

THE SPRING GROW GUIDE

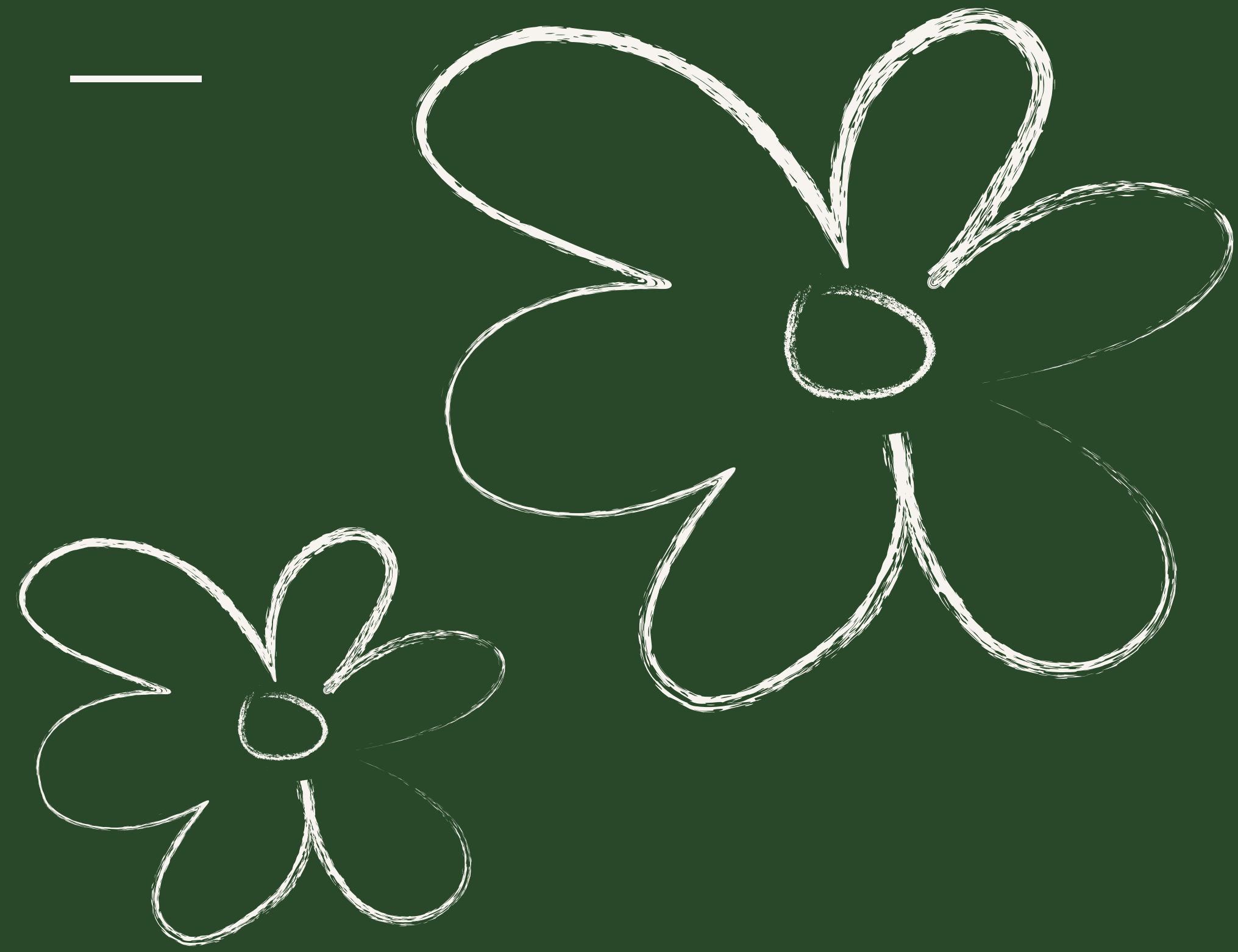
SPRING 2021



LETTUCE
GROW

EASY GROWS

IT—



As a new spring dawns, seeing buds and blooms is a welcome sign of hope and renewal for all of us. It's a time when temperatures are perfectly mild, we can open our windows and spend time outdoors with more hours of sunlight. It's also the perfect time to experiment with new varieties of seedlings for the Farmstand that become nutrition-packed meals to keep us healthy and well.



