a raspberry sauce for pancakes or waffles
- Add to smoothies
- Mix into oatmeal
- Use in yogurt parfaits
- Make raspberry scones



# HYDROPONIC LETTUCE

## FUN WAYS TO EAT HYDROPONIC LETTUCE

- Hydroponic lettuce is a great source of **vitamin K** and **vitamin A**.
- Grown locally, so comes to our students fresher and reduces carbon footprint.
- Grown indoors- not impacted by pesticides, pests, or temperature swings
- Hydroponic farming uses **97% less water!**

- Use to make a fresh salad
- Use as a lettuce cup for chicken or tuna salad
- Add to homemade spring rolls or wraps
- Add to a soup

### HOW DO THEY GROW?

Grown indoors without soil. Lettuce is grown in a water-based nutrient solution. Use of grow lighting to support year-round growth regardless of cold weather

