



# Try the April Harvest of the Month! ..... **Lettuce** .....



This institution is an Equal Opportunity Provider.





# IDEA Child Nutrition Program April 2024 Harvest of the Month Recipe

## Romaine Stir Fry



### INGREDIENTS

- 1 Tbsp. olive oil
- 2 Tbsp. chopped ginger
- 3 green onions thinly sliced (keep stems for garnish)
- 1 lb chopped romaine
- 1 red bell pepper
- Sauce
  - 2 Tbsp. soy sauce
  - 1 Tbsp. brown sugar
  - 1 Tbsp. sesame oil
  - 1 Tbsp rice wine vinegar
  - 1/2 Tbsp. cornstarch

### STEPS

1. Pour all your sauce ingredients into a jar and cover with a lid. Shake vigorously until all ingredients are combined and set aside.
2. To a skillet on high heat, pour in olive oil.
3. Once the oil is hot, add in the whites of your green onion and chopped ginger. Sauté this until ginger is fragrant and onions have softened.
4. Add chopped romaine and sliced bell pepper next and sauté for about 2-3 minutes or until lettuce has wilted.
5. Pour sauce over the wilted veggies and let this cook for another 2-3 minutes to allow sauce to reduce and thicken.
6. Garnish with sesame seeds and thinly sliced green onion stems.
7. Serve over rice or as a side with your protein of choice.

This institution is an Equal Opportunity Provider.





# IDEA Child Nutrition Program

## April 2024 Harvest of the Month

### Lettuce

#### VARIETIES

##### Romaine Lettuce



With its long crisp leaves, this variety of lettuce is a great source of vitamin A which helps maintain a healthy immune system!

##### Iceberg Lettuce



Known for its mild flavor, this variety of lettuce is one of the most popular choices in the U.S.

##### Butter Lettuce



Named for its silky smooth leaves, this variety of lettuce has a slightly sweeter flavor and works well in a salad!

#### Lettuce FAST FACTS

Lettuce is a vegetable that has a high water content and is a great source to help with daily hydration.

Lettuce originated in the Mediterranean and is now a vegetable enjoyed in many different countries!



While lettuce is most commonly recognized as green, there are red and purple varieties as well.

That crunch you get when you bite into lettuce is provided by the abundant fiber found within the leaves!

#### IDEA FARM NEWS

IDEA Public Schools has 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2024-2024 school year.



