



THE
GROW
GUIDE
FALL 2021



LETTUCE
GROW



Harvest Moons & Comfort Food

The year's winding down - but the magic is just beginning.

As the last light of summer slowly fades into fall, we're setting our tables under the peaceful glow of harvest moonlight. Call your friends, unfurl the blankets, and uncork the wine: A season of cozy comforts and decadent plates awaits. Let the hearty soups, one-pan-roasts, signature side dishes and shared belly laughs warm your soul. No matter the chill, there's a lot here to celebrate - and, as always, there's more than enough to share.

YOUR FALL FORECAST

Sure, we're sad to see summer go, but look on the bright side: Cool afternoons, comfort food, and **lots** of pumpkin spice await. Embrace the shorter days and newly mild temps with these handy plant care and Farmstand maintenance tips, tailored especially for the season.



Seasonal Reset

Whether you're growing outdoors or planning to move indoors, a seasonal reset is the perfect way to remove plants that won't thrive this autumn, making way for new varieties!



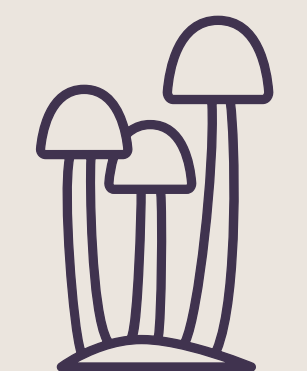
Electrical Outages

As rainy spells loom, be sure to double-check that all of your outdoor cords and connections are protected. Try our silicon gaskets, or prevent a tripped-up outlet with a durable protective box.



pH Changes

Speaking of rain, it's typically acidic, so stay on the lookout for a pH change after heavy storms. Raise your Farmstand's pH by removing some water from your tank and replacing it with a fresh-from-the-hose portion.



Pest and Fungal Prevention

Good news: Pests tend to chill out during cooler months! That said, you may encounter some fungus, which can form on leaves when excess moisture isn't burned off by the sun or wicked away by the wind. Our go-to preventative measure couldn't be easier: Just apply a copper-based fungicide to nip any issues in the bud. Be sure not to spray before a rain-storm, and wait to spray until after your plants have dried off.



Patience is Key!

If you're growing outdoors, you may notice your plants growing at a slightly slower pace during this cooler, darker season. No worries - this is totally normal with less sunlight. You'll have a harvest in no time!

CHILLING OUT

Your thermostat may be dropping, but fret not: Cold temperatures are totally manageable. While chills and overnight frosts have potential to slow down growth or damage plants, these tips should keep your seedlings thriving - even through the most challenging of freezes.

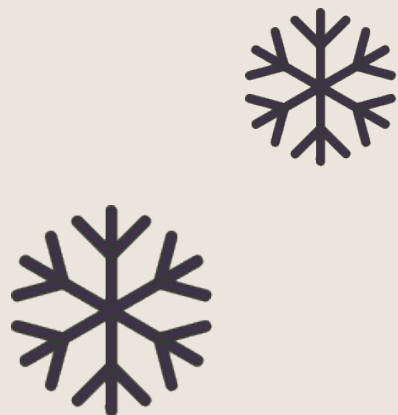
Rain

You don't need to make any changes to your watering cycles when it rains! Your plants still need the nutrients in your Farmstand's water and will naturally dry out once the weather clears up.



Aquarium Water Heater

If you expect overnight temperatures to dip below 45°F, try a water heater to promote plant growth and protect against the occasional frost or freeze.



Insulating Your Farmstand

In the event that an overnight frost or freeze is expected, you can insulate your plants by wrapping a cover or sheet around your Farmstand to trap warm air.



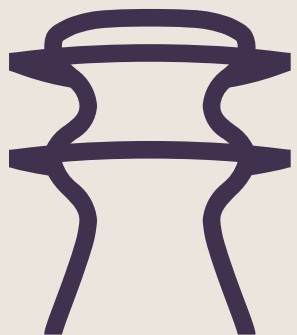
Wind

Strong gusts of wind can damage seedlings, so we'd recommend moving your Farmstand to a protected area or bringing your seedlings inside to weather the storm. Place their roots in a tray of water until they can be replanted - it's the safest possible spot!



Glow Rings

When temperatures start to drop below freezing, you should bring your Farmstand inside and grow indoors using our Glow Rings. We designed these energy efficient lights to fit seamlessly around your Farmstand, providing plants with all the support they need to flourish - sans sunlight.



LESS IS MORE

Throughout this season of less sunshine and cooler temps, plants actually need fewer nutrients and less water to thrive. Use this guide as a reference to adjust your watering cycles and nutrient dosages, and your plants won't be overwhelmed anytime soon.

**Noticing brown tips or stunted growth? These could be signs of overwatering. Try decreasing your day watering cycle by 15 minutes and see how your plants react. If plants wilt, then they are not getting enough water, and you should return to your original watering schedule.*

| NUTRIENT DOSAGES - PART A & PART B | | | | | |
|------------------------------------|----|----|-----|----|-----|
| FARMSTAND SIZE | 12 | 18 | 24 | 30 | 36 |
| INITIAL DOSE | 4 | 4 | 4 | 4 | 4 |
| FALL | 1 | 1 | 1.5 | 2 | 2.5 |
| INDOOR | 1 | 1 | 1.5 | 2 | 2.5 |

