

What's GROWING ON at



Lettuce Be Healthy

Lettuce is inexpensive to grow and nutritious to eat. It is a cool weather crop that grows well in lower light conditions, which means you can even grow it indoors by a sunny window. Additionally, lettuce varieties are very diverse offering a wide assortment of textures, flavors, and colors to enjoy.

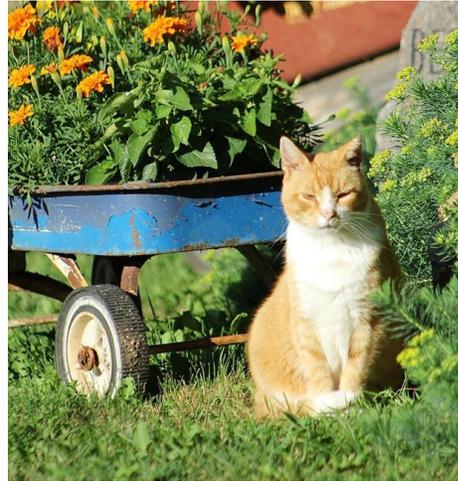
- ◆ Try a crispy Romaine lettuce, which offers vitamins K, C, and A, folate, fiber, manganese, and iron.
- ◆ Butterhead lettuce is soft and sweet. It has the same benefits as Romaine in addition to potassium and calcium.
- ◆ Try a baby leaf mix for extra protein and fiber. It is sweeter and more flavorful than iceberg lettuce. It is ready to harvest in 25-35 days, unlike iceberg which takes 80 days.
- ◆ Black Seeded Simpson is fast-growing variety with a mild flavor that tolerates heat, drought, and frost.

A Basic Smoothie Recipe

Smoothies are a refreshing way to enjoy fruits and veggies on a hot summer day. Have fun experimenting with different flavor combinations!

- ◆ 1 cup of yogurt (choose your flavor)
- ◆ 1 1/2 cups fresh or frozen fruit
- ◆ 1 cup of juice or milk (your choice)
- ◆ 1/2 to 1 cup ice cubes
- ◆ 1 Tablespoon honey or a splash of vanilla (optional)
- ◆ For added nutrients, try adding a handful of fresh kale or spinach leaves or a spoonful of wheat germ or ground flax seeds.

Place all ingredients in a blender and blend until smooth. For best results, serve immediately. Makes 2 servings.



This friendly feline has been with us since 2001 when he was found as an abandoned kitten in downtown La Crosse. He is a great mouser and snuggler.

Barney the Farm Cat

Delicious Smoothie Flavors

- Strawberry Banana or Strawberry Kiwi
- Berry Blast (strawberry, blueberry, raspberry, etc.)
- Blueberry (try with vanilla or cinnamon)
- Peanut Butter Banana (try with chocolate)
- Maple Nut (try almonds or pecans)
- Orange Mango or Peach Mango
- Pineapple Coconut
- Carrot Apple