

# THE SUMMER GROW GUIDE

SUMMER 2021



LETTUCE  
GROW



100%

chance

of sun

**This Summer, Let's Gather Again and  
Celebrate the Farmstand's Bountiful Harvests.**

We've never been more eager for a solstice - and we have a feeling you're ready to soak it in, too. Let's spend the season around bonfires and backyard picnic tables, under twinkling lights and sunset skies. Embrace chances to reconnect, and let the carefree spirit of little ones playing in the grass transport you to simpler times. Maybe the good old days are still ahead of us, as we plan to gather around abundant harvests. Longer days, warmer air, barefoot escapades and al fresco celebrations await. This is it: The midsummer of your dreams.





# SUMMER GROWING TIPS

It’s getting hot in here! So, how do rising temps affect Farmstand maintenance and seedling health - especially when forecasts top 90°? We’ve laid out some expert tips to help you navigate summer’s signature heat waves.



## SEEDLING TLC

Acclimate seedlings to summer weather by sitting them outside in partial shade for a day or two before planting them in your Farmstand. Just make sure they stay watered!



## WILTING PLANTS

If your plants look droopy during the day, set water to run continuously for a few hours during the peak afternoon heat. They should perk up in no time!



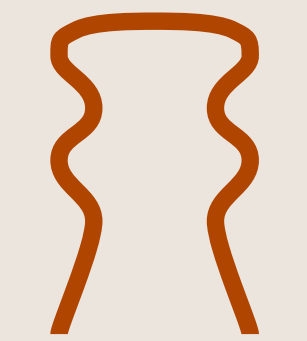
## CUE THE REFILLS

As thirsty plants hydrate their way through the heat, your Farmstand may need extra water this season. Check your reservoir throughout the week to prevent it from running dry - especially if you have large plants or roots that drink water quickly.



## BEWARE OF BOLTING

Intense heat can be stressful for plants and cause them to bolt quickly. The easiest fix? Don’t wait too long to harvest your plants!



## BUILT TO BE TOUGH

We designed the Farmstand to endure extreme summer conditions. Don’t worry - it won’t have a meltdown!



## TOO HOT TO HANDLE?

Grow year-round by moving your Farmstand indoors with a set of Glow Rings.

# VEG OUT

There’s no better time to yield abundant veggie harvests. Here’s how to get the most out of this weather we’re having!

## DON'T FORGET TO PICK!

Keep summer veggie plants productive all season by continually harvesting from them. You should harvest every couple of days to maintain productivity.



## DON'T LET YOUR PEPPERS BURN

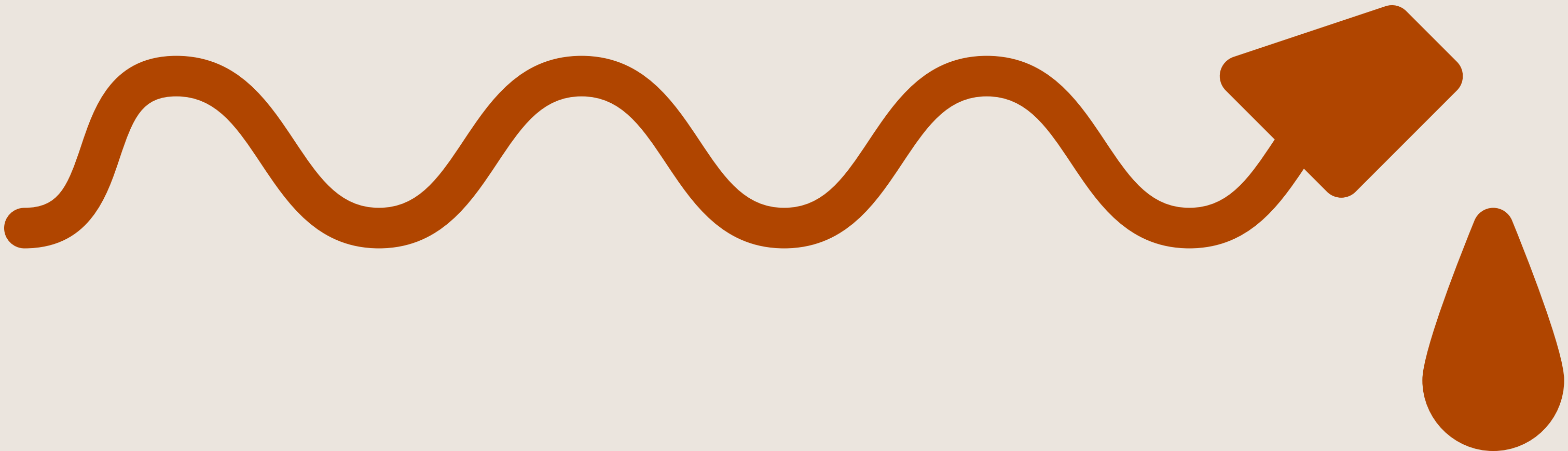
Sunburns? So relatable. Peppers can get singed if they’re exposed to too much intense sunlight. Leaf cover from other plants can help protect their delicate skin!