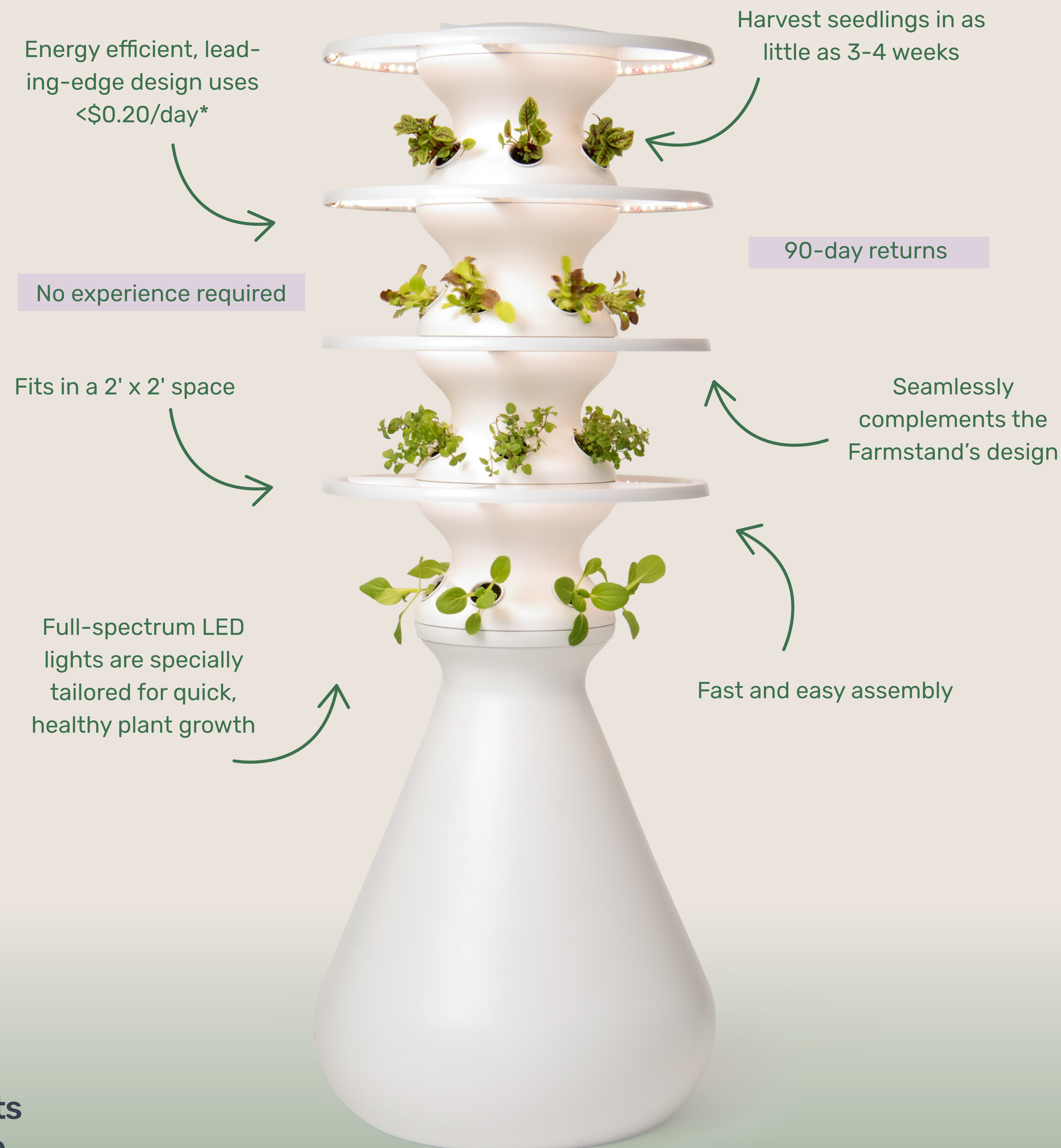
These recommendations are based on seasonal averages in Los Angeles. Once you create an account and enter your zip code we will provide customized nutrient dosing recommendations in the Lettuce Grow app and other digital communications.

| TIMER SETTINGS | DAY | | NIGHT | |
|------------------------------------|-----|-----|-------|-----|
| CONDITIONS <i>(avg daily temp)</i> | ON | OFF | ON | OFF |
| Hot >95F | 30 | 15 | 15 | 30 |
| Warm 60F-95F | 15 | 15 | 15 | 120 |
| Cold <60F | 15 | 45 | 15 | 120 |
| Indoor | 15 | 45 | 15 | 120 |



GIVE YOUR FARMSTAND A GLOW UP

Sunshine playing hard to get? That's where Glow Rings by Lettuce Grow come in! Our expertly crafted indoor lighting system is guaranteed to keep you harvesting fresh, healthy produce - no matter what clouds come your way. Check them out [here!](#)



JOIN OUR GROW-YOUR-OWN MOVEMENT FOR:

- More nutrient dense food
- Less food and packaging waste
- An easier way to grow
- Knowledge about your food's roots
- Fewer trips to the grocery store
- Sustainably grown produce



*This depends on the size of your Glow Rings and local electricity rates.

GET INTO THE SPIRIT

It's **officially** the most wonderful time of the year. We see dinner parties, pot-lucks, cocktail hours, and maybe even office karaoke in your future. Whether you're prepping for a haunted Halloween party or already planning to deck the halls, consider this your guide to harvesting for everyone's favorite holidays. (*Dancing shoes not included.*) Get seedlings for your next big meal [here!](#)

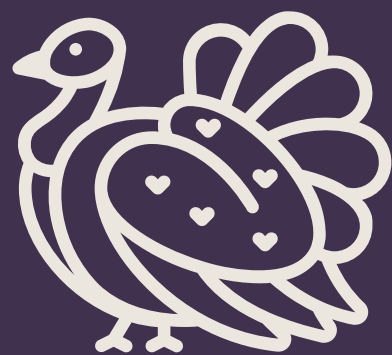
Halloween

Sure, we love a spooky season full of tricks - but your dining table is set to be a real treat. Gear up for a night in the neighborhood with nutrient-rich leafy greens, or keep things balanced with post-sugar-crash smoothies. *Start growing greens like kale, spinach, Swiss chard, komatsuna, and celery about a month in advance.*



Thanksgiving

Whether you've been trusted with the main dish or are whipping up a few signature sides, your Farmstand is sure to make the ultimate sous chef. *Plant herbs 6 - 8 weeks before the big day to ensure harvests hearty enough to power all your dishes!*



Christmas

Be prepared just in case Santa doesn't give you that head of broccoli you've been asking for all year! *Plant main-dish-worthy, large stature veggies 3 months out from the big day.*



Hanukkah

Get ready for 8 days of easy-to-share meals, all powered by Farmstand-fresh produce! *Pop herbs, lettuces, and leafy greens into your Farmstand 6 weeks in advance to guarantee a table filled with fresh picks!*



New Years

Celebrate the ball drop with delicious (and countdown-approved) traditions. Collard greens are considered lucky in Southern traditions, while cabbage takes the cake in places like Germany and Ireland. *Resolve to plant both around 4 months out from the start of the New Year, and consider another year of fortune in your favor!*



HARVEST CALENDAR

Planning a special occasion or a festive feast? Keep this chart handy as you decide when certain varieties are ready to be harvested and cooked. Pay special attention to each seedling's first harvest and cut and come again windows. Ready for a reset? We've even added a reminder for the day you should fully remove plants and place new seedlings.