*This Spring, Renew Yourself and Others
With Your Farmstand Bounty*





TIPS FOR SPRING GROWING

Keep these growing tips handy for the upcoming season.
We can't wait to see what we'll harvest - together.

Moving Outdoors

You've weathered winter - now what? With better temps, it's time to make a move to the backyard or balcony. Simply empty the Farmstand's tank, move everything outside, and perform a reset. Heads up: A sudden change in environment may be stressful for established plants, so be sure to harvest those before transitioning outdoors.

Temperature Rules of Thumb

We recommend moving your Farmstand outside after the last frost of the season passes. Timing is a bit different everywhere, but we typically plan our transitions after averaged nighttime temperatures stay consistently above 32 degrees Fahrenheit.

Spring Cleaning

Resetting your Farmstand in between seasons (every 3-4 months if you are growing indoors) helps to keep your Farmstand clean and your plants healthy. Harvesting mature plants that are more susceptible to pests and resetting will help keep weekly maintenance low, prevents pH issues and makes room for new seasonal seedlings! Starting with fresh water each season also ensures that plants are able to absorb all the nutrients they need.

Keep an Eye on Your Water Levels

We can get accustomed to adding just a bit of water each week during cooler months. However, your Farmstand will use more water as we move through Spring. Pay special attention to water levels if you have a number of large plants - they have a tendency to get pretty thirsty!

SPRING NUTRIENT DOSING & WATER CYCLES

Want some extra spring in your Farmstand's step? Now's the time to slightly increase watering cycles and nutrient dosages. This extra TLC will keep your seedlings hydrated and nourished as the weather warms up.

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
SUMMER	1	1.5	2	2.5	3
FALL	1	1	1.5	2	2.5
WINTER	0.5	1	1	1.5	1.5
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	
	ON	OF	ON	OF
Hot >95F	30	15	15	30
Warm 60F-95F	15	15	15	120
Cold <60F	15	45	15	120
Indoor	15	45	15	120

Mother's Day 5/09 (Order by 04/02/2021)

Seedling Recommendations:

- Plant flowers for a handpicked bouquet
- Basil for brunch-approved pestos
- Strawberries for a chocolate-covered dessert

Memorial Day 5/31 (Order by 04/01/2021)

Seedling Recommendations:

- Strawberry + mint for homemade popsicles or smoothies
- Cucumber + tomato for a refreshing salad
- Assorted veggie kebabs

Fathers Day 6/20 (Order by 04/20)

Seedling Recommendations:

- Grilled vegetables: Zucchini, cucumber, bell peppers, jalapeño, and broccoli
- Herbs for main dish marinades: Chimichurri, pesto-ready basil, parsley, and chives

Fourth of July (Order by 4/04)

Seedling Recommendations:

- Lettuce for veggie burgers
- Assorted veggies for kebabs
- Peppers for the BBQ.

** Heads up! These order dates are general estimates. You can find harvest windows for individual varieties on their seedling pages. Be sure to adjust timelines with your region's growing conditions in mind!*

SAVE THE DATES!

Whether you're prepping for mom's special day or a patriotic cookout, plant seedlings now for perfectly-timed holiday harvests.

REGIONAL PLANT TIPS

Need a quick rundown on expert recommendations? We've mapped out regional maintenance tips, just in time for your one-of-a-kind season.



Pacific Northwest : We'd wait until nighttime temps begin staying above 50°F to plant heat loving fruits and vegetables.



West Coast : For most golden coast growers, the Spring Equinox makes a perfect time to move your Farmstand outside and fill it with the season's best seedlings.



North East : Wait until the frost passes to move your Farmstand outside. This will change based on your location, but expect a respite when nighttime temperatures stop dropping below 32°F, generally between March 15 and May 15.



East Coast : Growing in a small space? Plant flowering varieties, such as violas, snapdragon, dianthus, and alyssum, that attract bees and butterflies. They'll buzz by and help pollinate your fruiting seedlings.

Windy balcony? Plant sturdy varieties like tatsoi, swiss chard, kale, herbs, and tomatoes - they'll be able to stand up to windy conditions.