## POLLEN POWER

Want to prompt fruit and veggie production, or decrease the chance of malformed veggies? Keep this trio of tips in mind:

- Prune vegetative growth to make flowers more visible
- Plant flowers to attract pollinators
- Gently shake plants to help spread pollen



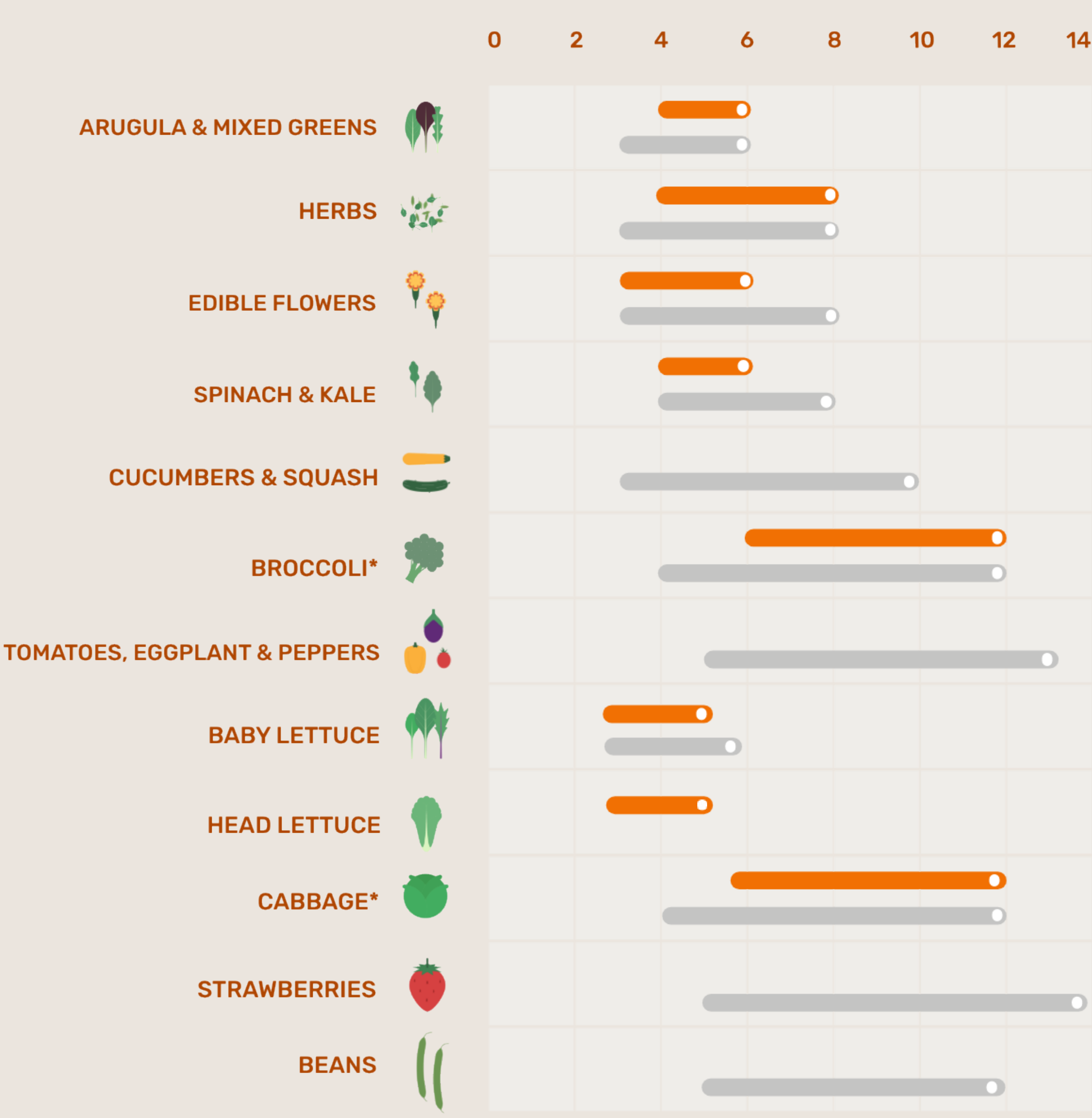




# TIMING IS EVERYTHING!

Not so sure about how or when to harvest? Don't sweat it! We've got perfect timing down pat. Consider this chart your guide to each seedling's first harvest, plus cut and come again windows. We've even added a reminder for the day you should fully remove 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!



LEGEND: Full Plant Harvest Window Cut & Come Again Harvest Window Full Harvest & Replace

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



# HYDRATION IS KEY

Long, hot days leave seedlings yearning for more water and nutrients than usual. Make sure that your cycles and dosages have been adjusted. Your little greenhouse guests will thank you.

NUTRIENT DOSAGES - PART A & PART B					
FARMSTAND SIZE	12	18	24	30	36
INITIAL DOSE	4	4	4	4	4
SUMMER	1	1.5	2	2.5	3
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	OF	ON	OF
Hot <i>&gt;95F</i>	30	15	15	30
Warm <i>60F-95F</i>	15	15	15	120
Cold <i>&lt;60F</i>	15	45	15	120
Indoor	15	45	15	120

## GRADUATION

Tell the caterer they don't have to do *all* the work. Lettuce, leafy greens, and herbs make vibrant additions to potluck salads and pastas. Plus, they only take around 1 month to reach full maturity. (Even if your grad took 12 years.)



## WEDDING SZN

Don't have flower girls? We're all about petals on plates. Keep in mind that nasturtium and violas can take about 1 - 2 months to harvest.



## COOKOUT/ BBQ

Grills, campfires, cookouts, and kebabs - they're made for more than just meat. Plan ahead! Most veggies take around 2 months to harvest.



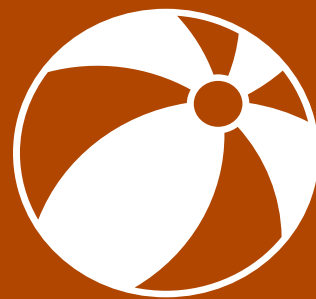
## PICNICS & HIKES

Take a sandwich or lettuce cup on the go, and feast your eyes on a beautiful view. Venture outside often - lettuce and leafy greens only take around 3 - 4 weeks to harvest!



## POOL DAY

From lemonade to margaritas, upgrade your refreshments with herbaceous infusions. Basil, mint, and most other herbs take around 3 - 6 weeks to harvest. You'll raise a toast in no time.