These are estimates and everyone's growing environment is different, so don't stress if your seedlings grow at a different pace. Slow and steady tastes just as delicious. Visit each variety's [seedling page](#) for more specific information!



*The outer leaves of broccoli and cabbage can be harvested as the heads develop.

BUNDLE UP FOR COOLER WEATHER

If you're anything like us, you've officially unpacked all those heated blankets and chunky knits. The finishing touch to your favorite fall festivities? A menu of simple, heartwarming meals that will keep your soul and body nourished, all autumn long. Enter the cornerstone of all things comfort food – fall's very best seedling bundles! From the Italiano to the Best of Fall and Rise & Shine bundles, there's a seasonally curated lineup for every cozy little moment. PS: It just might be time to bring back your stretchiest sweatpants.



Italiano Bundle

Take a trip and enlighten your taste buds with the wonderfully indulgent flavors of autumn in Roma. Consider these crisp varieties the perfect complements to your most treasured Italian recipes, from pastas and pizzas to rich, hearty soups. Bottle of wine not included – but **highly** recommended.



SEEDLINGS: Broccoli Raab, Dazzling Blue Kale, Lolla Rossa Lettuce, Sylvetta Arugula, Fennel, Italian Parsley

Oven Risotto with Tuscan Kale Pesto

We're about to change your life – it turns out that you can cook risotto in the oven! Ditch that endless stirring over the stovetop, and you'll still end up with the creamy risotto of your dinner party dreams.

- | | |
|---------------------------|---|
| 1/2 c walnuts, divided | salt and freshly ground pepper to taste |
| 4 Tbsp olive oil, divided | 1/2 c dry white wine |
| 1 onion, finely chopped | 2 c tuscan kale leaves, torn, divided |
| 1 c arborio rice | 3 ounces parmesan, or vegan alternative |
| 2 cloves garlic | |

1. Preheat oven to 350. Place walnuts on a small baking sheet and toast in the oven for 8-10 minutes until golden and fragrant. Set aside. In a braising pan or large saucepan, heat 2 T olive oil until it shimmers. Add chopped onion and turn heat down to medium-low, and cook until onions are translucent. Be careful not to let onions brown.
2. Add rice to pan, and season with salt and pepper to taste. Stir rice grains until some of them turn translucent. Add wine to the pan and continue stirring and cooking until wine is almost evaporated. Add 2 cups of water and bring to a simmer. Cover and place in the oven and bake for 12-15 minutes.
3. Meanwhile, place 1 c kale leaves in a small food processor with 2 cloves of garlic and 1/4 c walnuts. Pulse until finely chopped. Add 2 T olive oil and 1/4 c cold water and puree to a smooth paste (a little texture is ok). When the risotto is tender, remove from the oven and stir in the pesto and parmesan.
4. In a separate small skillet, saute remaining kale briefly and season with a pinch of salt. Serve risotto garnished with sautéed kale and remaining toasted walnuts.



Fennel Citrus Dressing

There’s no healthier swap than a fresh, homemade dressing. Kick your store bought options to the curb with this fragrant, easy-to-whip-up salad topper.

| | |
|-----------------------|--|
| 1 tsp olive oil | 1 tsp chopped fresh fennel fronds, plus more for garnish |
| 1/2 tsp kosher salt | 1/2 tsp honey |
| 1 small lemon, juiced | |

- 1. In a small bowl, whisk together olive oil, salt, and lemon. Whisk fennel fronds and honey into dressing.
- 2. Serve and garnish with remaining fennel fronds.



BUNDLE UP ...



Best of Fall Bundle

From changing leaves to spiced drinks and spooky costumes, there’s a lot to love about fall - but we’re especially keen on the season’s signature comfort foods. Consider the Best of Fall bundle your secret to perfect one-pan-dinners, soul-satisfying soups, fig-topped toasts, and beyond.

Roasted Figs with Fresh Herbs

These decadent bites pair well with pretty much *everything*, from charcuterie and cheese to baguettes and salads!

12 ripe figs, halved lengthwise

16 sprigs thyme, or fall herbs of choice

1. Place figs and thyme sprigs on baking sheet. Sprinkle with remaining herbs and drizzle with extra-virgin olive oil.
2. Roast in oven at 425°F for 10 minutes.



SEEDLINGS: Cauliflower, Broccoli, Rainbow Swiss Chard, Sylvetta Arugula, Sage, Thyme

Curried Broccoli Rice and Kale Soup

Harvesting veggies and leafy greens? This is your moment.

- | | |
|---|--|
| 3 c riced broccoli or cauliflower florets | 1 tsp minced garlic |
| 1 Tbsp turmeric | 2 tsp avocado oil |
| 1/2 tsp cayenne | 2 handfuls power greens (spinach, kale, swiss chard, etc!) |
| 1 tsp garlic powder | 2 c chopped carrots |
| 1/2 tsp cumin | 4 c vegetable broth |
| 1/2 tsp paprika | 1 c almond milk |
| 1/4 tsp sea salt | 1/2 tsp red pepper flakes |
| olive oil for roasting | 1/2 tsp black pepper |
| 3/4 c red onion, chopped | |

1. Preheat oven to 400F and in a small bowl, toss your broccoli rice with the turmeric, cayenne, garlic powder, cumin, paprika, salt, and 1 tbsp oil.
2. Spread the broccoli or cauliflower rice on a roasting pan and roast for 15 minutes until golden.
3. Chop the rest of your veggies and start our soup pot. Place onion, 2 tsp oil, and minced garlic in large stock pot. Saute for 5 minutes until fragrant.
4. Next add in your broth, milk, veggies, “rice,” red pepper flakes and black pepper.
5. Bring to a quick boil and simmer for another 20 minutes or so until veggies are all cooked.

BUNDLE UP ...



Rise & Shine Bundle

Whether you're an early bird or a slow-to-rise night owl, this bundle will provide essential energy and nutrients to keep you powered and hustling, all day long. Blend up a smoothie, or build the ultimate breakfast plate. Either way, your mornings just got a serious upgrade!

The Farmstand Blend Smoothie

Get a little taste of your entire Farmstand at once - in the form of a refreshing smoothie. A favorite recipe from our friend + food advocate, Matt James!