South : Plant delicate lettuces now - they're less likely to wilt in mild Spring conditions! Once they're in place, start planning sources of cool Summer shade.



NEW SEASON, NEW BUNDLES

Give a warm welcome to this season's curated seedling bundles! Each bundle was designed with its very own collection of care tips, recipes, and quick pairings, so it's easy to let every seedling shine. Making the most of your harvests has never been easier.



Indoor Favorites

Your Glow Rings are about to meet their perfect match. Not only does this lineup thrive in the great indoors, but short harvest windows will yield results ASAP.

Hot Tip: Be sure to regularly harvest your plants' mature outer leaves, keeping your fridge stocked and seedlings healthy!

Best of Spring

Meet our tribute to Spring: Every seasonal favorite. One convenient bundle.

Hot Tip:

Broccoli has a long harvest window, but you'll get to sneak some tastes sooner than later: As the stalk grows, cut off its larger leaves and cook them in place of kale or collard greens. Just make sure you leave enough leaves behind for it to keep growing!



Daily Juicer

Take juices and smoothies to the next level by adding some nutrient-packed greens! Get all the blendable favorites we keep on hand for easy-to-sip pick-me-ups.

Salad Lovers'

Can't get enough greens in your life? We've got you covered! This bundle is a living salad bar, with flavors that range from buttery to bitter.

Hot Tip:

These plants know how to party. Harvest a bit of everything for a mixed salad that keeps taste buds on their toes.



Greens & Herbs

Meet a fresh twist on your trusty spice rack. From entrées to sauces and marinades, the sky's the limit when it comes to infusions of freshly picked flavors.

Hot Tip:

Oils and herbs? Consider them a match made in heaven. When you have an abundance of sprigs, grab a mix of your favorites and gently pound them with a mallet. Then, drop them in a cup or two of olive oil and heat until warm. Strain out your fresh herbs and keep the oil in a dark spot for a week before enjoying.



Fitness First

Whether you're bulking up, slimming down, or getting ready for that big championship match, consider these seedlings the secrets to staying on top of your game.

Hot Tip: Dark leafy greens are rich in potassium and magnesium, the key electrolytes that help your body recover after a workout. Raw veggies typically have higher levels of vitamins and minerals, so incorporate them into salads, smoothies and bowls for the ultimate boost.

Green & Spicy

Transport yourself around the world with these bold and flavorful seedlings.

Hot Tip:

These nutritional powerhouses pack more than delicious flavor: Tatsoi and bok choy fight cancer, protect vision, and support healthy hearts, muscles, and bones.



Best Loved Blooms



Add a burst of color to your Farmstand with this variety pack of our favorite florals. Expect a bright array of spring tones to welcome this year's growing season in style.

Hot Tip: What's the buzz? Your Farmstand's flowers are sure to attract natural pollinators like butterflies and bees. These new friends will pay off big time if fruit and vegetable varieties need an extra push in the pollination process.

Get It While It's Hot: This stunning bundle is only available through Spring, so be sure to order yours now!

WHO'S THAT GIRL? AND WHAT'S SHE GROWING?

It's time to tune in: Our founder Zooley Deschanel has hand-picked her favorite Springtime seedlings, so you can join her growing journey. Wondering how to dish up Zooley's go-to picks? Try a few of her most delicious recipes.

[Check it out here!](#)



Alyssum, Snapdragon, Viola, Viola Mix, Broccoli, Green Beans, Mini Cucumber, Oregon Spring Tomato, Strawberry, Sugar Sprint Pea, Zucchini, Cherry Tomato, Scarlet Cherry Tomato, Garlic Chives, Genovese Basil, Green Bunching Onion, Italian Parsley, Mint, Thyme, Bok Choy, Ironman Kale Mix, Swiss Chard, Toscano Kale, Cilantro

Kale and Basil Pesto Recipe

This modern twist on classic pesto is packed with nutrients, but its delicious depth tastes like an indulgence. Walnuts, lemon, and freshly picked kale are wonderful compliments to more traditional ingredients.

