Lettuce

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Greeting from the farm! We hope you all had an enjoyable Memorial Day weekend. Spring is in full swing now which means lots of seeding, transplanting, and weeding. CSA members have expressed interest in getting their hands dirty and helping out of the farm. We happily accept all the help we can get and would love the opportunity to get to know all of you better.

Our volunteer hours are as follows:
Tues: 9-2
Wed: 9-2
Fri: 9-12
Sat: 9-12
If you can’t come during these times, just let us know and we can probably accommodate a different time. Also, to show our appreciation to all of our wonderful CSA members, we will soon have charming tote bags for you take your veggies home in! Thank you so much for supporting local agriculture and we look forward to serving you the rest of the season.

Your USU Student Farmers,
Bethany, Sara, Crista, Ashley, Brianne, and Blake

A Bit About Lettuce

*Lactuca sativa* is the botanical name for common garden lettuce. The name is derived from the Latin word "lactis," meaning milk, since a milky white sap is found in the stems and thicker veins of lettuce plants.

Originated around Asia Minor, the earliest depictions of lettuce date back to carvings in Egyptians temples.

Nowadays, some lettuces are especially bred to remove the bitter taste from their leaves. Bitter tasting lettuces and the one with pigmented leaves contains more antioxidants.

Kitchen Tips

4 minutes can add up to a week to the life of your lettuce. Here’s how:

**Prep:** wash leaves
**Paper towels:** pat dry thoroughly
**Plastic bag:** place in bag with a paper towel (soaks up excess moisture), press and seal to eliminate all the air.

**Proper conditions:** place in crisper, keep the humidity low—too much will wilt your lettuce, keep at proper temperature

**Protect:** keep your greens away from other fruits and veggies that produce ethylene gas (apples, peaches, tomatoes, avocados, etc.) to protect from wilting.
Gardening Wisdom of Old

Lettuce Salad
Wash and dry nice leaves of lettuce, and pour over a salad dressing, and garnish with slices of hard-boiled eggs.

-The Successful Housekeeper, 1887

Recipes

Close to 600 cooks on allrecipes.com gave this salad dressing a 5 star rating. Try it out!

1/4 cup mayonnaise  1 tablespoon prepared mustard
1 tablespoon honey  1/2 tablespoon lemon juice

In a small bowl, whisk together the mayonnaise, mustard, honey, and lemon juice. Store covered in the refrigerator.

In my mind, lettuce is like a white empty canvas (well, in this case, a green canvas) onto which you can paint any flavors you like. Your masterpiece can be simple or stylish, savory or sweet. Here are some tried and true salad dressing recipes from Brianne and Sara to try out:

Brianne’s Poppy Seed Dressing
Mix in blender:
2/3 C rice vinegar (or white vinegar)
1 green onion
1/4 C sugar
2 tsp regular mustard
1 Tbsp poppy seeds
1 C olive oil
2 tsp salt, or tt

And that’s it! If stored in the fridge, the oil tends to harden so make sure to set it out on the counter prior to use.

Sara’s Basic Vinaigrette

“Simplicity is the ultimate sophistication”. Leonardo Di Vinci was onto something. In Italy, this bit of wisdom is applied everyday in the kitchen to make the perfect vinaigrette. This is Sara’s favorite way to dress up her salad:

1. Sprinkle salt
2. Sprinkle pepper
3. Pour olive oil
4. Pour balsamic vinegar (or other types you like)

Note: sprinkling the solids before the liquids is essential as the oil and vinegar carry the salt and pepper down through the salad.