



THE

GROW GUIDE

WINTER 2021



The Indoor Edition



The Grow Guide **Winter 2021** - *The Indoor Edition*

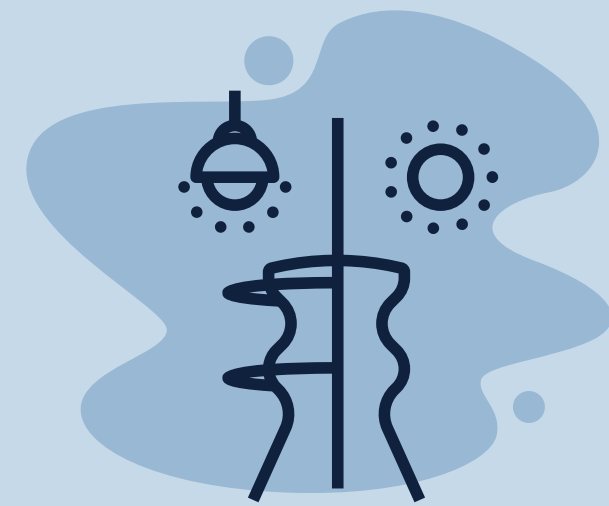
The stockings are hung. The chestnuts are roasting. The wish lists are circulating. Now, it's about time you cozy up to everyone's favorite holiday tradition: Warm, homemade feasts, whipped up with plenty of love - and handpicked produce. How's that for merry and bright?

We love hearing from you! Post pictures of your Farmstands and harvests and tag us at @lettucegrow for the chance to be featured on our social channels.



Baby, it's cold outside...

Jack Frost has descended on backyards and balconies, but even his chilliest antics are no match for our ever-radiant (and living-room-approved) Glow Rings. Moving into the great indoors has never been a warmer notion!



Moving Indoors

Planning to bring your Farmstand indoors? We recommend harvesting your plants and starting with fresh seedlings. A sudden change in environment can shock previously thriving plants - and may bring sneaky hitchhikers.



Indoor Varieties

We're all for experimentation, but some varieties prefer the inside track more than others. Larger produce like cabbage, broccoli, and zucchini have a tendency to take up living space and shade out other plants. It's not a dealbreaker - just something to watch out for!



Love Them - But Don't Let Them Grow Wild

Prevent light burn on leaves by harvesting plants, or pruning large growth, before they are large enough to touch your Glow Rings. Bonus: This also helps to keep a constant rotation of fresh food in your kitchen.



Air Flow

Plants *obsess* over exposure to fresh air flow. It helps transport water and nutrients throughout plants, can help prevent floppy leaves, and mimics wind as a natural pest deterrent. Pro Tip: Notice brown tips on lettuces and leafy greens? It's nothing a little more airflow won't fix.



Light Cycle

It's your choice to decide when your Glow Rings turn on and off. Feel free to pick a light cycle that best fits your schedule! Ambient and window-filtered light is not strong enough to affect plant growth, so you don't need to worry about these light sources interfering with your Glow Rings doing their thing.

Well Hello, Dolly

Even after you move indoors, a dolly can help you harvest plants in hard to reach areas. Being mobile also makes it easier to refill or reset Farmstands. We like to move it, indeed. [Get your dolly here!](#)



Click here to read our [Indoor Growing Guide](#) for more tips and tricks for a seamless indoor growing experience!



A Little Goes A *Loooooong* Way

Dropping temperatures and shorter days have their pros and cons - but they're a boon for conservation. Get ready to adjust nutrient dosages and watering schedules: Your plants won't need much to flourish right about now!

Growing indoors? That's a different story. Don't worry about changing your nutrient dosages or light cycles - unless you add extra levels of Glow Rings!

NUTRIENT DOSAGES - PART A & PART B					
FARMSTAND SIZE	12	18	24	30	36
INITIAL DOSE	4	4	4	4	4
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	
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



Home Sweet Celebrations

There’s no place like home for the holidays – especially with an Instagram-worthy harvest just stocking-clad steps away. Consider this your itinerary for cozy nights in, from festive film screenings to spirited sips.



For Movie Nights

We love movie theater butter as much as the next cinephile – but an herb-infused compound butter alternative is the ultimate classic blockbuster.