- 1/2 c strawberry

1 cucumber

1 c kale

2 - 3 celery stalks with leaves
- 4 - 6 mint leaves

1 - 2 c coconut water

1/2 c ice

1. Place all of the ingredients in a blender.

2. Blend until smooth and enjoy!



SEEDLINGS: Strawberry, Ironman Kale Mix, Celery, Spinach, Rainbow Swiss Chard, Spearmint

Green Shakshuka

Greens and eggs unite to create the perfect power breakfast - all in less than ten precious minutes.

- 1 yellow onion, slivered

3 cloves garlic, minced

2 Tbsp olive oil

1 jalapeno, seeded and minced

4 big handfuls greens (like kale or spinach), chopped and washed
- 1/2 c cream

4 eggs

to taste salt and pepper

for serving plain yogurt

for serving sriracha, or other hot sauce

1. Saute onions & garlic in olive oil in a large skillet until they take on a little color.

2. Add jalapeno and continue cooking for 1-2 minutes.

3. Add chopped greens, season with salt and pepper to taste and cover until greens are just wilted.

4. Add cream and bring to a simmer.

5. Crack eggs on top of greens, cover and cook until eggs are cooked to your preference.

6. Serve in wide bowls with a dollop of yogurt and a drizzle of hot sauce and thick slices of warm bread on the side.



FALL IN LOVE WITH NEW FAVORITES

Mom always said to make new friends and keep the old. That’s why we’re reconnecting with seasonal favorites and welcoming new seedlings to the mix, from hearty leafy greens to fragrant, eye-popping herbs. Gather round and get to know a few of this fall’s finest flavors.

Broccoli Raab

Related to the turnip, this variety produces petite florets of broccoli-like buds. Break out the Italian recipes: Broccoli raab’s stems and leaves, which are wonderfully bitter and peppery, will make the perfect fragrant additions to these comforting dishes. This low maintenance plant will take less than 2 months to produce the perfect harvest. How’s that for speedy?

Find It In: [Italiano](#), [Cooking Greens](#)



Collard Greens

This classic Southern staple thrives in cool weather - and it’s a nutritional powerhouse! This versatile green can be prepared similarly to other dark leafy green varieties, like kale, Swiss chard, and spinach. Ready to harvest in about 6 weeks, all you need to do sit back and watch leaves flourish, then cut and come again as needed.

Find It In: [Cooking Greens](#)



RETURNING GEMS



Spinach

A staple that needs no introduction! Spinach lovers have been waiting all year for the return of Popeye’s cool weather favorite. Young leaves can be harvested as baby spinach for salads, or allowed to mature for use as cooked greens in omelettes, pastas, and more. If growing indoors, we recommend fully harvesting this variety after 3 or 4 weeks to prevent bolting and maximize flavor.

Find It In: [Greens & Herbs](#), [Cooking Greens](#).

New Kids on the block

Celery

There's a lot to love about this beloved staple: It's crispy, crunchy, refreshing, and packed with vitamins. Now, we're excited to offer a variety that will produce full, mature heads! Plus, this celery variety has more flavor and a tender, less fibrous texture than other popular counterparts. Harvest stalks as they reach an edible size in about 1.5 months, or snack on individual stalks as desired.

Find It In: [Rise & Shine](#),
[Seasonal Veggies](#)



Komatsuna

This is the first time we've offered this traditional Asian green, and we sense a seasonal favorite on our hands. Leaves are tender with a rich, mustard-like flavor - sans the spiciness of other parallel varieties. Komatsuna can be harvested at any size for use in salads, braised greens, and beyond. Its flavor will grow stronger as it matures, so experiment with harvesting leaves at different sizes.

Find It In: [Green & Spicy](#)



Dazzling Blue Kale

Enjoy all the same flavor and nutrient density of your favorite dark leafy greens - with an eye-popping twist! This variety boasts purple midribs and blue to purple leaves. The best part? Cooler weather means richer colors. (Really!) Expect your first harvest in around 5 weeks.

Find It In: [Italiano](#), [Cooking Greens](#)

Lolla Rossa

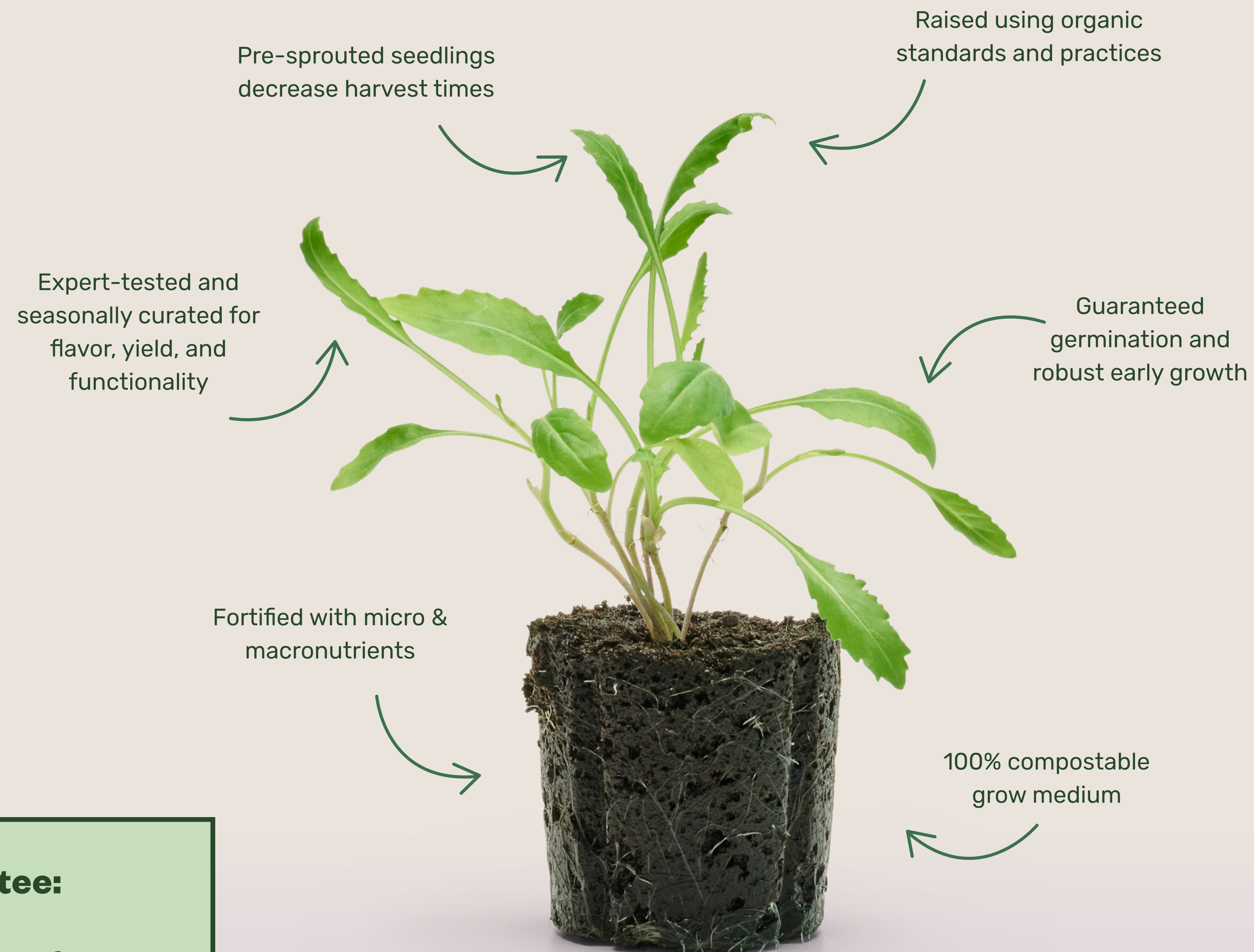
Imagine all your favorite fall colors, bundled together in a head of lettuce. That's this Italian variety, for you! Expect tightly curled red leaves that cloak a bright green inner heart. Enjoy as a baby leaf thanks to lolla rossa's mild flavor and natural heft, or prepare to be dazzled as open heads are left to mature. Recipe-ready, lolla rossa will first reach a harvestable size after four weeks of growth.