# LET'S TABLE IT

There's a whole lot to celebrate this summer. Here's your guide to harvesting for the holidays and beyond.



# BUNDLE UP

Sure, we’re all excited to ditch scarves and coats. Don’t write off bundling up altogether, though: We’ve curated fresh seedlings and new flavors into easy-to-plant packs. Get to know this season’s hottest bundles: Mediterranean and Best of Summer. Did we mention they were expertly selected to thrive in summer weather? Our al fresco tables overfloweth!



## MEDITERRANEAN BUNDLE

Nothing embodies colorful tablescapes, warm evenings, delicious food, and moments of escapism like The Mediterranean Bundle. It doesn’t hurt that diets inspired by the region are exceedingly healthy: Mediterranean menus celebrate fresh, whole veggies and herbs that are layered with bold, acidic sauces. While we all can’t enjoy a trip to the Mediterranean, we can close our eyes, take a bite, and feel transported.

## ROSEWATER ICED TEA WITH PINE NUTS

Sip on this cooling Mediterranean drink, by way of New Orleans!  
*Serving: 1 (multiply the ingredients if making a carafe)*

- 8 oz hot water
- 1 black tea bag
- ½ tsp rosewater, to taste

- Lemon juice, to taste
- Pine nuts, garnish

1. Steep tea bag in boiling water. Put in refrigerator for 5 - 10 minutes to cool.
2. Pour cooled tea over ice, adding rosewater and lemon juice.
3. Garnish with a handful of pine nuts and serve!



*Cherry Tomato, Zucchini, Spearmint, Genovese Basil, Toscano Kale, Romaine*

## ROASTED RATATOUILLE PANZANELLA

Harvesting fresh, flavorful veggies? Don’t hide them - this is their time to shine.

- 3 small eggplant, cut in 2" chunks
- 1 pint cherry tomatoes
- 2 small sweet peppers, cut in 2" chunks
- 1 small red onion, slivered
- 6 cloves garlic, smashed but not peeled
- 1 large zucchini or other summer squash, cut into 2" chunks

- 1/4 c olive oil
- salt and freshly ground pepper to taste
- 1 pack baguette croutons, or homemade
- fried egg or plain yogurt for serving
- a few fresh basil leaves for serving

1. Preheat oven to 400. Place eggplant, tomatoes, peppers, onion, garlic, and zucchini on a baking sheet. Pour olive oil over all and toss thoroughly. Season to taste with salt and pepper. Roast until vegetables are soft and beginning to caramelize, about 15 minutes.
2. Place baguette croutons in a large bowl. When vegetables are ready, scrape them into the bowl with the croutons, along with any accumulated pan juices. Toss gently and place in serving bowls. Top with a runny fried egg or a dollop of yogurt, then serve!







## AUNT CELIA’S TABBOULEH OLD COUNTRY STYLE

Just like how your (grand)mother used to make it!

½ c bulgur	3 c finely chopped parsley
½ c chopped onion	½ c finely chopped green onion
½ tsp ground allspice	2 c finely chopped tomatoes
½ tsp freshly ground black pepper	1 c finely chopped cucumber
1-2 tsp salt	1.5 c fresh mint leaves, chopped fine
½ c fresh lemon juice	¾ c olive oil

1. Soak bulgur by covering it with ½ inch of water for 20 minutes. Drain once done.
2. Combine minced onions with allspice, pepper, and salt. Set aside.
3. In a large bowl, combine parsley, scallions, tomatoes, cucumber and fresh mint. Gently fold in the soaked bulgur.
4. Refrigerate until an hour before serving.
5. Stir in seasoned onion and dress with lemon and oil. Enjoy!





# BUNDLE UP...



## BEST OF SUMMER

Because so many seedlings thrive during the summer, it can be overwhelming to decide which you should plant. On the other hand, summer is no time to stress. That’s why we put together the perfect mix of veggies, leafy, greens and herbs, all sure to thrive all season long. (Your grill and dinner guests will certainly approve.)

## NICO'S MINTY MEYER LEMONADE

Cue the neighborhood stands: This refreshing cooler may fetch you more than a quarter a cup.

- 7 juicy Meyer lemons (~3-3.5 cups fresh lemon juice)
- zest of 3 Meyer lemons
- 2 cups mint simple syrup (recipe below)
- 3 cups water
- Viola & mint sprigs to garnish (optional)



### FOR MINT SIMPLE SYRUP:

- 2 c sugar
- 2 c water
- 1 bunch mint

1. To make the mint simple syrup: Combine sugar, 2 cups water, and 1 bunch mint in pot and bring to a boil. Stir until sugar is dissolved. Cool to room temp. Strain out mint.
2. To make the lemonade: Mix together lemon juice with roughly 3 cups of water, lemon zest, and mint simple syrup. Adjust to your taste with additional water, lemon or sugar. Store in fridge. Serve cold, over ice. Garnish with mint and violas from your Farmstand!



Summer Crisp Lettuce, Strawberry, Lunchbox Peppers, Oregon Spring Tomato, Zucchini, Muir Summer Lettuce

## NEW SOUTHERN SALAD

What do you get when you combine tart green tomatoes, their sweet cherry counterparts, crisp cucumber, and summer’s finest melon? The new South, all on one peanut-topped plate.