For Half Time

Score extra points by adding a fresh twist to traditional game day snacks. (Our go-to menu includes herb-forward dips like pico de gallo, layered bean dip, and classic guacamole, along with finger food favorites like lettuce wraps, spring rolls, and nachos.)



For Crisp Hikes

Walk off bacchanalian holiday feasts with a hike or stroll! Just don’t forget to pack fresh fruits and veggies, like peas, tomatoes, and strawberries, to pair with energy-replenishing dips.



For Cocktail Hour

Give classic drinks a holiday-worthy upgrade with fragrant herbal makeovers. We’re getting our glasses ready for minty Moscow mules, blackberry and sage G & T’s, and thyme-in-fused tequila fizzes. Added bonus: all of these are just as refreshing sans alcohol – cue the mocktails.



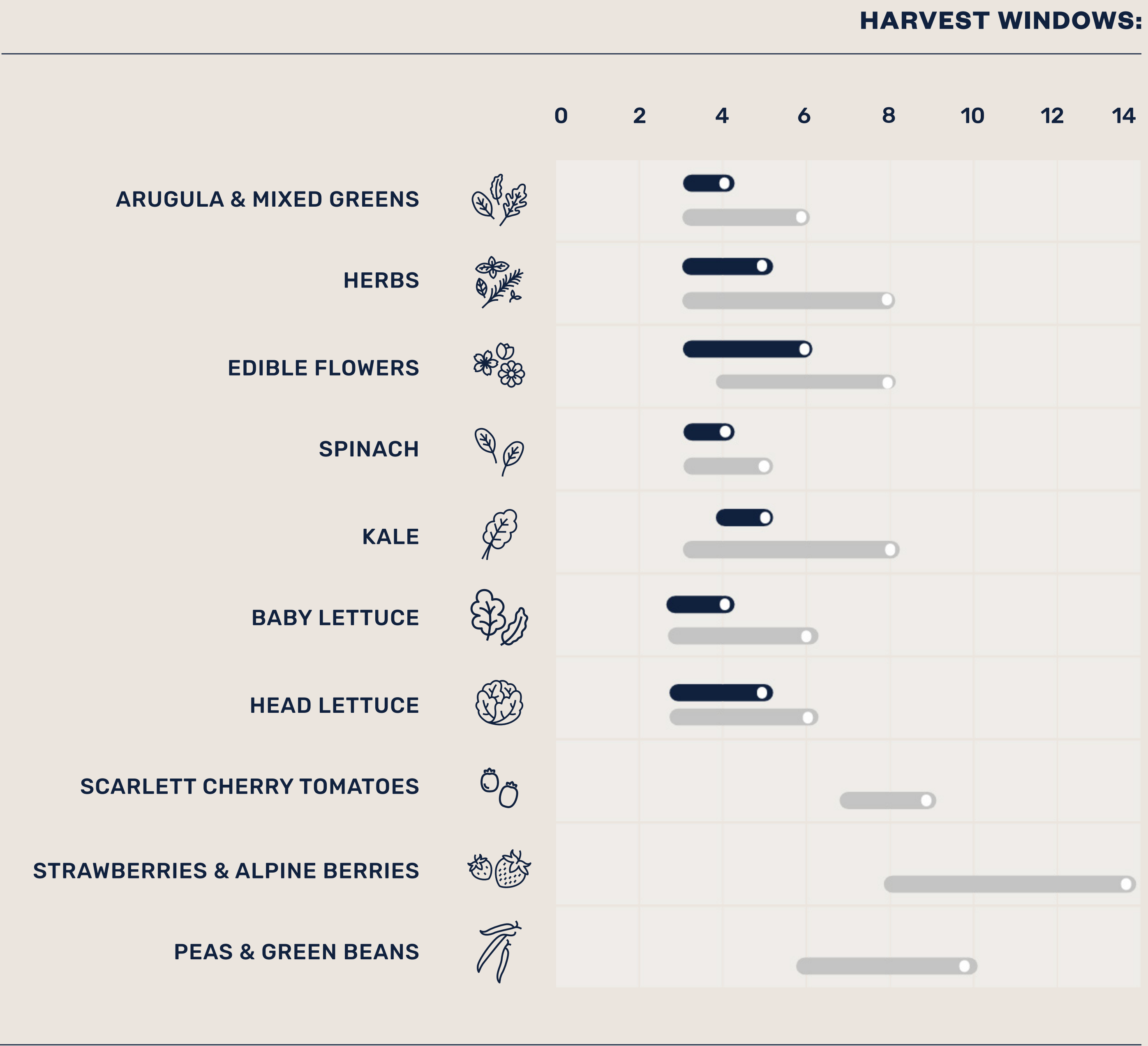
For Santa's Midnight Snack

What’s that? It’s your oven mitts calling. Get ready for everyone’s favorite red-clad visitor with baked goods galore, from chocolate mint cookies to sage parmesan biscuits. (Hey – Santa’s been known to go savory!)