4 kale leaves- parboiled for 2 mins
A large bunch of Genovese basil, about a cup
2 Tbsp fresh lemon juice
1/2 tsp. sea salt or Himalayan pink salt
3 Tbsp raw walnuts

1/2 cup high-quality olive oil (one that tastes great to you!)
1 clove of garlic or shallot
1/2 cup of grated Parmigiano Reggiano or vegan parmesan

Toss all ingredients into the bowl of a food processor or a blender and process until you reach the perfect texture. Consider this a chance to choose your own adventure: I love smooth, saucy pesto, so I typically reach for my blender. If you prefer a more textured and choppy pesto, then definitely try a food processor instead. After just minutes, you'll be ready to serve your one-of-a-kind creation on pasta or in a salad. You can also garnish your favorite soup or flatbread. Honestly, it's great on everything!



HOME COOKING

These are just a few of the recipes we are excited to be making this season. Check out our entire selection of recipes here or visit the page for a specific seedling or bundle.

Grilled Summer Squash Salad with Jalapeño Lime Vinaigrette



SALAD:
3 **zucchini**, mandolined or thinly sliced
3 small heads **romaine** lettuce, halved
2 tbs olive oil, for brushing
1 cup blueberries
1/3 cup crumbled feta cheese, or vegan alternative like Violife
1/4 cup fresh basil leaves, torn

DRESSING:
1/4 cup olive oil
1/4 cup fresh squeezed lime juice
1 tsp apple cider vinegar
2 **jalapeño** peppers, seeded and finely diced
1/4 cup pistachios, shelled & roughly chopped
2 cloves garlic, diced, or 1 tsp garlic powder
salt and pepper to taste

1. SALAD: Heat your grill to 350 degrees or medium-high heat. Brush the squash slices and romaine with olive oil and place them perpendicular to the grill grates, grilling on each side for 4-6 minutes or until well marked. Remove from grill and let cool. Toss all ingredients together in a large bowl, waiting to toss with the vinaigrette until just before serving.

2. DRESSING: Shake all ingredients together in a jar with a lid. Let sit for 10 minutes to let flavors meld and marinate before tossing with salad to serve. Save any leftovers as a topping for meats, salads, or roasted vegetables throughout the week!

Cucumber Salad with Almond Picada, Feta, and Honey

2 medium **cucumbers**, cut in 1" chunks
1 small shallot, sliced thin
1/4 cup roasted almonds, coarsely chopped
Juice of 1 lemon
4 Tbsp. olive oil
2 Tbsp. honey or agave

4 Tbsp. coarsely chopped **parsley**
4 Tbsp. coarsely chopped **mint**
2-4 oz feta or vegan alternative like Violife, grated or crumbled
Salt & pepper to taste

1. Place cucumbers in a large bowl and set aside. In a medium bowl, combine shallots, almonds, lemon juice, olive oil, parsley, and mint.

2. Stir to combine, then toss with cucumbers. Add feta and toss gently. Season to taste with salt and pepper. Place on serving platter, drizzle with honey and serve.





Green Shakshuka

1 yellow onion, slivered

3 garlic cloves, minced

2 Tbsp. olive oil

1 jalapeño, seeded and minced

4 big handfuls greens (mix **kale, swiss chard & spinach**), chopped and washed

1/2 c cream, or coconut cream

4 eggs

Salt & pepper

Plain yogurt, or vegan yogurt, for serving

Sriracha or other hot sauce, for serving

Sauté onions & garlic in olive oil in a large skillet until they take on a little color. Add jalapeño and continue cooking for 1-2 minutes. Add chopped greens, season with salt and pepper to taste and cover until greens are just wilted. Add cream and bring to a simmer. Crack eggs on top of greens, cover and cook until eggs are cooked to your preference. Serve in wide bowls with a dollop of yogurt and a drizzle of hot sauce and thick slices of warm bread on the side.



NEW KIDS ON THE BLOCK

These brand new Spring varieties will brighten your season with their striking colors and refreshing flavors.

Scarlet Cherry Tomato

This compact variety is perfect for balconies and other small garden spaces. Oh, did we mention? They are great for growing indoors with Glow Rings!