IDEA Elsa  
IDEA Edgemere  
IDEA Donna  
IDEA Bridge

IDEA Rundberg  
IDEA San Benito  
IDEA Monterrey Park  
IDEA Burke

IDEA Eastside  
IDEA Quest  
IDEA Horizon Vista  
IDEA Achieve

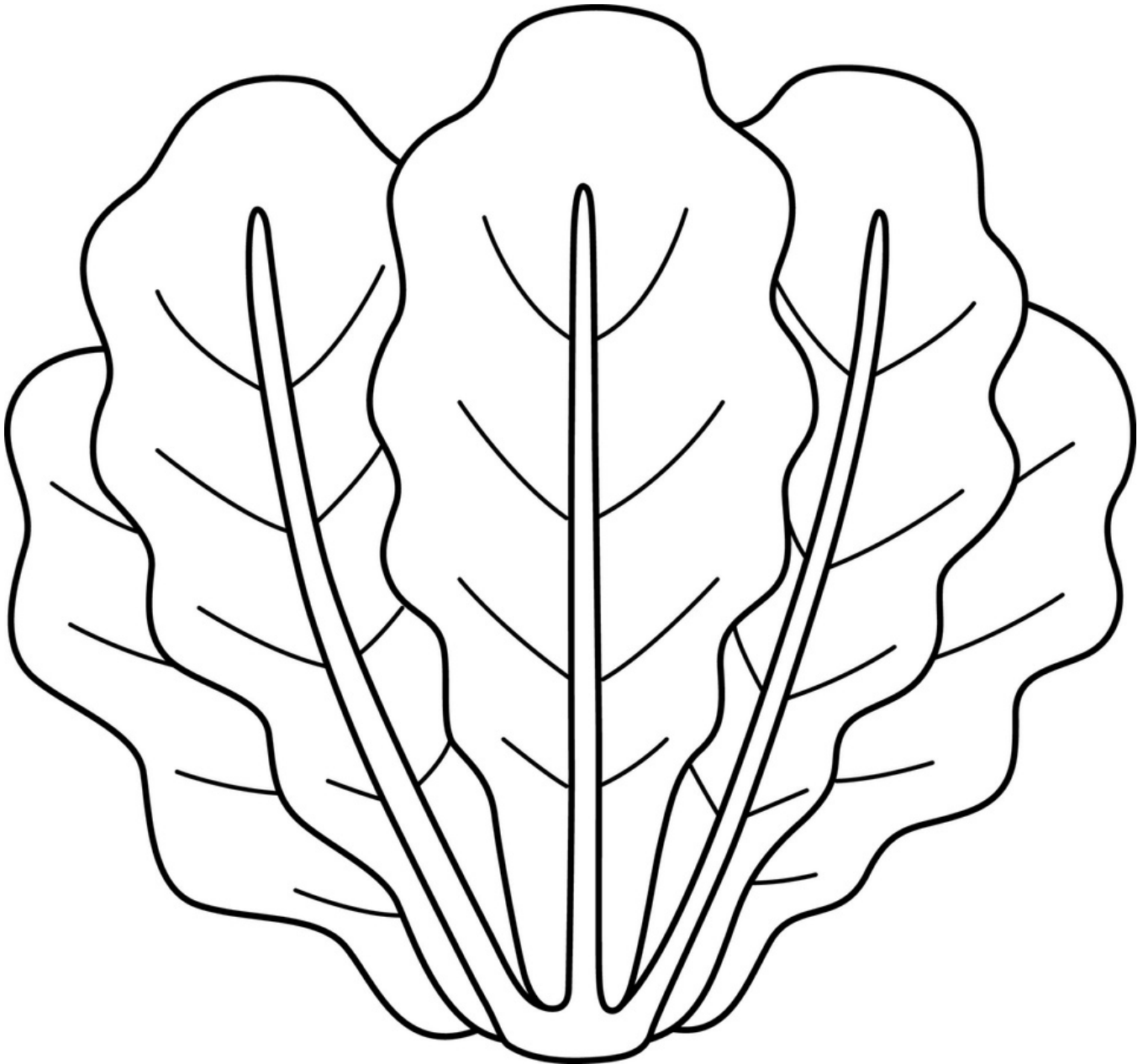


This institution is an Equal Opportunity Provider.