Find It In: [Italiano](#)



GROW WITH US

Our team works hard to ensure our growers have an easy, reliable, and productive experience. It all starts with hearty seedlings, which are raised with TLC and undergo a careful vetting process before they're approved to land on your doorstep. Check them out [here!](#)



Green Thumb Guarantee:

We stand by our seedlings! If they arrive in an unsalvageable condition due to mishandled packages or simply don't look up to par, we'll be sure to replace them with a fresh round that's ready to thrive.

PERFECTING THE ART OF THE SALAD

Don't get us wrong - we love to spend fall feasting on roasts, bakes, and warm, spiced desserts. That said, we also love filling out the table with autumn-inspired appetizers and sides - often built atop beds of fresh greens. Feel a craving coming on? Let's break down the basic building blocks of classic fall salads.

Fall and winter salads typically start with a base of bitter greens that are softened by a sweet fruit or vegetable cut with an acidic dressing and sometimes beefed up with some grains. Time to dive in!

| | | |
|---|--|--|
| Bitter Greens Radicchio, Endive, Kale, Spinach, Mustard Greens, Arugula, Broccoli Raab | Fruits & Veggies Strawberry, Pear, Apple, Figs, Radish, Beets, Cauliflower, Butternut Squash | Grains & Toppings Farro, Lentil, Quinoa, Walnuts, Almonds, Pepitas, Cranberry, Feta, Goat Cheese |
| Dressings Mustard Vinaigrette, Apple Cider Vinaigrette, Maple Vinaigrette, Balsamic Reduction | | |

Tasty Ideas

GRILLED RADICCHIO WITH FIG SYRUP

Radicchio + Almond Slices + Vegan Parm + Fig Syrup

STRAWBERRY ARUGULA SALAD

Arugula + Strawberries + Radish + Sunflower Seeds + Vegan Goat Cheese + Balsamic Reduction

QUINOA AND KALE TABOULI

Kale + Quinoa + Apple + Walnuts + Sumac Onions + Red Wine Vinegar & Lemon Juice



FOOD SCRAP STOCK

Food scraps are hard to avoid - but they don't have to go to waste. Under-used or over-purchased foods, bits and ends from food prep, and produce that's about to go bad can certainly be composted, but there's a tastier alternative, too. Enter food scrap stock!

All you need to do is designate a gallon-sized ziplock bag or container, place it in your freezer, and add scraps to it as they are made. (Scraps can last up to 6 months in the freezer). Once your bag is all filled up, place the scraps in some boiling water, strain, and enjoy.

***Be Sure to Keep These Flavorful Extras:**

| | | |
|--|---|--|
| Veggies Broccoli, Cauliflower, Fennel, Celery, Green Beans, Onion, Carrots | Greens Lettuce, Kale, Chard, Collard Greens, Spin-ach, Tatsoi | Herbs Dill, Thyme, Cilantro, Parsley |
|--|---|--|