Harvest Calendar

Headed inside to escape a cold, dark winter? Our Glow Rings are sure to help provide dependable light that ensures you’ll have quick, reliable harvest windows – all year long. Consider this your handy guide to timing harvests perfectly – even in the great indoors.

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.

GOOD HEALTH + GOOD CHEER

Cooking for the holidays has a stressful reputation - that's where our new Holiday Bundle comes in. Every seasonally-apropos seedling was handpicked to help your most celebrated recipes shine. Cue the compliments to the chef!

Meet Our Holiday Bundle

Happy hosting to all - and to all, a good night!

SEEDLINGS: Broccoli Raab, Dazzling Blue Kale, Fennel, Garlic Chives, Italian Parsley, Sage



MAIN DISH: Cheesy Baked Penne with Broccoli Raab

Serves 6 - 8

INGREDIENTS:

1 bunch broccoli raab	¼ cup Italian parsley, chopped (plus extra to garnish)
1 Tbsp olive oil	
1 lb Penne or other short pasta of choice	1 Tbsp basil, chopped (plus extra to garnish)
1 cup shredded parmesan	1 tsp sage, chopped
1 cup ricotta	
8 oz. shredded mozzarella, divided in half	1 24 oz. jar of good marinara sauce

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Boil salted water and cook pasta until al dente, strain and pour pasta back into pot. Add in jar of marinara sauce and mix until pasta is evenly coated.
3. Meanwhile, wash broccoli raab and roughly cut into bite-sized pieces. Toss with 2 tbsp olive oil and place on baking sheet. Roast in the oven until tender, about 10 minutes. Toss roasted broccoli raab into pot with pasta and tomato sauce.
4. In a medium sized bowl, mix together parmesan, ricotta, half of the mozzarella, parsley, basil, and sage.
5. Pour half of pasta, marinara sauce, and broccoli raab mixture into a 9x13 glass baking dish. Sprinkle about half of the cheese mixture on top. Pour the rest of the pasta on top of the cheese and sprinkle the remaining cheese in clumps. Cover with foil and bake at 400°F for about 25 minutes. Remove foil and sprinkle remaining shredded mozzarella on top, broil an additional 5 minutes until browned.



HORS D'OEUVRE: Creamy Cannellini Beans & Roasted Fennel Crostini

Serves 6 - 8

INGREDIENTS:

2 bulbs fennel, sliced ¼ inch thick	salt
2 Tbsp olive oil tbsp olive oil, divided, plus additional to brush crostini	1 french baguette, sliced on a bias ½ inch thick

HERB PESTO INGREDIENTS:

¼ cup oregano leaves	½ cup loosely packed parsley leaves
½ cup garlic chives, roughly chopped	½ cup loosely packed basil leaves
½ cup loosely packed cilantro leaves	¼ cup olive oil
¼ cup lemon juice	

CANNELLINI BEANS INGREDIENTS:

1 Tbsp olive oil	¾ cup vegetable stock
2 13.4 oz. boxes no salt added cannellini beans	crushed red pepper and olive oil, to finish salt and pepper, to taste

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Slice fennel bulbs ¼ in. thick, toss with 2 tbsp olive oil and a couple pinches of salt and roast in the oven for about 30-40 minutes, or until tender and browned, flipping halfway through.
3. Place sliced baguette on sheet tray, brush with olive oil and toast for about 5-8 minutes or until they begin to brown.
4. In food processor, pulse garlic chives, cilantro, parsley, and basil until finely chopped. While food processor is running, drizzle in ¼ cup olive oil and lemon juice until emulsified. Add in roasted fennel and a couple pinches of salt and give it an additional pulse or two.
5. In a large sauté pan, heat 1 tbsp olive oil on medium heat. Add in chopped garlic and sauté until fragrant, about a minute or two. Add in strained cannellini beans and sauté for another two minutes. Using the back of your wooden spoon, mash some of the beans and add in the vegetable stock. Simmer on low, stirring occasionally until the beans thicken. Swirl in the herb and fennel mixture and salt to taste.
6. Spoon bean mixture on top of toasted baguette, finish with a drizzle of olive oil and a sprinkle of crushed red pepper and flaky sea salt. Serve hot.