- |   |   |
|---|---|
| 2 green tomatoes, cored and cut into 2" pcs | 2 Tbsp fish sauce   |
| 2 c cubed watermelon                        | 2 Tbsp peanut oil   |
| 2 c cubed cantaloupe                        | 1/4 c toasted peanuts, coarsely chopped                                       |
| 1 c cherry tomatoes, cut in half            | 1/4 c chopped herbs (mint, basil, cilantro, and chives are all great choices) |
| 2 c cubed cucumber                          |   |
| 1/4 c lime juice                            |   |

1. In a large bowl, combine green tomatoes, watermelon, cantaloupe, cherry tomatoes, and cucumber. Toss gently to combine.
2. In a small bowl, combine lime juice, sugar, fish sauce, and peanut oil. Whisk to emulsify. Drizzle over vegetables and fruit, then toss again gently.
3. Place in a serving bowl and top with chopped herbs and toasted peanuts. It’s so good, y’all.







## **VEGGIE PACKED PANINIS**

The best thing to happen to your lunch routine since sliced bread? This hefty, healthy sandwich that's prepped the night before.

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1 loaf ciabatta

Chive cheese spread

2-3 sweet peppers, roasted, peeled, and seeded

1 tomato, sliced

½ small red onion, thinly sliced

1 zucchini, thinly sliced lengthwise and grilled

1 small bunch of basil, stems removed

1 ball mozzarella, sliced

Olive oil

Balsamic vinegar

Salt and pepper to taste

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**1.** Warm the ciabatta in the oven until crust is crisp. Set aside to cool. **2.** When cool, split the loaf in half lengthwise between the top and bottom. **3.** Open the loaf like a book and spread the top and bottom with a thin layer of chive cheese spread. **4.** Layer on the peppers, tomato slices, red onion, grilled eggplant and zucchini, then top with the basil leaves. **5.** Layer the mozzarella slices on top of everything. **6.** Drizzle with olive oil and balsamic, then sprinkle with salt and pepper. **7.** Replace the top and wrap the whole loaf snugly in a reusable wax wrap. **8.** Place on a sheet pan or large plate and set another pan on top. Weight the top with a couple of cans before placing in the refrigerator overnight. **9.** Remove the wrap, cut the loaf into quarters and serve.



# MEET MATT JAMES

Meet Matt James, a television and TikTok sensation who's using his platforms for good. Matt's passion for nutritional equity and community wellness led him to co-found ABC Food Tours, an NYC-based organization that's on a mission to break cycles of poverty through food and fitness education in underserved communities. His latest sidekick? The Farmstand, of course! Nourish your own loved ones with Matt's favorite seedlings, then recreate his go-to recipes for kids of all ages. (Including kids at heart.)

We recently sat down with Matt to ask him some questions - see what he had to say!



## Why do you believe Lettuce Grow's hydroponics are the future of growing?

Farmstands allow us to decrease our carbon footprint, understand our food's roots, maximize nutritional value, and become better environmental stewards by only growing what we're going to consume.

## Why did you decide to commit to this company and what are your plans for working with Lettuce Grow?

We're now on a mission to establish community gardens for our students and begin integrating freshly grown produce into their diets. Eventually, we hope to establish these types of living food pantries across the country.



## When you're telling friends about your growing experience, what's the one thing you say?

Anyone can do it! I'm no different from the next person. You'll be just as hooked as I am once you see your first plants sprout and taste your first harvest.



## Why do you think it's important for kids to learn about growing their own food?

I hope that kids who interact with Farmstands learn the value of clean nutrition and gain an understanding of where our food comes from - as well as how that affects our physical and mental health.

***Check out [Matt's full Harvest Plan page](#) to learn more and watch him visit our Los Angeles seedling center!***





## MUSHROOM ASADA TACOS

Take your tacos to the next level with a plant-based twist that’s marinated for good measure: Citrus, cilantro, and garlicky goodness unite for a deep flavor profile that complements earthy portobellos. Serve with homegrown pico de gallo and warm tortillas for a Mexican food night that’s made in heaven.

### FOR TACOS:

1 pound baby portobello mushrooms, quartered	1 tsp ground coriander
1/4 c olive oil	1 tsp ground cumin
1/3 c lime juice	1/2 tsp chili powder
1/4 c orange juice	1/2 tsp dried oregano
2 Tbsp coconut aminos, or soy sauce	1 tsp kosher salt
4 garlic cloves, minced	8 corn or flour tortillas
1/4 c fresh cilantro, chopped	4 ounces shredded jack cheese
2 Tbsp garlic chives	2 Tbsp olive oil
1 tsp paprika	for topping sliced avocado
	for topping shredded romaine

### FOR PICO DE GALLO:

1/2 pound Oregon spring tomatoes, chopped	½ white onion, chopped
1 small jalapeño, stems and seeds removed, finely chopped	2 Tbsp lime juice
	1/4 c finely chopped cilantro
	Pinch salt

1. Clean and quarter mushrooms. In a medium bowl, mix together olive oil, orange juice, lime juice, coconut aminos (or soy sauce), garlic, cilantro, garlic chives, and spices. Add quartered mushrooms to bowl and toss. Cover and place in refrigerator to marinate for 2-3 hours.
2. Make pico de gallo: in a small bowl toss together tomatoes, onions, jalapeno, lime juice, cilantro, and a pinch of salt.
3. Preheat oven to 425 degrees fahrenheit.
4. Pour marinated mushrooms onto sheet tray and bake for 20-25 minutes or until tender, flipping mushrooms halfway through.
5. On a separate sheet tray, lay out tortillas, brushing them with olive oil. Flip tortillas so that oil is facing down and sprinkle dry side with shredded cheese and roasted marinated mushrooms. Fold tortillas closed, pressing together to hold. Bake for 5-8 minutes or until starting to brown. Flip and bake 5 minutes more.
6. Remove tacos from oven and gently open tortilla to top with pico de gallo, avocado and shredded romaine.



# GETTING THE SUMMER SQUAD BACK TOGETHER

It's time to reunite some of our favorite summer varieties: Shishito Pepper, Piccolo Eggplant, and Thai Basil. Crunchy, creamy, and aromatic. What more could you want for your summer picnic table?