Find Me In: [Best of Spring Bundle](#)



Genovese Basil

Welcome back, old friend! If you've missed homemade pesto and freshly picked pizza toppings, we've got some undeniably delicious news: Basil is back in this season's seedling lineup.

Find Me In: [Indoor Favorites](#), [Must-Have Herb Bundle](#), and [Best of Spring Bundle](#)

Calendula

Looking for a subtle touch of color? These blooms aren't just beautiful - they also attract butterflies that have flown in for a sunny Spring break.

Find Me In: [Best-Loved Blooms Bundle](#)



Snapdragon

This seedling produces a cascading trail of bright yellow flowers. Don't worry about finding the perfect spot - these blooms thrive in both shade and sun.

Find Me In: [Best-Loved Blooms Bundle](#)



Alyssum

This variety flowers in 6 beautiful pastel colors: Get ready for rose, pink, violet, blue, white, and creamy-yellow!

Find Me In: [Best-Loved Blooms Bundle](#)



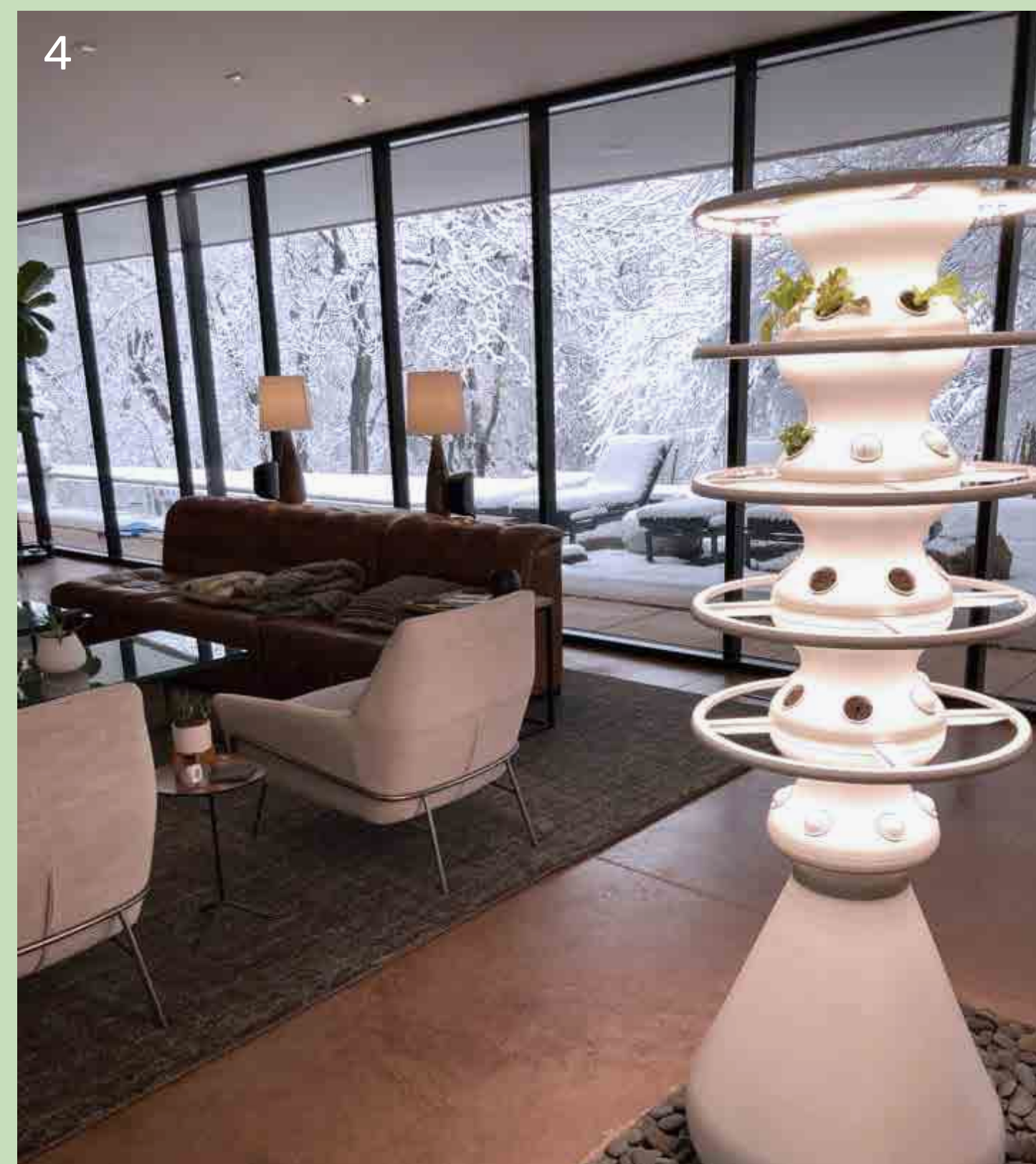
TOGETHER WE GROW FAR!