SIDE: Apple Harvest Kale Salad

Serves 2 - 3

SALAD INGREDIENTS:

- | | |
|---|--|
| 1 bunch kale | 1 honey crisp apple, sliced ¼ in thick |
| 1 bunch green onion, chopped | ½ cup of Manchego cheese, shredded |
| 1/3 cup toasted pecans, roughly chopped | |

DRESSING INGREDIENTS:

- | | |
|---------------------------|-----------------|
| 1.5 Tbsp Dijon mustard | ¼ cup olive oil |
| ¼ cup apple cider vinegar | salt, to taste |
| 3 Tbsp white wine vinegar | |

INSTRUCTIONS:

- 1.** In a small bowl, whisk together dijon mustard and both vinegars. While whisking, slowly pour in olive oil and continue to whisk until emulsified. Season with salt to taste.
- 2.** Remove stalks from kale and wash, tearing leaves into small bite-sized pieces. Put kale in a large bowl and pour about half of the dressing onto the kale. Massage the dressing into the kale until it starts to turn a bit darker in color and wilt. Taste a piece of kale and if it needs more dressing, pour in more (you may not need it all, it depends on how big of a bunch of kale you use). Add green onion, cheese, and pecans to salad and toss. Top with sliced apples and serve.



INDOOR DELIGHTS

If you're anything like us, you've officially unfurled your heated blankets and unpacked your chunkiest knits. The finishing touch to your coziest season ever? A menu of simple, heartwarming meals that will keep your soul and body nourished, all season long. Handpicked to thrive indoors under the watchful eyes of Glow Rings, these easy-to-grow favorites are as dependable as they are joy-inducing.

Indoor Favorites Bundle

Calling all homebodies: This bundle of versatile seedlings shares your uncanny ability to thrive indoors. From gentle lettuces and hearty greens to a sweet final note, expect quick harvests that shine in a delightful variety of dishes.

SEEDLINGS: Baby Lettuce Mix, Bok Choy, Classic Butter Lettuce, Ironman Kale Mix, Spinach, Strawberry



Texas Harvest Salad

Serves 2

INGREDIENTS:

1 c cubed butternut squash, roasted with olive oil, salt & pepper	1/4 c apple cider vinegar
1 small apple, cubed	1 tsp whole grain mustard
1 medium watermelon radish, sliced as thinly as possible	1/2 c olive oil
2 handfuls greens of choice, washed and spun dry	1/4 c pumpkin seeds, lightly toasted
	Pinch flaky sea salt, such as Maldon

INSTRUCTIONS:

1. Peel butternut squash and cut into cubes. Drizzle olive oil over the cubes and season with salt and pepper.
2. Place them on a baking sheet and cook in an oven at 425°F for about 40 minutes. (Time will vary depending on the size of your cubes.)
3. Make dressing by combining apple cider vinegar, whole grain mustard, and olive oil. Stir until fully incorporated.
4. Combine all ingredients in a large salad bowl or serving plate and enjoy!



Greens & Herbs Bundle

Our treasure trove of seedlings celebrates herbs and greens galore. Need help finding your new favorites? We curated this bundle to present a practical but fragrant lineup of leafy greens and herbal favorites. Consider this our secret to a useful, well-balanced harvest.

SEEDLINGS: Astro Arugula, Cilantro, Garlic Chives, Greens Mix, Italian Parsley, Spinach

Green Veggie Meatballs Bowl

Serves 2

INGREDIENTS:

12 Green Veggie "Meatballs"

4 c mixed greens, chopped

1 Tbsp olive oil

1/2 c red onion, sliced

2 Tbsp white wine vinegar

2 c brown rice, cooked

2 Tbsp crumbled feta cheese

pinch of sugar

INSTRUCTIONS:

1. Place onions in a small bowl with vinegar and pinch of sugar. Season with a little salt, stir well and set aside.

2. Heat olive oil in a large skillet over medium high heat until shimmering. Add chopped greens, season with a pinch of salt and saute until wilted.