## PICCOLO EGGPLANT

Mini, but oh-so-mighty and versatile, this petite eggplant variety will take around 2 months to produce harvests of 2-4" fruits, perfect for slicing and grilling. Their glossy purple color makes an easy indicator that these little gems are ripe and ready to harvest. (Avoid letting the fruits turn yellow - this means they are overripe.) Picking eggplants promotes continuous growth, so don't be shy when it comes to enthusiastic harvests!



**Find It In:** [Green & Spicy](#), [Best of Summer](#), [Mediterranean](#), [Seasonal Veggies](#)



## THAI BASIL

Up your pesto game with this aromatic summer alternative! Thai basil has small, narrow leaves that have some purple coloration and carry a slightly spicy anise flavor. Use it in place of Genovese for a new spin on your go-to recipes, or try a few Asian Fusion recipes!

**Find It In:** [Greens & Herbs](#), [Green & Spicy](#)



# LOOK WHO'S JOINING THE CREW!

## SHISHITO PEPPERS

Shishito peppers offer the floral flavor we all love - without the overpowering spice! This variety can be a little cheeky: Expect to come across a pepper with a touch of extra heat every now and again. We like to think it keeps things fresh.

Peppers can be harvested when they are 2 - 4" and green, but they will eventually turn orange and red, taking on a sweeter flavor. Our favorite way to enjoy shishito peppers? Blister them in a pan with olive oil and salt. This simple formula never fails, but feel free to experiment with charring or grilling them. (We hear they're best served with a little lemon juice.)

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



# THE ULTIMATE GUIDE TO MARINATING ANYTHING

Grilled. Baked. Pan Fried. Oven Roasted. It doesn't matter what you marinate or how you prepare it: Our holy grail of helpful tips are sure to come in handy. Just be sure your marinade has three key building blocks: Acid, oil, and a kick of flavor. Let's break down our favorite formulas:

## ACID

- Vinegar
- Wine
- Citrus (lemon juice or orange juice)

## OIL

- Olive oil
- Avocado oil
- Sesame oil

## FLAVOR

- Fresh herbs (parsley, cilantro, thyme, oregano, basil)
- Spices (paprika, cayenne pepper,
- Garlic, shallot, onion

## FUN IDEAS

- **Chimichurri:** olive oil + red wine vinegar + garlic + parsley + cilantro



- **Salsa Verde:** avocado oil + lemon juice + garlic + capers + mint + parsley



- **Presto Pesto:** olive oil + lemon juice + garlic + basil + pine nuts



## CAIPIRINHA

Recipe is for 1 Drink

- 1 lime, cut into quarters
- Handful fresh mint leaves
- 2 ounces, Cachaça
- 2 tsp sugar

1. Add lime quarters, mint leaves, and sugar to a highball or old fashioned glass and thoroughly muddle
2. Add ice until it reaches the lip or near the lip of the glass

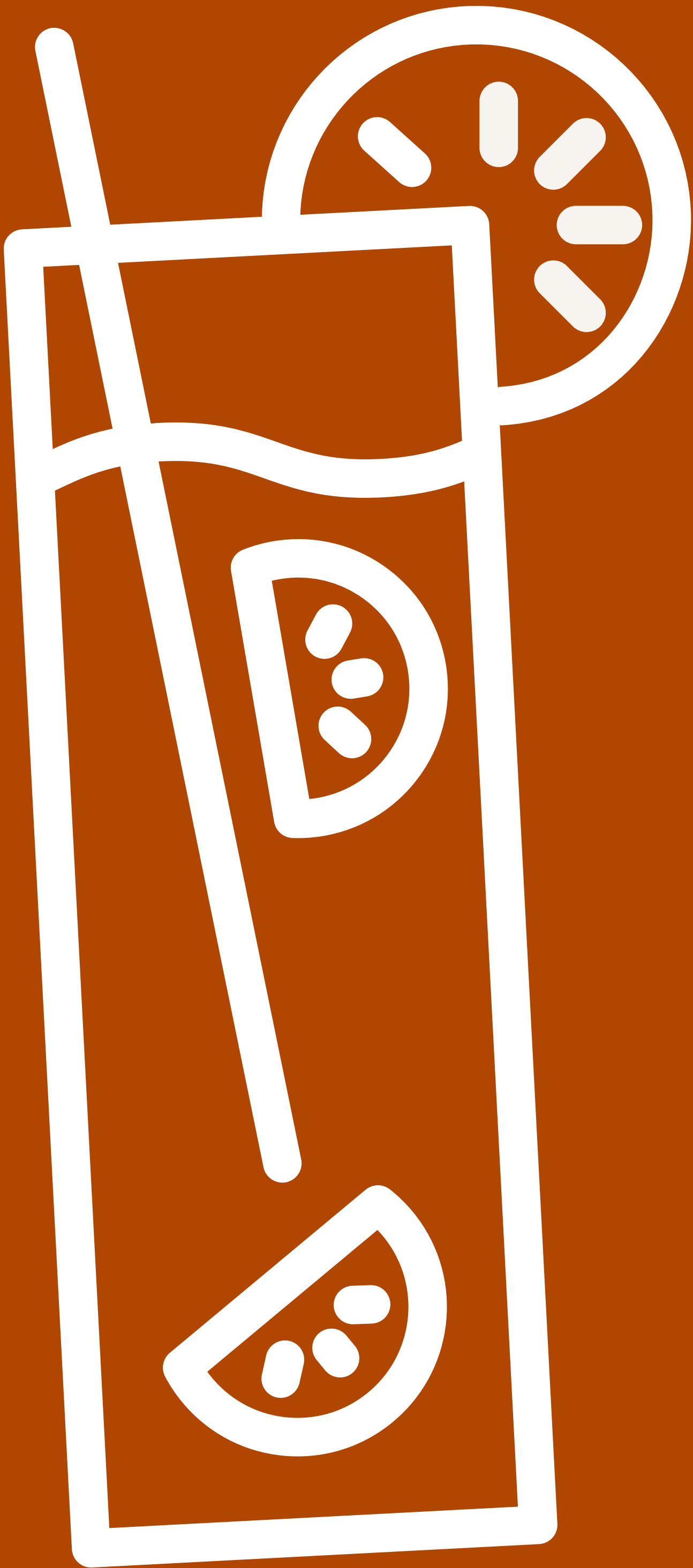
Looking for something non-alcoholic? Here is some fun inspiration for 0% sippers:

