



THE GROW GUIDE SPRING 2022

Every season brings its own reasons to celebrate—but there's truly no time quite so special as Spring. The frost is melting. The birds are singing. Seriously—what's not to love?

We're marking longer, sunnier days with a full on festival of Farmstands: From carefully curated seasonal plant bundles to fresh original recipes and hopeful community highlights, there's an abundant bunch of inspiration to embrace. Ready to get growing?

Once you join the journey, be sure to tag us on social media using @lettucegrow. We'd love to feature snapshots of your Farmstand and harvests with the world!

GET READY. GET SET. SPRING TO IT.

Maybe you've been waiting for warmer temps to bring your Farmstand outside—or maybe it just needs a quick backyard reset. Either way, consider this your go-to guide to getting prepped for Spring. Get ready. Get set. Cue the handy growing tips.



HELLO, WARM-UPS

We recommend waiting until the last frost of the season passes before moving your Farmstand outside. Timing can vary, but we plan our transition once average nighttime temperatures consistently sit above 32F.



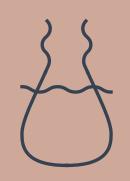
TAKE IT OUTSIDE

Sudden changes in environment can shock established plants. To avoid losses, we recommend harvesting plants before any big moves from indoor to outdoor growing.



SPRING CLEANING

'Tis the season for fresh starts—and we think your Farmstand deserves one, too! Resetting your Farmstand will help keep weekly maintenance at a minimum, and fresh water will require fewer pH adjustments as plants continue to thrive.



HYDRATION IS KEY

Plants don't use much water during the fall and winter, so you may be used to adding less H20. As temperatures start to rise, plants will guzzle up water more quickly—be sure to keep an eye on your tank and refill accordingly!

NUTRIENT DOSING + WATERING CYCLES

Want some extra spring in your Farmstand's step? Now's the time to slightly increase its flow of water and nutrients. This extra TLC will keep seedlings hydrated and nourished, especially while the weather warms up.

TIMER SETTINGS	DAY		NIGHT	
CONDITIONS avg daily temp	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

NUTRIENT DOSAGES - PART A & PART B							
FARMSTAND SIZE	12	18	24	30	36		
INITIAL DOSE	4	4	4	4	4		
SPRING	0.5	1	1.5	2	2		
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.

Looking for more information?

Check out our <u>resources</u> and <u>Youtube channel</u>, or join our <u>Facebook community group!</u>