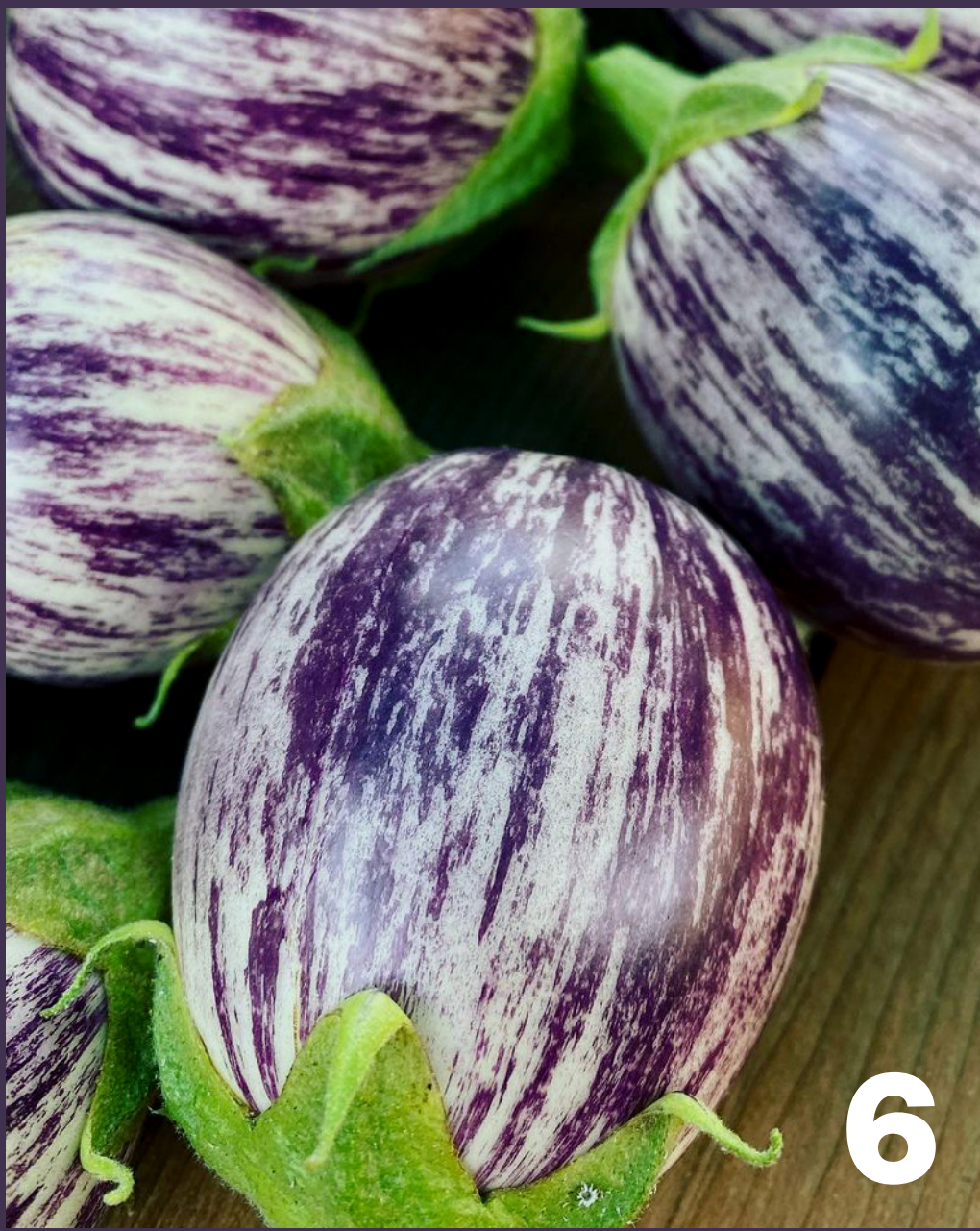
Instructions:

- 1. Add scraps to a large pot & add water until the veggies are floating
- 2. Bring the water to a boil and let it simmer for 30-45 minutes
- 3. Strain the water with a fine mesh sieve
- 4. Stock can be refrigerated for up to 4 days or frozen for 3 months

SEE YA LATER, SUMMER

This summer was a growing season to remember - and thanks to our very photogenic growers, we have a digital scrapbook to remember it by. Here's a peek at our community's most memorable moments.

Want to share a snap of your own growing journey? Be sure to tag @lettucegrow or post photos in the Lettuce Grow Facebook Group. You just might be featured in next season's issue!



GROWERS



OF



THE

MONTH

Our growers are in it for the love of the game – but a little appreciation still goes a long way! Each month, we highlight a positive force within our online **Lettuce Grow community**. We're especially grateful to these growers for sharing helpful tips, encouraging others, and letting us follow along throughout their Farmstand journeys. This season, we've asked our Summer Growers of the Month to share some of their favorite fall rituals. Hint: There are plenty of pumpkins involved.

Questions:

- 1. TO YOU, WHAT PIECE OF PRODUCE MARKS THE START OF FALL WHEN YOU SEE IT APPEAR AT YOUR LOCAL FARMERS MARKET?**
- 2. WHAT IS YOUR FAVORITE WAY TO INCORPORATE FRESH FRUITS AND VEGGIES INTO HOLIDAY COOKING?**
- 2. TELL US ABOUT YOUR GO-TO FALL COMFORT FOOD!**

JUNE: Ward Rice

- 1.** Apples!!
- 2.** Pies. I love to make apple and pumpkin pies. One of my favorite recipes uses butternut squash instead of pumpkin to make a "pumpkin" pie that is awesome.
- 3.** Apple pie! I won an apple pie baking contest at work a few years back. LOL.

JULY: Cynthia Hardie

- 1.** When I see pumpkins I know that fall is here! Pies, pumpkin risotto, bread... the possibilities are endless!
- 2.** Romaine lettuce is my go to vegetable. It's great to make beds for appetizers, use in large salads for my family or blend for smoothies.
- 3.** I love squash! My favorite way to prepare it is to boil squash with garlic and onions then add some stuffing mix, salt, pepper, and sage before baking in the oven.

AUGUST: Kathleen Bryant

- 1.** Butternut squash! I always do a little happy dance whenever I see hard fall squashes show up since it means we're in for months of soul-warming, hearty veggie dishes.
- 2.** I love to create ambitious themed menus and then reverse-engineer fresh, traditional holiday ingredients into those recipes – I've particularly enjoyed the Sichuan dry-fried green beans, pumpkin pie samosas, and the veggies n' dumplings for our Thanksgiving menu from the deep South.
- 3.** My anytime go-to is a sheet pan of multi-colored fall vegetables roasted in olive oil with a handful of fresh herbs and spices.

SIP SIP HOORAY!

No fall table or holiday fête is complete without a fitting toast to the good times. Our friends over at Stanley’s Wet Goods, an LA-based wine shop and all-around mecca of lovable libations, talked to us about what they’re sip-ping this season – and which wines to pair with your autumn harvests.

Check out their [website](#) to place an order, follow them on [Instagram](#), and don’t forget to stop by for a drink, delicious snacks, and only the very best vibes -- tell them Lettuce Grow sent ya!



Contact: 9620 Venice Blvd. Culver City, CA 90232 **E:** contact@stanleys.la **P:** (424) 341-2875

"Stanley's Wet Goods is an intersection of two communities. We're proud to represent the community of farmers, winemakers, brewers and distillers that have devoted their life to making the very best of well farmed, simply made drinks of the world; and we're a meeting place for the community around us. Our retail shop + bar provides an opportunity to engage with and taste through natural wine, craft beer & spirits, plus gourmet food offerings either to go or at the bar."