### • INFUSED WATER

Add a few slices of strawberry or cucumber to an icy pitcher of water and serve.

### • LEVELED UP LEMONADE

Muddling isn't just for grown ups! Mash up some mint, basil, or strawberries in a cup before filling with lemonade. It's a surefire way to keep tots hydrated in the heat.



# HITTING REFRESH... ALL SUMMER LONG

Caipirinhas are the ultimate Summer delight. Their easy-to-sip star? It's cachaça, which, for lack of a better term, we'll describe as rum's funky uncle. Made from fermented sugar cane juice, this boozy indulgence pairs incredibly well with lime juice, seltzer water, and a bit of sugar. Drink on, all season long!



# SPRING WRAP UP

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.





# GROWERS

RUTH SHARP



# OF



# THE

# MONTH

Our growers raise fresh food for the joy of it, but let's face it: A little recognition never hurt anyone! Each month, we shine a spotlight on a grower that's making major contributions to our Lettuce Grow community, from sharing helpful tips to spreading encouragement. Now, we've asked Spring's Growers of the Month to share a little taste of their summertime traditions.

## QUESTIONS:

1. IF YOU HAVE \$5 AT A SUMMER FARMER'S MARKET, WHAT ARE YOU WALKING AWAY WITH?
2. WHAT IS YOUR FAVORITE SUMMER-TIME SEEDLING THAT YOU WISH YOU COULD GROW YEAR-ROUND?
3. WHAT IS YOUR FAVORITE SUMMER FOOD MEMORY FROM GROWING UP?

## A: GROWER OF THE MONTH, MARCH 2021: EMILY MARSH

- 1: *A beautiful bouquet of some seasonal flowers: zinnias, cosmos, & marigolds.*
- 2: *Summertime is here when marigold seedlings hit our farmstand. The bright yellows give such beautiful color to our stand and the dried petals make excellent confetti!*
- 3: *While sitting at the dinner table with my siblings and cousin, we had a long standoff with my Grandma... that if we ate zucchini we would get sick, or even worse, die. With tears in our eyes, hours later she won. Now, zucchini is one of my favorite vegetables.*

## A: GROWER OF THE MONTH, APRIL 2021: JUDY CHEN

- 1: *All the summer squashes, please.*
- 2: *Tomatoes*
- 3: *I spent many summers in Taiwan throughout my childhood, eating street food like Taiwanese fried chicken is definitely my favorite memory. I've never been able to make it quite like they do on the streets of Taipei!*

## A: GROWER OF THE MONTH, MARCH 2021: RUTH SHARP

- 1: *If I had \$5 to spend at the farmer's market, I would buy fresh peaches.*
- 2: *Lunchbox Peppers.*
- 3: *The huge family party for 4th of July that we had when I was growing up. It was a potluck so everyone brought a yummy dish and we spent all day swimming and eating.*



# SUMMER NOTES W/ JESS DAMUCK

Looking for guidance as you cook and entertain your way through Summer? There's no better guide than food stylist and recipe developer Jess Damuck. Her recipes inspire us to create drool-worthy meals, while her [Instagram](#) page make us wish her kitchen was an \*actual\* restaurant. We sat down with Jess to get more of her helpful tips for the year's hottest harvests.



Photo By Linda Pugliese

## What are you growing on your Farmstand this summer?

This summer I'm growing a mix of herbs, lettuces, and edible flowers on my Farmstand. And cucumbers which I'm so excited about! Herbs and greens grow so quickly on the Farmstand and stay so healthy. I don't have to worry about tender herbs drying out on super hot days, it's so easy! I love being able to cut just what I need when I need it so everything stays fresh!

## How do you plan to use what you're growing?

All year round I love to eat salads, but especially in the summer. From panzanellas to super simply dressed mixed greens. With super fresh greens and vegetables on hand all the time, dinner is effortless. I also love throwing a piece of fish on the grill topped with lots of fresh herbs and a big squeeze of lemon juice, or topping grilled chicken paillards with a pile of fresh cut arugula.

## What is your favorite summer dish?

I absolutely love BLT's and they feel like the perfect summer meal to me. I could eat one every-day in the summer and not get sick of them!

## How would you describe your entertaining style?

I call my entertaining style "something fussy"-- I pay a lot of attention to details and put effort into planning everything (especially the menu planning), but the food itself is usually quite simple. Dinner parties aren't the time to try a new complex dish for the first time which could make me stressed out. Also, music is really important to me, and such a huge part of cooking and entertaining. I love to make a playlist that my guests will enjoy to keep a vibe going.

## What's on your summer dinner party menu?

Tomatoes. Lots of tomatoes. I love to spatchcock a whole chicken on the grill with lots of lemon and a classic panzanella with tomatoes and herbs. Sometimes I just serve the chicken right over a bed of super ripe sliced tomatoes. And, natural wine-- I love trying new wines from my favorite shops in NYC and LA. I have a lot of friends in the wine business who always have suggestions and it's always fun to come up with new pairings for my food.