GET CREATIVE IN THE KITCHEN WITH AMY HOLT OF PEAS THANK YOU

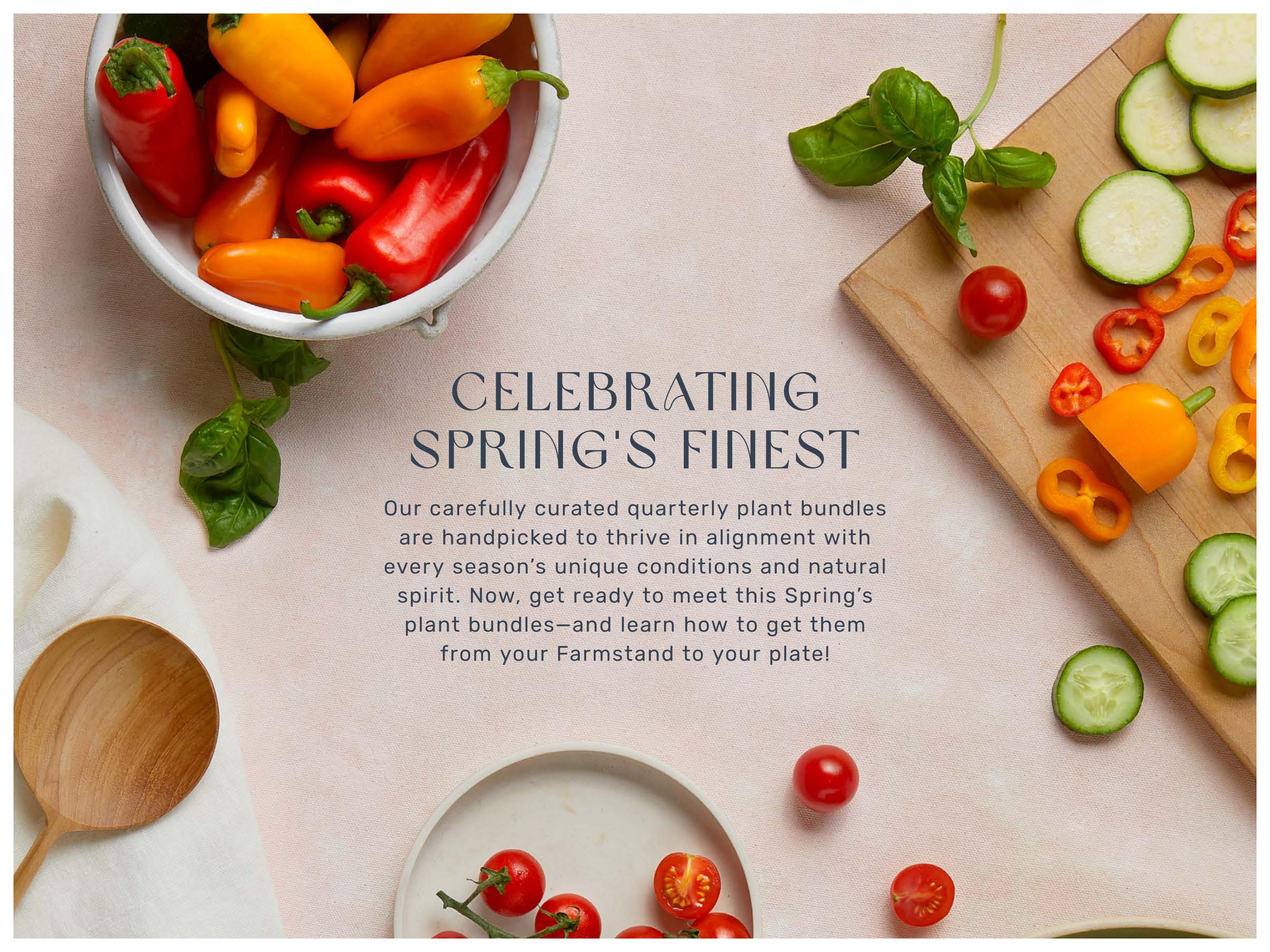
This season, we tapped Amy Holt of Peas Thank You to develop a series of fresh original recipes, celebrating ingredients from Spring's carefully curated plant bundles. Get to know Amy—and check out her colorful ideas throughout the Grow Guide!

Photographer and recipe developer Amy Holt believes that healthy eating should be a feast for the eyes—and food for the soul. Over 10 years of culinary experience and a passion for vibrant, organic ingredients inspired her to kick-start Peas Thank You, a digital celebration of fresh ingredients that spans both Instagram and a recipe-packed blog. With Amy as your guide, you'll join thousands of other readers in confidently whipping up dishes for every occasion, from brunches and small bites to crowd-pleasing dinners and apps. You'll learn her secrets for sourcing delicious building blocks from farmer's markets, local growers, and her go-to at-home ace—the Farmstand itself.

Amy's love for fruits and veggies flourished during a blissful childhood on Oregonian farmland. In 2018, she began sharing her talents with the world, developing, staging, and photographing a rainbow of innovative food pairings. Amy's recipes are sustainable, nutritious, and eye-popping, a trifecta that helps her followers experience the full joy that healthy eats have to offer. From charring and sautéing to fermenting and baking, Amy is constantly reinventing ingredients and unlocking new flavor profiles. After all, the kitchen is her playground-and her art studio!

"I LOVE MY FARMSTAND. WATCHING FOOD GROW FROM A SEEDLING TO AN ABUNDANT FRUIT OR VEGGIE HARVEST IS SO REWARDING."