From home offices and breakfast nooks to backyards and balconies, we can't get enough pictures of growers with their Farmstands. Keep the photo ops coming: You could be next in our virtual scrapbook.



GET GLOWING

This year marked a major milestone for our community of indoor growers: Our newly released Glow Rings were met with quite the house parties. Here's a glimpse at a few of our favorites:



(1) Cristy Comstock Goff (2) Kelly King Corbin (3) Megan WhiteWalls (4) Eric Noland

(1) Kaley Tash (2) Ariela Furst (3) Tania Soibelman (4) Connie Schuessler Alkire



NOW THAT'S IMPRESSIVE

We've noticed some hefty harvests lately - your growing game is on point! Let's take a look back at some of your very best homegrown hauls.

GROWERS



ELSA M. LACAYO



TARA PINTO

OF



STEPHANIE ARNOW

THE



NATALIE SANTIAGO

MONTH

We don't pick favorites, but we do love giving credit where it's due! Each month, we shine a spotlight on a grower that's making major contributions to our Lettuce Grow community. From helpful advice in our [virtual group](#) to beautiful photos and heartwarming stories, one thing's for sure: They're simply the best. Here are some highlights from last season's Growers of the Month!

Grower of the Month, December 2020: Natalie Santiago

Natalie is a mainstay in our online community where she lends a helping hand to new growers.

Q: How has growing plants helped you grow?

A: "Growing plants has helped me grow because it has made me realize that quality over quantity is better. The fact that I know where my food is coming from is the best feeling. Also, my doing this has also made me want to buy predominantly local items like meat, eggs, milk, cheese, other veggies, honey, and maple syrup."

Grower of the Month, January 2021: Elsa M. Lacayo

Elsa embodies our mission by growing with joy, resilience, and fulfillment. You can follow along with her journey in our online community where she shares her story through pictures, recipes, and advice!

Q: What was the "it moment" that got you hooked on your Farmstand?

A: "I have to give credit to my friend Sarah who suggested the Farmstand-- she has a beautiful garden. After looking at the Lettuce Grow website, it seemed like a no brainer to try and grow all these wonderful veggies (and finally -- strawberries)! I live in Chicago so I found it amazing that I would be able to grow these things indoors."

Grower of the Month, February 2021:

Stephanie Arnow & Tara Pinto

Stephanie and Tara are the hosts of "Growing with Letty & Lucy" -- their Farmstand themed podcast where they chat about learning to grow real food for their families and just about everything else!

Q: What's your favorite too-pretty-eat-veggie?

A: "This is gonna sound dumb, but basil. I could make SO MUCH MORE PESTO if I didn't love looking at basil when it's fully grown and beautiful. Also, Rainbow Chard. I just love looking at it." - Stephanie

Q: How has growing plants helped you grow?

A: "It has given me something to focus on that I have control over during an out of control time." - Tara

MEET FARMER NICK

One of our highlights this year was getting to know plant coach and apartment farmer, Nick Cutsumpas. Read some of our interview with him below and [catch the whole interview here!](#)



How did “Farmer Nick NYC” start?

A friend of mine wanted to bring plants into his home for the first time and I acted as his “plant coach”. A friend then convinced me to dedicate my Instagram to plants and the rest was history!

How has growing plants helped you grow?

It has taught me so much patience and gave me a new appreciation for nature. Like many Millennials living and working in an urban city like New York City, life was incredibly fast-paced but plants forced me to slow down.

What was your first experience with gardening?