# SALAD LOVERS

Love Jess’s tips? Try some of her recipes yourself! Pair them with flowers, friends, music, and a bottle or two of natural wine for the full Jess Damuck experience.

## RED LEAF LETTUCE WITH ROASTED CHERRY TOMATO AND SHALLOT VINAIGRETTE

Serves 2 to 4



4 c cherry tomatoes	Freshly ground balck pepper
1 shallot, minced	2 Tbsp sherry vinegar
Extra Virgin olive oil	1 head Red Leaf Lettuce, leaves separated
Kosher salt	Crusty bread, for serving
	salt and pepper to taste

1. Preheat oven to 400 F. On a parchment lined rimmed baking sheet, toss tomatoes and shallots with 2 tablespoons olive oil and season well with salt and pepper.
2. Bake, tossing occasionally, until tomatoes are bursting and browned in spots, and are fairly jammy, about 30 to 35 minutes. Transfer to a medium bowl and let cool slightly.
3. Mash the tomatoes up with a fork just a bit to release more of their juices. Add vinegar, another tablespoon or two of olive oil, and season to taste with salt.
4. Spoon the mixture over lettuce leaves to serve. Great with warm crusty bread.

## MELON, CUCUMBER, MOZZARELLA, AND BASIL SALAD

Serves 2 to 4

1 small cantaloupe melon	Drizzle of your best-quality olive oil
3 Mini Cucumbers, thinly sliced into rounds	Flaky sea salt
6 to 8 ounces fresh mozzarella cheese , sliced into rounds	Red chili flakes
1 handful Genovese or Thai Basil	Lime wedges, for serving

1. To prepare the melon, begin by cutting off the top and bottom to create two flat surfaces. Then, working your knife along the curve of the melon, cut away the rind, reserving as much flesh as possible. When all of the rind is removed, cut in half, and scoop out seeds with a spoon. Cut each half into half again, and thinly slice.
2. Arrange melon on plates or a platter, and scatter with cucumbers and mozzarella. Drizzle with plenty of olive oil and sprinkle with flaky sea salt, crushed red pepper flakes, basil, and lime wedges. Bonus points for serving on top of crushed ice.





# IT'S TOMATO TIME

Every tomato grower encounters a surplus of these sweet and juicy fruits at some point in the season. If you've already eaten more fresh salsas and Caprese salads than you could possibly imagine, try these creative ways to use up your tomatoes before they lose their luster.

## MAKE AND FREEZE: HOMEMADE TOMATO SAUCE

Ready to boost your pasta and pizza game? A homemade tomato sauce does wonders, whether it's a simple marinara with garlic, basil, and crushed red pepper, or a more labor-intensive creation with pureed tomatoes, onion, carrots, and spices. Make more than you need, then freeze and store the leftovers for a rainy winter day. (We just know you'll start craving a juicy, fresh-off-the-vine tomato!)

## SWEET AND SAVORY: SLOW-ROASTED TOMATO SLICES

Transform tomato slices into a complex combination of sweet and savory flavors for a perfect complement to any meal. All you need to do is slice your tomatoes horizontally into thirds, season liberally with olive oil, salt and pepper, and put in a 300°F oven for an hour. Enjoy on sandwiches, alongside proteins, or with melted goat cheese for a restaurant-level appetizer. Want to save these slices for later? Go ahead and pop 'em in the freezer!

## MAKE YOUR OWN SUN-DRIED TOMATOES

Slice your tomatoes (discard the pulp if they are regular-sized) and bake them low-and-slow, at 250°F for 2.5 to 3 hours. For short-term storage, transfer the tomatoes to a jar and fill with olive oil until the tomatoes are covered; refrigerate for up to 2 weeks. To freeze, make sure tomatoes have completely cooled before transferring them to a freezer-safe bag for up to 3 months.

## BEAT THE HEAT WITH GAZPACHO

As late July and August roll around, you may find yourself particularly desperate to use up tomatoes - and beat the heat. Our answer? Gazpacho, a cooled tomato-based soup that complements light, Mediterranean-style dinners. To whip up this classic Spanish soup, blend up medium-sized tomatoes, green bell pepper, cucumber, red onion, garlic, red wine or Sherry vinegar, olive oil, salt, pepper, and cumin. Serve with a loaf of crusty bread and enjoy!

# FERMENTATION FUN

Don't worry if your cucumber harvests start to get massive! Our friends at Britt's Pickles have shared their recipe for incredible pickled cucumbers to make your cucumber harvest last throughout the season.

Check out their home fermentation kits [here](#) or follow them on Instagram [@brittsfermentedfoods!](#)



## MATERIALS:

- Large mason jar
- Ceramic pickling weights
- Fermentation lid with an airlock

## INGREDIENTS:

- 2.5 pounds pickling cucumbers
- ½ medium onion, thinly sliced
- 12 cloves peeled garlic
- Spice mix
- 4.5% Brine (*Mix until dissolved*):
  - 1 quart water
  - 2 Tbsp plus 2 tsp salt
  - ¼ tsp turmeric powder

## DIRECTIONS:

1. Rinse cucumbers in cold water. Do not use any cucumbers with bruises or punctures.
2. Pour spice packet into jar.
3. Add a layer of cukes standing on their ends.
4. Use whole cukes - do not cut them.
5. Add onions and garlic.
6. Add top layer of cukes. Place a couple small ones on top for sampling.
7. Place two ceramic weights on top.
8. Pour the 4.5% brine over the cucumbers and weights. Be sure to leave 1.5" of space above the brine.
9. Screw the fermentation lid on the mason jar and set aside.