2020 Martha Stoumen Post Flirtation Red

From our fave natural wine producer in California, this one brings juicy goodness with just enough earthy structure. A versatile wine that is abundantly playful, but serious in all the right ways. \$30



2020 Guy Breton 'Marylou' Beaujolais-Villages

From one of the OG natural wine producers in Beaujolais, Guy Breton continues to make super compelling wine. Low in alcohol, vinified without a drop of sulfur, lighter bodied yet wonderfully perfumed, and a joy to share. \$26



NV Split Rail 'White Noise'

This weirdo wine from Idaho instantly draws you in with fleshy lychee and ripe peach flavors, a cloudy hustle of citrus pith. The zippy finish keeps you coming back. \$24

← FALL FAVORITES & SEEDLING PAIRINGS →

CAULIFLOWER

The temptation for pairing here is white wine, but I’ve had more success with light reds. The incredibly light and lean yet earthy Plousard from Domaine de la Renardière is my pick. A touch of funk matches the cauliflower beautifully, while dusty tannins and stewyred cherry fruit sing in harmony. \$37

COLLARD GREENS

I’m picturing this riding alongside some BBQ here. So the best wine with that? A beer of course! I’m obsessed with the Date Lines Grisette – a Swiss beer that combines farmhouse freshness with a touch of sour and fresh dates in the brew. Yum! \$50

FENNEL

The bright and sharp tang from fennel requires a jolt of fresh juiciness to balance things out, and this natural ‘Poil de Lievre’ Chenin Blanc from Domaine Bobinet is a beautiful, slightly funky but wildly fresh wine with notes of white flowers, apple, pear and almond. \$24

STRAWBERRY

What’s better than rosé with strawberries? Sparkling rosé! The Malat Brut Rosé Reserve from Austria is a seriously delicious sparkler with finely etched bubbles and poised red fruits that’s in league with top Champagne at a relative bargain. \$52

SET THE TABLE, SET THE *MOOD*

ATELIER SAUCIER is an LA-based, modern tablescape design house for sustainable + customizable linens. Founded by best friends and fashion + food industry leaders, Nikkie Reed and Staci Inspektor, they used their shared passion for hosting to introduce a fresh, elevated perspective to all thing table linens. Their modern ‘kins (an affectionate name for napkins), placements, tea towels, and more are as unique as the RVSP lists you cultivate.

Learn more about them, their napkins that are design to wash and wear like your favorite pair of jeans, and what they have planned for this season!



What are your tablescape essentials?

We love to build our tablescapes from the tabletop up, starting with a confident runner and placemats to lay a strong foundation. We then begin layering with platware, an assortment of small vases with fresh flowers, seasonal fruits and vegetables as decoration, and trinkets like vintage salt + pepper shakers. This season we are very into colorful napkin rings to add a little flair to our linens! And don’t forget the water pitcher! We love keeping a gorgeous vessel on the table to ensure all guests keep hydrated.

What is your go-to color palette for a fall tablescape?

Our go-to palette this season is rich jewel tones and unexpected textures, which can be seen throughout our new Fall / Holiday Collection. Burgundies, evergreens, corduroy, velvet embellishments, and bright pops of color are taking center stage on our fall tablescapes.

Can you describe the process of working with upcycled fabrics for your 'kins?

We source our textiles from the surplus inventory of the Los Angeles’ garment district. They are premium, excess fabrics that would otherwise be discarded. Our Signature Collection features textiles we can reclaim in large quantities and are available year-round while our seasonal, limited edition Collections allow us to source more playful fabrics that speak to the time of year and current inspiration. Our small batch processes ensure no waste and that no two sets of our linens are alike! Because our linens are made using fashion fabrics, they are meant to be “worn” and as a result are low maintenance, washable, and get better and better with use.

What's on your fall menu?

This fall we are very into shareable, family-style dishes that utilize the season’s bounty. Think peach burrata crostinis with roasted cherry tomato vinaigrette, chipotle cauliflower tacos with creamy jalapeno salsa verde and one-pot dishes that can be served in the same skillet they were prepared in. And for dessert - we are loving stone fruit shortcakes with fresh whipped cream that guests can assemble themselves!

What are 3 tips for entertaining this fall/holiday season?

- 1. Have fun with your tablescape!** Entertaining can often feel intimidating and overwhelming, when it really should be low-lift, fun and an expression of the host! We love mixing + matching linens and tableware to create a totally unique and personalized tablescape.
- 2. Play with textures.** We love pairing our linens with confident ceramics, farmer’s market flowers and vintage finds. Mixing different textures and mediums brings depth and personality to any table.
- 3. Dine with edible design.** A trip to the Farmers’ Market or local grocer is the perfect way to sustainably stock up on in-season fruits, veggies + florals to use as centerpiece decor. Don’t be shy to make bold and visually appealing selections that speak to the season, cuisine, or theme of your meal.

This fall, bright squash blossoms, ghost peppers, and multi-colored cranberry beans from the Santa Monica Farmers Market here in Los Angeles have been our favorite table accents!

LETTUCE GIVE

Learn what's new with Lettuce Give, the philanthropic division that brings to life our mission of making fresh, nutritiously alive food available to everyone. Our community of growers empower us to donate 1 Farmstand for every 10 sold to nonprofit and community organizations. This season we're inviting you to get to know one of these organizations, Common Threads based in Bellingham, WA.



When ten year old Ethan's family first got their Farmstand, he was brimming with questions: "What do we do once we eat these vegetables? How will we get more? When do we fill the water back up?" Clearly, his wheels were spinning!

Ethan's family is part of a pilot project run by **Common Threads**, a Bellingham, WA-based nonprofit organization committed to increasing food access and food education for kids and families.

Families like Ethan's, living in the remote rural area of Whatcom County near Kendall and Maple Falls, have self-identified as having multiple challenges to accessing enough fresh vegetables. These challenges include: the long distance to the nearest store, tight finances, the heavy forestation and short growing season in their region, a lack of garden space, the abundance of deer, and the lack of time for traditional gardening.

Thanks to a partnership with Lettuce Grow and Share our Strength, each of five families in a pilot project have received a Farmstand! These families are now growing leafy greens and herbs in their homes, experiencing the excitement of playing an active role in growing the food they are eating at the table, and learning new things every day (like how important it is to make sure you can tell the difference between cilantro and parsley before throwing them in a dish!)

Another seven stands are set to go out to families in the coming month. *"We're so grateful for the chance to be learning and growing together with families whose diets would otherwise include much fewer veggies! Thank you, Lettuce Grow community!"* - Common Threads

If you are a stakeholder in a nonprofit or community organization, please reach out to us at giving@lettucegrow.com to nominate them for Lettuce Give!