BEST OF SPRING

It's no coincidence that our Springtime bundle features a few of our most popular—and most family-friendly—offerings ever. Prepare to let kiddos pick cherry tomatoes straight off the Farmstand, measure zucchini plants as they grow each day, and experiment with clean, refreshing recipes, from ceviche to cucumber melon salad. Heaven is a place on earth—and we're pretty sure it's right here, in sunny, homegrown paradise.

SEEDLINGS: Cherry Tomato, Genovese Basil, Lunchbox Peppers, Mini Cucumber, Muir Summer Lettuce, Zucchini





VEGAN CEVICHE

(Serves 4)

This vegan take on classic Mexican fare has all the classic flavors you love—and then some! We have a feeling you'll return to this refreshing, guilt-free indulgence, all season long.

INGREDIENTS:

½ cup full fat coconut milk 1 can hearts of palm

1 tbsp lime juice

1 tsp lime zest

1 tbsp tangerine juice

2 tsp fresh ginger (grated)

1 tsp Fresno chili (minced)

¼ tsp salt

1 tbsp red onion (finely diced)

1 Persian cucumber (diced)

½ cup mango (diced)

6 lunchbox peppers (diced)

1 tbsp fresh cilantro (chopped)

1 bag of plantain chips

- 01 Add all of the sauce ingredients; coconut milk, lime juice and zest, tangerine juice, fresh grated ginger, minced Fresno chili and salt into a large bowl and mix together.
- Open the can of hearts of palm, drain the liquids and rinse with cool water. Set aside to continue draining.
- Finely dice the red onion, Persian cucumber, mango and lunchbox peppers. Chop the rinsed hearts of palm and add all the chopped ingredients into the coconut milk sauce. Mix, add in the chopped cilantro and mix again to combine all the flavors.
- Transfer into a serving bowl, top with cilantro sprigs, lime wedges and sliced radishes. Serve with plantain chips or tortilla chips.
- Enjoy at room temperature.

CUCUMBER MELON SALAD

(Serves 2)

Sweet, spicy, and herbal: This salad does it all. We can't think of a better way to celebrate so many of Spring's finest flavors—all in one healthy dish.

LEMON MINT DRESSING INGREDIENTS:

½ cup fresh mint Zest of 1 lemon

3 tbsp honey ½ cup good quality olive oil

½ cup fresh lemon juice

SALAD INGREDIENTS:

4 mini cucumbers 1 tsp Fresno chilli (finely sliced)

14 of a cantaloupe 1 tbsp hazelnuts (crushed)

¼ of a cantaloupe1 tbsp hazelnuts (crushed)¼ of a honeydewSmall handful of fresh mint

1/4 cup of Lemon Mint Dressing

- *O1* Place all dressing ingredients into a food processor and blend until smooth. Store in the refrigerator for up to 1 week.
- 02 Rinse cucumbers and set aside on a clean towel to dry.
- Meanwhile, cut the cantaloupe and honeydew both in half and half again. Cut off the skin and take out the center seeds- discard. Thinly slice into 1/4-1/4 inch thick strips. Cut the cucumber into 1/4-1/4 inch thick strips as well, set aside in a large bowl.
- O4 Pour the Lemon Mint Dressing over the sliced cantaloupe, honeydew and cucumber and gently toss to get everything seasoned.
- 05 Transfer the seasoned melons and cucumber onto a large plate, sprinkle the sliced Fresno chiles, crushed hazelnuts and fresh mint leaves over the top.
- 06 Enjoy!





SALAD LOVERS' BUNDLE

So, a guy walks into a salad bar...There's no punchline here, just an array of the exact leafy essentials that first inspired our mission. From classic, mild butter lettuce to dazzling blue kale, you'll find enough favorites here for days of homemade salads - or a very green gathering table. Did we mention you can sprinkle your favorite leaves with eyepopping cherry tomatoes? Your dinner party guests will want seconds.