I had the summer off, after college, and my mom suggested I start a garden in the backyard for a fun summer project. I was a former college athlete and personal trainer, and food and nutrition were important to me, so I went for it. I started with just a few tomato plants and from then on I was hooked! The satisfaction of literally tasting the fruits of my labor was incredible, and each year the garden grew more robust.



How do you want your growing to affect the world?

I want to inspire people living in urban spaces that they can in fact grow their own food. Whether it is in dirt or in a hydroponic system, I want to make all of our cities greener and more edible. Doing so will not only help the environment but will give urbanites a better appreciation for farmers and an understanding of our food system.



What’s your garden’s biggest enemy?

The chipmunks that lay siege to my garden each summer. They’re small enough to get through my chicken wire fence!

If you could pick 5 heroes to sit at your table, who are you cooking for?

John Wooden, Michael Pollan, Barack Obama, Alice Waters, Stephen Colbert

LETTUCE GIVE

Learn what's new with Lettuce Grow Gives, the philanthropic division that brings to life our mission of making fresh, nutritiously alive food available to everyone. This year, our growers empowered us to donate to over 230 organizations across the country. This season we're inviting you to get to know one of these organizations, Project Access.

About Project Access

Project Access is a nonprofit organization that provides vital on-site health, education, and employment services to families, children, and seniors living in affordable housing communities. Located in Queen Creek, AZ, children in their community care for their 2 Farmstands that help to supplement donations from food banks.



What does it mean to your organization to have a Farmstand?

They are part science project, part food security, and part community building! Having 48 plants growing in futuristic pods on the Resource Center patio has been a great conversation starter and provides residents easy access to fresh food growing right in their community. Youth in our After School Program have taken great pride in maintaining the Farmstands—building their leadership skills and deepening their connection to their community.

What is your favorite part of having the Farmstand?

The Farmstands have sparked many spontaneous conversations between residents and Project Access staff. Residents often ask first about the Farmstands, but these conversations have helped shed light on their specific challenges—namely food insecurity. The Farmstand has been an effective outreach tool to connect and engage with our residents and ensure they get help to support their household.

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 Grow Gives!

SUSTAINABILITY IS ALWAYS IN SEASON

Sustainability makes our world go 'round - literally. That's why we designed Farmstands to be the most environmentally friendly way to grow food. Here's a peek at the strides we've made for the planet this year.



22,110,320

GALLONS OF WATER SAVED

991,284

MILK JUGS SAVED FROM THE OCEAN



1,105,516

NUMBER OF PLANTS GROWN BY OUR AMAZING COMMUNITY

THE LITTLE GROWER'S CORNER

Have an eager little helper? We've gathered a few creative ways to get them involved with your family's Farmstand. After all, kids are most likely to buddy up with their vegetables when they're involved with the growing process.

Nico's Greenie Grouch Pasta

2 Bunches Toscano kale, de-ribbed and finely chopped
Pasta of choice (Nico likes fusilli, a.k.a. "screw pasta"), prepared as desired for 4 servings

2 Cloves garlic, thinly sliced
3 Tbsp olive oil
Black pepper
Salt
Half lemon (optional)



While pasta is cooking, combine 3 T olive oil and sliced garlic in sauté pan. Cook on medium heat until garlic is translucent, 3-4 mins. Add kale, big pinch of kosher salt, a few cracks of black pepper. Continue to cook until kale is softened, 4-5 mins. Strain pasta. Add to sauté pan. Toss to coat. Add a few more cracks of black pepper. Squeeze half a lemon. Garnish as desired (toasted bread crumbs, grated cheese, etc.)



MAKE A FORT WITH YOUR FARMSTAND'S BOX!

Here's some inspiration to get you started:

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



CAN YOU FIND ALL OF THE WORDS IN THIS PUZZLE?