COMMUNITY SPOTLIGHT

In the cozy city of Moss Landing sits **The Power Plant Coffee & Store**, a must-see spot for caffeine lovers and foodies alike. From their locally sown and well-curated eats to their artisan goods, this spot is a hidden gem tucked away among active docks and beautiful beaches. Its foundational concept, living with plants, set out to find a bigger expression with the addition of some Farmstands!

Why did you decide to start growing your own food with Farmstands?

When it comes to growing food, our owner, Chuck, is super passionate about hydroponic grow systems and cutting edge engineering -- and Lettuce Grow was the perfect fit!

Tell us about how you are using your Farmstand's harvest in the café!

After some experimenting with some different uses, we have decided to primarily grow herbs in our Farmstands. We are hoping to open a pizza oven later this fall and feel the fresh herbs will be a great addition to our salads, flatbreads, and pizzas!

NOTES FROM THE KIDS TABLE

Need a little extra fun in between harvesting plants and weekly maintenance? Here are some fun activities to fill up your time. You might just learn a few things along the way as well!

MULTIPLE CHOICE

1. Why are ladybugs red?

a. They eat a lot of strawberries

b. It's a fashion choice

c. To warn predators
2. How many flowers can a bee pollinate a day?

d. 100

e. 500

f. 5,000
3. What is compost?

g. Old, smelly trash

h. Recycled food and plant waste

i. Dirt that my parents collect
4. What is the heaviest vegetable ever grown?

j. 2,600 pound pumpkin

k. 3,000 pound cabbage

l. 500 pound cauliflower

ANSWERS: **1.** To warn predators, this keeps ladybugs safe and out of the mouths of other animals. **2.** Honeybees can pollinate up to 5,000 in one day which is why they are so important to our food systems! **3.** Recycled food and plant waste, compost is a super sustainable way to prevent our food and plant waste from going to landfill and is potent plant food! **4.** 2,600 pound pumpkin. Grown in Germany in 2016, this pumpkin weighed almost as much as a mini cooper car!

WORD SEARCH

Can you find all of the words in this puzzle? If you get everything right, treat yourself to something nice using the different words!



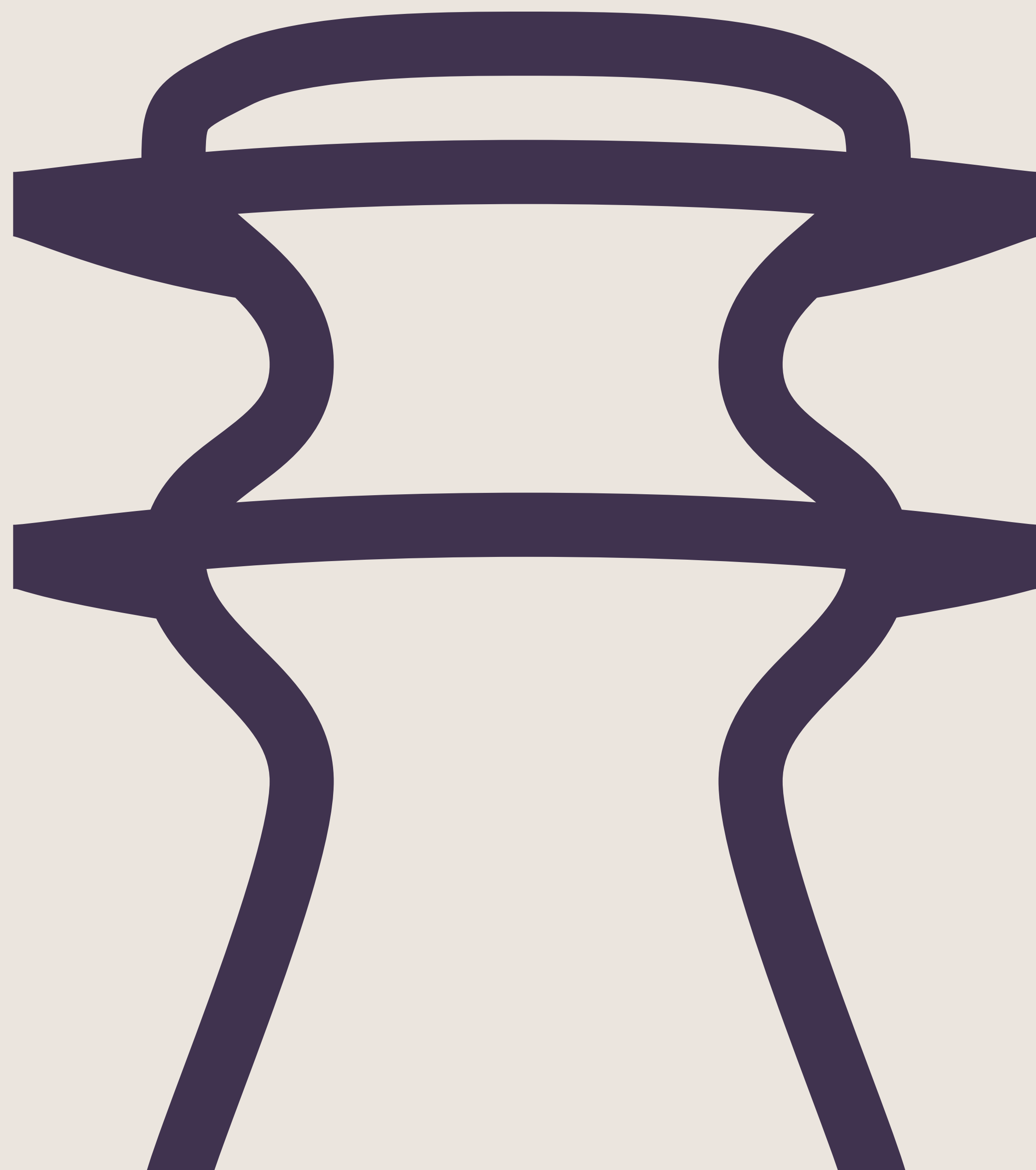
- GLOW RINGS

ITALIANO

CAULIFLOWER
- DAZZLING

COMFY

COMMON THREADS
- NAPKINS



COLORING PaGE

Fill the Farmstand with your favorite fruits, veggies, herbs, and leafy greens! Want bonus points? Add a background that looks like your own house or backyard. (Imaginary scenes work, too!)

THE FALL GROW GUIDE

2021

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If you have any other questions, please reach out to us! We can't wait to help you grow!

(512) 234-4001
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LETTUCE
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