## SAMPLING:

1. After 1 week, sample the small cucumbers that were placed on the top of the Pickle-ator.
2. Remove the weights using a sanitary utensil and taste them.
3. Try again at two weeks.
4. If you are happy with the taste, replace the fermentation lid with the original mason jar lid and move it to the fridge.
5. Pickles will last for many months in the refrigerator.



# 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. 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, Carver High School.

## ABOUT CARVER HIGH SCHOOL

Carver High School is a historically Black school named after famed Black agriculturalist George Washington Carver. Our student body population is predominantly Black and Latinx.



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

Having a Farmstand allows our students to have access to healthy food all year round. Especially in the winter months when our outdoor garden is dormant. It also means that students are exposed to fresh organic greens that they can access now. We have had students come to school and have missed lunch and have stopped by my room to make a quick and fresh salad on the go. This would not have been possible without the Farmstand.

### What is your favorite part of having the Farmstand?

One consequence of having the Farmstand is that it has sparked curiosity within the school building. Students that are not even in the class stop by to observe and ask questions. This was completely unexpected, and it's a great joy to experience as an educator. The curiosity that the Farmstand sparks is one of the greatest gifts, apart from the actual produce we get to harvest.

### Can you describe the program or activities you have built around the Farmstand?

The Farmstand is connected to our larger school garden program. With both the outdoor garden and the Farmstand, we seek to be able to provide staff, students and their families with fresh organic produce year-round.

We also provide cooking and nutrition classes for students and their families. We seek to provide a holistic approach to food justice by incorporating all elements of gardening such as nutrition, harvesting, sustainable practices, information on food networks and more.

Having the Farmstand in our classroom provides real-time interaction at any given moment in our gardening program. Parents, teachers and staff can interact with the Farmstand throughout the entirety of the growing process.



### Anything else you would like to tell us or talk about!

A goal we have is to have several Farmstands in the classroom for not only educational purposes but to also provide the families of students with weekly pickup of fresh salad mixes. This goal of providing fresh produce helps our students tackle the broader issues around food justice and sustainable gardening practices as part of our overall garden curriculum. The Farmstand allows us to move closer to this goal.



# HOW TO SUSTAIN YOUR MOMENT IN THE SUN ALL SUMMER LONG

The 2021 summer solstice occurs June 20th. This celestial event marks the beginning of the sultry days of summer in the northern hemisphere. Don't let this summer go to waste - make eco-friendly choices for a healthier earth with some sustainable summer tips from our friends at [Zero Waste Store](#).



## PLASTIC FREE PICNIC

Remember, always pack your picnic cuisine in reusable containers. Beeswax food wraps and Stasher silicone zip-lock bags are great options to help keep food fresh. We recommend multi-tiered lunch boxes for larger dishes, and mason jars for sides and condiments. Utensils should never be plastic so get creative and use your old tableware and cutlery. As for an alternative to paper napkins, use cloth wipes made from pretty, repurposed fabric.

## SUSTAINABLE BEACH DAY

For smooth, flawless skin, start with a reusable safety razor. Follow up with eco-friendly, plastic-free reef safe sunscreen to maintain sun-kissed skin and protect marine life. Never leave waste behind as it is harmful to marine life, including birds. Double down on any beach clean ups by using a washable, organic cotton tote for cleaning up and carrying out your trash.

## CAMP CLEAN

Reconnect with nature and keep it clean, green, and free of polyethylene. Plastic-free camping equipment includes bio-degradable bamboo utensils. Cold drinks are best in a reusable insulated tumbler – and don't forget the reusable straw. Mosquitos biting? Make sure to pack 100% certified organic bug spray for a safe, itch-free evening around the campfire.

## HOST A PLANET SAFE PARTY

For that big get-together at summer's end, remember, trash is strictly optional. Employ eco-centric party tips, to throw a waste-free summer party.

- Save a tree with a digital invitation.
- Use cloth tablecloths that are washable and reusable.
- Use compostable corn starch plates, glassware, and cutlery instead of plastic.
- Unpaper towels and reusable cloth wipes make paper products unnecessary.
- Prepared plates create less waste than a buffet and make it easy to donate leftovers.
- Eliminate single-use cans and bottles by using your folks glass pitchers.
- Label waste stations - recycle, compost, and trash - to make cleanup easy and earth friendly.

So, celebrate the summer solstice and the sunny days of summer. Just remember, not to leave your carbon imprint at the beach or campsite. Sustainability nourishes the earth.



Head on over to [Zero Waste Store](#) to pick up all of the sustainable summer essentials mentioned in these tips and more!



# NOTES FROM THE KIDS TABLE

Here’s the thing: Everyone knows that the kids’ table brings major fun to every family affair. Need extra activities to keep your tots entertained? Consider it handled.

## IMPRESSION STENCILS

This easy art project reminds us of growing up ourselves. Ah, the nostalgia! Take a white piece of printer paper and place it over a leaf, rock, or plant. Then, gently rub a crayon or colored pencil over the piece of paper. The lines from your item will create a beautiful outline that’s perfect to hang on the fridge or send to a family member!

## SUMMER GARDENING JOURNAL

This season can fly by - that’s why we love journaling throughout our summer growing season. You won’t want to miss these memories!

### 1. MAKING THE JOURNAL

- a. Sandwich some white printer paper in between colored craft papers. Use a hole punch and some string to bind them together.

### 2. WHAT TO TRACK

- a. Here are some of our favorite things to write about each week:
  - i. What insects have come to visit the Farmstand?
  - ii. Do you notice changes in leaves, new blossoms, or growing veggies?
  - iii. How do your seedlings taste?
  - iv. Can you draw your Farmstand or your favorite plant?

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!)







# SUMMER 2021

## CONTACT US

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



Facebook Community  
<http://facebook.com/groups/LettuceGrowCommunity>



Digital Assembly & 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!

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An Initiative of:  
*the farm project*