If you get everything right, treat yourself to some new seedlings! Here are the words we have hidden:

GREENIE GROUCH

SHAKSHUKA

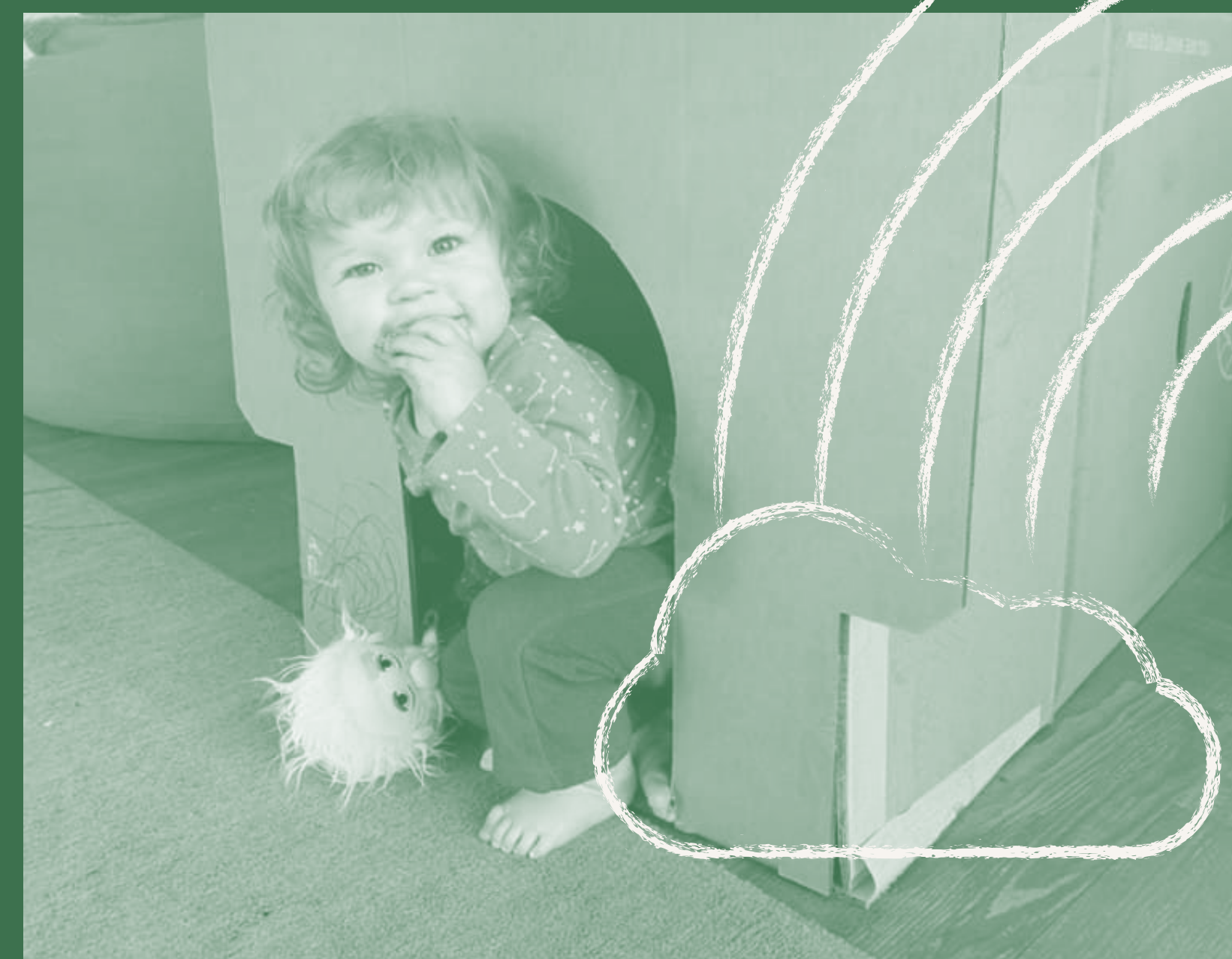
SPRING

LETTY AND LUCY

GROW

TOMATO

BLOOMS



SPRING 2021



CONTACT US

[FAQs](http://lettucegrow.com/faq)
lettucegrow.com/faq



[Facebook Community](http://facebook.com/groups/LettuceGrowCommunity)
http://facebook.com/groups/LettuceGrowCommunity



[Digital Assembly & Growing Guide](http://lettucegrow.com/growing-guide)
http://lettucegrow.com/growing-guide



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

(512) 234-4001
help@lettucegrow.com

An Initiative of:
the farm project