SEEDLINGS: Astro Arugula, Cherry Tomato, Classic Butter Lettuce, Dazzling Blue Kale, Greens Mix, Spinach

ARUGULA SALAD WITH BLACKBERRIES, GOAT CHEESE, PISTACHIOS & HONEY MUSTARD DRESSING

(Serves 2)

Nothing says "decadent Springtime salad" like a bowl with all these elevated fixings: Decked with tart blackberries, creamy goat cheese and nutty pistachios, this is far from your average arugula.

HONEY MUSTARD DRESSING INGREDIENTS:

1 tbsp grain mustard
 1 tsp Dijon mustard
 1 tsp shallot (microplaned)
 1 tbsp honey
 Pinch of both salt & pepper

2 tbsp olive oil

SALAD INGREDIENTS:

2 tbsp pistachios (crushed)

5 cups arugula
2 tbsp goat cheese (crumbled)
2 cup blackberries
Pinch fresh cracked pepper

- 01 Place all the dressing ingredients into a small bowl and mix until well combined.
- In a large mixing bowl add the washed arugula and blackberries.

 Add crushed pistachios and Honey Mustard Dressing. Mix until well combined and plate amongst two bowls. Crumble 1 tbsp of goat cheese over each salad bowl and a pinch of pepper.
- 03 Enjoy!





BUDDHA BOWL

(Serves 2)

Cue your new favorite lunch. This crisp, colorful bowl is easy to customize, so you can meal prep with confidence, or keep experimenting to sample something new.

GREEN GODDESS DRESSING INGREDIENTS:

1/4 cup full fat yogurt

½ cup sour cream

1 cup mixed herbs (parsley, tarragon, mint, dill OR whatever you choose)

1 cup spinach

3 tbsp chives

3 tbsp chives

2 cloves garlic

2 anchovies

2 tbsp lemon juice

Pinch of both salt & pepper

BUDDHA BOWL INGREDIENTS:

1 cup brown rice

1 sweet potato (cubed)

1 cup cauliflower or romanesco

1 tbsp + 1 tsp olive oil

2 eggs

1 bunch blue kale (chopped)

1 tsp lemon juice

1 cup red cabbage (shredded)

1 watermelon radish (thinly sliced)

⅓ cup sprouts

½ avocado

- 01 Place all the dressing ingredients into a small bowl and mix until well combined.
- In a large mixing bowl add the washed arugula and blackberries. Add crushed pistachios and Honey Mustard Dressing. Mix until well combined and plate amongst two bowls. Crumble 1 tbsp of goat cheese over each salad bowl and a pinch of pepper.
- well co goat c 03 Enjoy!



INDOOR FAVORITES' BUNDLE

Hear that? It's our inside voices talking. There's a lot to love about growing indoors: No inclement weather and complete, total convenience. Plus, a Farmstand-laden living room is the ultimate reason for inviting people over to **your** place. Encourage guests to pick their own salads and cocktail garnishes, just steps from the table. Can you tell we've leaned into this whole homebody thing?

SEEDLINGS: Basil, Bok Choy, Classic Butter Lettuce, Cherry Tomato, Romaine, Strawberry





ROASTED CHERRY TOMATO WITH BURRATA & GARLIC TOAST

(Serves 4)

There are few things more satisfying than crunchy, garlic-infused toast, creamy cheese, and juicy, freshly-picked tomatoes. Prep a tray for your next dinner party, or keep every little bite for yourself. No judgement here.

