

February Vegetable- Hydroponic Lettuce

Fun Facts

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

-Kalera is a vertical farm that offers many benefits to our students and climate:

-Provides locally grown produce during winter months in Colorado

-Kalera uses no harmful sprays

-Kalera lettuce offers quality nutritious lettuce, with higher amounts of vitamin K than conventionally grown lettuce. Vitamin K supports bone strength and blood clotting

- Vertical gardens use 97% less water and significant less land than traditional farming

- High quality taste and crispness!



PSD Taco Salad

Ingredients:

- 1 cup Kalera Lettuce
- 2 tbsp shredded cheddar
- 1 cup spinach
- 1/3 cup beef crumbles with taco seasoning
- 1/8 cup corn (fresh, frozen, or canned)
- 1/8 cup black beans
- 1/4 cup tomatoes
- 1 whole wheat tortilla

Instructions:

1. Prepare beef with taco seasoning
2. Cut tortillas into quarters. Place tortilla on a sprayed baking sheet. Place in a 350°F oven until the tortilla start to brown. Remove the pan and let cool slightly. Set aside
3. Wash and chop tomatoes
4. Mix Kalera lettuce and spinach
5. Top with corn, black beans, tomatoes, cheese, and beef crumbles
6. Add tortilla quarters on side
7. Top with dressing or salsa



Kalera is sold fresh at most King Soopers grocery stores!