# IDEA Child Nutrition Program April 2024 Harvest of the Month

## Coloring Activity



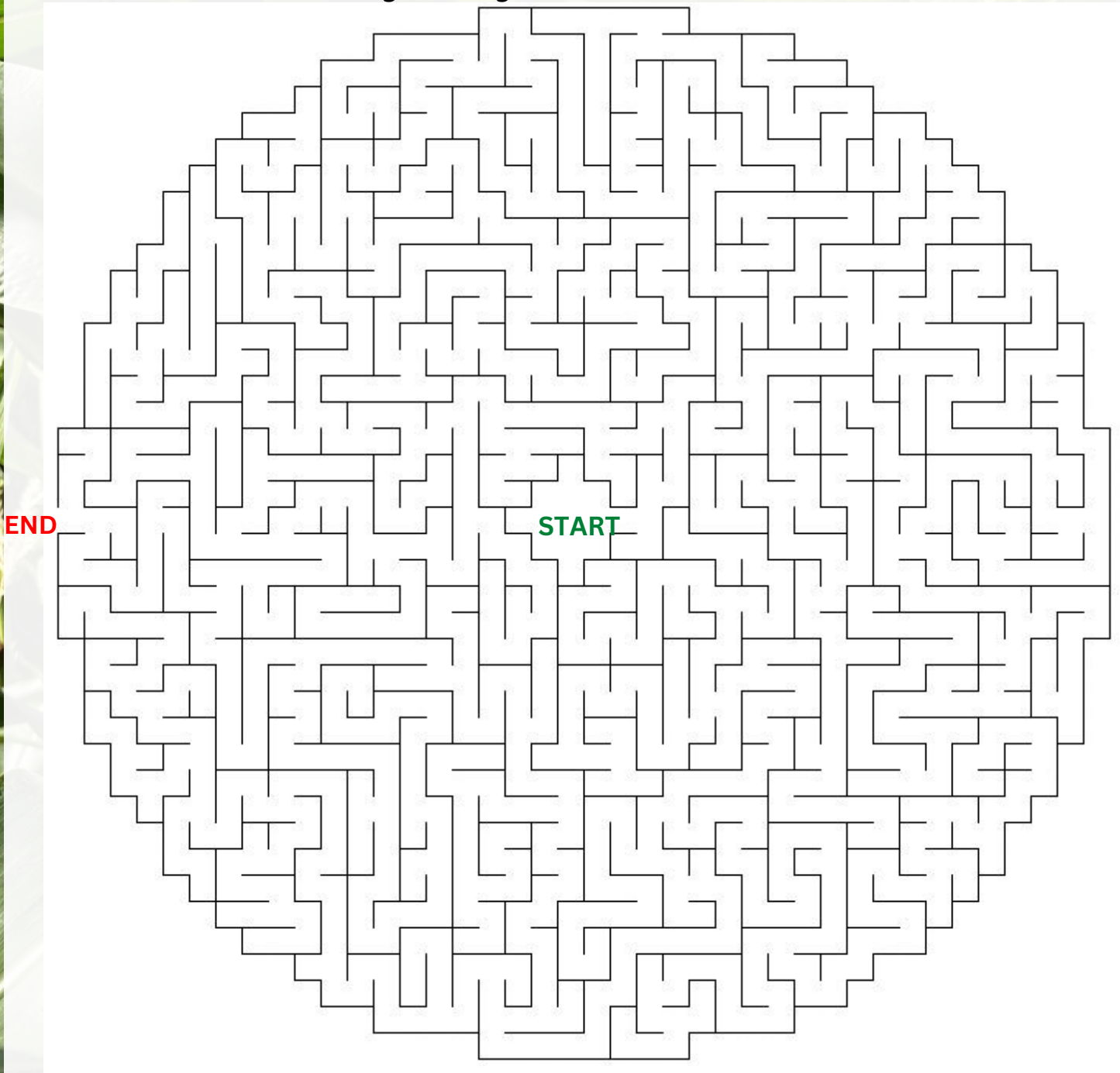




# IDEA Child Nutrition Program April 2024 Harvest of the Month

## Maze

**Directions:**  
Find your way to the end of the Maze!





# IDEA Child Nutrition Program

## April 2024 Harvest of the Month

### Word Search

#### Directions:

- Find the Lettuce related words in the puzzle.
- Words can go in any directions and can share letters as they cross over each other.

APRIL  
FRESH  
LETTUCE  
TASTY

CRUNCHY  
GREEN  
SALAD  
VARIETY

FIBER  
LEAF  
SHREDDED  
WATER

S	E	I	V	A	J	Z	V	V	T	N	T	Y	A
X	A	C	Y	E	J	H	F	O	A	N	T	H	D
O	V	L	U	U	P	L	R	P	S	E	W	F	E
S	U	A	A	T	T	Z	R	O	I	E	I	A	D
J	D	P	B	D	T	I	K	R	F	X	W	J	D
T	A	S	T	Y	L	E	A	R	R	F	I	B	E
H	J	O	B	N	L	V	L	E	M	I	N	T	R
I	B	W	O	G	H	I	T	L	C	R	N	S	H
Z	J	O	V	R	V	A	T	V	G	Y	S	F	S
H	X	K	S	J	W	I	I	K	J	O	Z	A	N
D	S	E	W	M	B	X	H	L	A	I	I	E	O
K	S	E	N	M	L	E	U	B	O	R	U	L	M
M	W	T	R	Z	N	E	E	R	G	U	L	R	S
P	X	M	M	F	B	A	H	L	I	I	Z	W	M
V	G	V	V	H	I	T	A	A	Y	D	F	A	N





# IDEA Child Nutrition Program April 2024 Harvest of the Month

## Word Scramble

Directions:  
Unscramble the Lettuce Related Words!

### Scrambled Word

### Unscrambled Word

1. TUECELT
2. EVALSE
3. FBEIR
4. NERAIMO
5. CEBEIRG
6. SICPR
7. ASLDA
8. RNIOYATHD
9. SITNMIVA
10. HFSRE
11. RTWAE
12. RILAP

---

---

---

---

---

---

---

---

---

---

---

---

#### ANSWER KEY

12. APRIL  
11. WATER  
10. FRESH  
9. VITAMINS  
8. HYDRATION  
7. SALAD

1. LETTUCE  
2. LEAVES  
3. FIBER  
4. ROMAINE  
5. ICEBERG  
6. CRISP

This institution  
is an Equal Opportunity Provider.