INGREDIENTS:

2 cups cherry tomatoes (vines still attached for presentation)

2 tbsp olive oil

Large pinch of both salt and pepper

1 large ball of burrata cheese

4 slices of sourdough bread (toasted)

1 large garlic clove3 tbsp good quality olive oilPinch of flakey sea salt

Small handful of fresh basil leaves (optional)

- Preheat the oven to 400 degrees F.
- Line a baking sheet with parchment paper. Place the tomatoes, olive oil, salt and pepper onto the parchment paper, using your clean hands mix the tomatoes around until all are well coated.
- *O3* Place into the oven and cook for 15-20 minutes until the tomatoes begin to burst. Take out of the oven and set aside to cool.
- 04 Toast the sourdough bread, once toasted and still hot, rub the garlic clove over the toast.
- On a large plate, open the burrata ball, arrange the roasted cherry tomatoes over and around the plate, drizzle olive oil, sprinkle flakey salt and fresh basil leaves. Accompany with garlic toast.
- 06 Enjoy!

STRAWBERRIES WITH COCONUT WHIPPED CREAM TOPPED WITH TOASTED COCONUT, FRESH MINT, BEE POLLEN, HONEY & EDIBLE FLOWERS

(Serves 2)

An adventurous, plant-driven twist on an all-time classic dessert, this is one sweet treat you can feel good about savoring daily. (Fair warning: You *will* want seconds.)

COCONUT WHIPPED CREAM INGREDIENTS:

1 (14 ounce) can full fat coconut cream (recommend brands; Savory or Aroy-D)

½ cup powdered sugar

TOPPINGS INGREDIENTS:

2 cups strawberries (sliced ½ inch thick)

3 tbsp dried coconut flakes (toasted)

Pinch of salt

2 tsp honey

2 tsp bee pollenSmall handful of fresh mintSmall handful of edible flowers





COCONUT WHIPPED CREAM INSTRUCTIONS:

- Place the can of full fat coconut milk in the refrigerator overnight before using. This ensures the coconut milk is hardened which is crucial for creating the whipped cream.
- When ready to make the whipped cream, place the mixing bowl into the refrigerator for about 10 minutes before using.
- Do not shake the chilled coconut cream can. Take a spoon, scoop out the hardened coconut milk into the chilled mixing bowl. Set aside any excess liquid behind (do not add into the mixing bowl).
- Mix the chilled and hardened coconut cream on high for 30 seconds. Add in the powdered sugar and mix again for about 1 minute, until creamy and smooth (do not over mix which can cause the coconut whip to separate).
- Use right away or refrigerate for up to 1-2 weeks. If you decide to refrigerate the coconut whip will set the longer it is chilled in the refrigerator.

TOPPINGS INSTRUCTIONS:

- Rinse strawberries and set on a clean towel to dry. Then cut the tops off the strawberries and slice into ½ inch pieces.
- Place dried coconut flakes onto a small fry pan. Over medium/ high heat, mix around the coconut flakes for 2-3 minutes until they become toasted. Sprinkle with a pinch of salt and set aside.
- O3 Time to assemble! Spread the coconut whipped cream over a plate or large shallow bowl. Lay the sliced strawberries over the top, sprinkle the toasted coconut, drizzle the honey, sprinkle the bee pollen, fresh mint leaves and edible flowers.
- 04 Enjoy!

LETTUCE BUNDLE

This isn't your grandma's lettuce—but we're sure she'd love it.

From bold hues to complex flavors, these leafy greens were made for layering. Did we mention they fill a Farmstand beautifully?

SEEDLINGS: Baby Lettuce Mix, Classic Butter Lettuce, Muir Summer Lettuce, Pomegranate Crunch, Red Leaf Lettuce, Romaine





VEGGIE SANDWICH

(Serves 1 - 2)

Move over, deli meat: Not only are veggie sandwiches a sustainable alternative, they're surprisingly robust. Get your fill with layers of lettuce, tomato slices, sprouts, and cucumber strips.

INGREDIENTS:

2 slices sourdough bread

3 tbsp hummus

1 cup red fire lettuce

⅓ cup red cabbage (shredded)

1/4 cup radishes (thinly sliced)

1 tomato (thinly sliced)

⅓ cup carrots (shredded)

1 small yellow pepper (thinly sliced)

2 Persian cucumbers (thinly sliced)

⅓ cup sprouts

½ avocado (smashed)

Pinch of both salt & pepper

- 01 Wash and prepare all the veggies set aside.
- O2 Spread hummus on one piece of bread and smear ½ an avocado on the other piece of bread, sprinkle with both salt and pepper.
- 03 Stack all the veggies in rainbow order, cut in half and enjoy!

