

# FRUIT AND VEGGIE NEWSLETTER

*February Edition*



IN THIS MONTH'S  
ISSUE

## VEGGIE OF THE MONTH

Hydroponic Lettuce



## FRUIT OF THE MONTH

Tangelo

NEVER TRY,  
NEVER KNOW!

Check out the salad bar in the Cafe to try this month's fruit and veggie! If you never try, you 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!

# TANGELO

Tangelos are great sources of many vitamins and minerals including:

- **Vitamin C**- One tangelo contains 100% of the daily needs for Vit. C, which helps us heal faster, have a stronger immune system , and healthier skin!
- **Folate**- Helps the body make new cells
- **Potassium**- Helps with heart and muscle function, ensuring the body can achieve physical tasks like sports



## HOW DO THEY GROW?

Grows in warmer climate like Florida or California. Tangelos are a cross between a tangerine and a grapefruit. They're best eaten or picked in the winter

## FUN WAYS TO EAT TANGELOS

- Use as marinade for chicken or pork
- Add to fish packet and bake in foil
- Add juice and zest to make a salad dressing
- Delicious as is for snacking!



# 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 tempature swings
- Hydroponic farming uses **97% less water!**

## FUN WAYS TO EAT HYDROPONIC LETTUCE

- 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