SPRING ROLLS WITH PEANUT SAUCE

(Serves 6)

What's in a name? Not only are these spring rolls the epitome of freshness, they're easy to customize. Rotate fixings from your latest harvests into the recipe, or experiment with homemade dipping sauces. As if that wasn't enough, they're the ultimate finger food—bring on the junior food explorers.

PEANUT SAUCE INGREDIENTS:

½ cup creamy peanut butter

2 tbsp soy sauce

1 then obili garlin squar

1 tbsp chili garlic sauce1 tbsp toasted sesame oil

1 tbsp lime juice

2 garlic cloves (grated)

1 tbsp ginger (grated)

1 tbsp honey

1 tsp Fresno chili (minced)

2 tbsp warm water

SPRING ROLL INGREDIENTS:

6 rice papers

2 cups red cabbage (shredded)

2 cups carrots (shredded)

3 Persian cucumber (thinly sliced into matchsticks)

1 cup sprouts

1 avocado (sliced)

1 cup red pepper (thinly sliced)

2 watermelon radishes (thinly sliced into matchsticks)

1 cup mint

- 01 Place all sauce ingredients into a bowl and mix until combined.
- Wash and prepare all the veggies by shredding or cutting into thin matchsticks and set aside until ready to assemble the spring rolls.
- One at a time take a piece of rice paper and submerge in water for about 20 seconds until the rice paper becomes flexible. Place the wet rice paper onto a dry flat surface. Lay the prepared vegetables on one side of the rice paper. Tightly roll the rice paper and cut in half. Repeat with all 6 spring rolls.
- 04 Serve with the peanut sauce.





HERB BUNDLE

Herbs tend to grow plentifully. That's pretty good news if you ask us, considering all those recipes you have: Infuse everything from oils and batters to cocktails and sauces with a touch of fragrant flair.

SEEDLINGS: Basil, Cilantro, Green Onion, Italian Parsley, Spearmint, Thyme



WATERMELON BASIL, RED ONION & FETA SALAD

(Serves 4)

Playing host? Attending a barbecue? Consider this simple, refreshing salad your new entertaining ace. A little sweet, a little spicy. Seriously, there's something in here for everyone.

DRESSING INGREDIENTS:

Zest of 1 lime 2 tbsp honey

¼ cup fresh squeezed lime juice Pinch of both salt and pepper

SALAD INGREDIENTS:

1/4 small red onion (paper thin slices) Pinch of fresh cracked pepper

¼ cup feta cheese

- 01 Place dressing ingredients into a small bowl and mix together until well combined.
- O2 Cut the watermelon into 1 1.5 inch pieces, arrange over a large plate. Slice the red onion into paper thin slices and scatter over the watermelon pieces. Pour the dressing over the watermelon and red onion, sprinkle feta cheese, basil and fresh cracked pepper.
- 03 Enjoy!



HONEY LIME ROASTED CARROTS WITH CILANTRO & BLACK SESAME SEEDS

(Serves 4 - 6)

We've shared a lot of refreshing Spring recipes—but it isn't time to ditch your sheet pan just yet! Use limes, honey, and freshly picked herbs to dress up a hearty bunch of carrots. Then, pop 'em in the oven and wait for just-roasted perfection.

HONEY LIME SAUCE INGREDIENTS:

1 tsp lime zest

3 tbsp fresh lime juice

2 garlic cloves (minced)

1.5 tbsp honey

1 tbsp olive oil

1/4 tsp red pepper flakes

Pinch of both salt and pepper

ROASTED CARROTS INGREDIENTS:

2 bunches of carrots (small & all around the same size)

2 tbsp olive oil

Pinch of both salt and pepper

2 tbsp fresh cilantro

½ tsp black sesame seeds

1 lime (sliced)

- O1 Place all sauce ingredients into a small bowl and mix together until well combined.
- *O2* Preheat the oven to 450F. Line a baking sheet with parchment paper.
- 03 Rinse and pat dry the carrots. Trim stems—discard or save for alternative use.
- O4 Place carrots onto the parchment paper, drizzle with olive oil and both a pinch of salt and pepper. Mix with clean hands to evenly coat all the carrots.
- 05 Place into the oven and cook for 15-20 minutes until tender and lightly charred.
- Once cooked, take out of the oven and pour the Honey Lime Sauce over the top while carrots are still on the hot baking sheet. Using tongs, mix until all carrots are well coated.
- *O7* Plate and garnish with fresh cilantro leaves, black sesame seeds and lime wedges on the side.
- 08 Enjoy!

BASIL, TOMATO, MINEUCUMBER, LUNCHBOX PEPPERS.

GROWERS OF THE MONTH

Community means the world to us—and we love celebrating our growers any chance we get. That's why we're sharing not one, not two, but THREE Growers of the Month from Winter 2021. Each grower has shared special peeks into their journey with a Farmstand, from tips and tricks to stunning photos and satisfying stories. Now, without further ado... meet Rose, Terri, and Andrew!

Join the conversation by becoming a member of our ever growing online community of Farmstand owners!



ROSE NOLAN

How has growing plants helped you grow?

Growing plants has helped me develop patience and has helped me develop good tools for dealing with my anxiety.

Do you have any tips or tricks for new growers?

Do a deep dive in the Lettuce Grow Facebook community group threads. There is so much valuable information in there!



JANUARY 2022 TERRI BAKER

If you are what you grow, what vegetable are you?

I'm a frilly, flouncy, lacy lettuce—like Lolla Rossa!

Describe your worst garden fail in one sentence.

Thank goodness I haven't had a garden fail. Lettuce Grow makes it super easy for us all to have gardening success!



FEBRUARY 2022 ANDREW SON

What is an activity you do each Spring that, for you, marks the end of Winter?

I like to clean and start my
Farmstand, reset! We usually
also take a week surf trip
to Pismo Beach CA.

What is your favorite part about growing with the Farmstand?

The Farmstand grows clean food, easy and fast! I also love the easy access to harvest and replant seedlings.







LETTUCE GIVE

To accomplish Lettuce Grow's mission to empower consumers to lead the transition to a sustainable food system, we need to make growing with a Farmstand accessible to everyone. That's one of the major reasons we created Lettuce Give.

Lettuce Give's three pillars are **education**, **accessibility** and **sustainability**. Through a wide range of community partnerships, school-based initiatives and our 1-for-10 donation program, Lettuce Give works to provide a fair chance for everyone to live healthier, more sustainable lives.

Teachers, educators, schools, nonprofits and community organizations can nominate themselves or others for a starter grant (including both a Farmstand and an initial allotment of seedlings) to get them growing.

Once selected, Lettuce Give works to provide recipient organizations all the support they need to grow successfully and make an impact. Please visit Lettuce Give's detail page for more information!





2022 DONATION GOALS

Lettuce Give has allocated 2,500 Farmstands (roughly \$1.35M in inkind product) to be donated in 2022 and we intend to fulfill those donations through a wide variety of creative organizational partnerships, Lettuce Grow's celebrity advocates, and our on-going Teacher Raffle.

Through our year-round teacher raffle,
Lettuce Give is committed to donating
1 Farmstand a day to a Teacher or
Educator across the country. If you are a
teacher, educator or school interested in
participating in the Lettuce Give Teacher
Raffle, please complete this <u>form!</u>

THE

SPRING 2022

Contact Us



<u>FAQs</u>

lettucegrow.com/faq



Facebook Community

facebook.com/groups/LettuceGrowCommunity

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

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AN INITIATIVE OF:

the farm project

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