3. Place 1 cup rice into each of 2 bowls. Top with warm meatless balls, greens, pickled red onions, and feta.



ESSENTIALS

We love to think of the Farmstand as a living pantry. If you share that philosophy, it’s important to keep staples well-stocked, so you can tackle any recipe that’s thrown your way. Don’t be deceived by this bundle’s modest appearances – it’s chock-full of unsung mealtime heroes.

Lettuce Bundle

Salads, sandwiches, and wraps – *oh my*.

SEEDLINGS: Baby Lettuce Mix, Classic Butter Lettuce, Dappled Butter Lettuce, Green Oakleaf, Lollo Rossa Lettuce, Romaine



Lemongrass Turmeric Chicken Meatball Lettuce Wraps

Serves 4

INGREDIENTS:

- | | |
|---|--|
| 2 large shallots | 2 tsp ground turmeric |
| 1/4 c unseasoned rice vinegar | 2 Tbsp fish sauce |
| 2 limes | 1.5 pounds ground chicken |
| kosher salt, to taste | 1 c chopped fresh cilantro leaves, plus more for serving |
| neutral oil for cooking, such as peanut or saf-flower | 3 carrots, peeled and julienned |
| 4 Tbsp fresh lemongrass, minced | 3 mini cucumber, halved lengthwise and sliced on a bias |
| 4" piece ginger, peeled and minced | 1 head classic butter lettuce leaves or romaine lettuce leaves |
| 3 cloves garlic, peeled and minced | handful fresh mint |
| 2 jalapeño chilis, minced (seeds removed for less heat) | handful Thai basil |
| 1 Tbsp dark brown sugar | |

INSTRUCTIONS:

- 1.** Peel and thinly slice one shallot, add to a small bowl and cover with the rice vinegar and the juice of one lime and season with salt. Let sit while you prep your meatballs.
- 2.** Peel and mince remaining shallot. Heat a tablespoon of oil in a medium to large non-stick skillet over medium heat. Add the shallot, lemongrass, ginger, garlic, chilis, and turmeric. Season with a pinch of salt. Let cook until everything is softened and fragrant, about 3 minutes. Transfer to a large bowl and let cool to room temperature.
- 3.** Add brown sugar, fish sauce, 1 tablespoon salt, chicken, and chopped cilantro. Mix with your hands until well combined. For additional flavor, let the mixture sit in the fridge for an hour or up to overnight (but this isn’t necessary!)
- 4.** Form chicken mixture into 1 ½ inch balls (I like to use a small ice cream scoop for this). Heat another tablespoon of oil in the same skillet over medium-high. Working in two batches, cook meatballs until browned on all sides, and internal temperature reads 165°F on an instant-read thermometer, about 15 to 20 minutes.
- 5.** To serve, arrange lettuce leaves and herbs on a platter along with carrots and sliced cucumbers. Assemble lettuce cups with meatballs, herbs, vegetables and plenty of pickled shallots.

**See recipe photo on next page...*



Must Have Herbs

Now **this** is the true spice of life.

SEEDLINGS: Cilantro, Dill,
Green Onion, Italian
Parsley, Sage,
Spearmint



Homemade Compound Butter

Serves 2

INGREDIENTS:

1 stick, butter
Your favorite herbs, veggies,
and seasonings!

Garlic Herb Compound Butter:
a few tsp fresh thyme leaves
2 garlic cloves, minced
lemon zest
fine sea salt, to taste

INSTRUCTIONS:

- 1.** Remove butter from fridge and let it come to room temperature.
- 2.** Add butter to a bowl with your choice of herbs, seasonings, and other ingredients of your choosing.
- 3.** Use a wooden spoon or spatula to incorporate your ingredients into the butter.
- 4.** Once thoroughly mixed, store butter in your fridge using a jar with a lid, tupper-ware, or wax paper.



Trying *New* Things

Feeling adventurous? These dynamic seedlings are anything but traditional – and they’re not to be skipped. Bring new textures and flavors to the table with this lineup of easy-to-grow greens.

Wasabi Arugula

A seasonal favorite, Wasabi Arugula packs the spice and rich flavor of wasabi into compact, familiar leaves. Consider this an excellent addition to salad mixes – or the perfect garnish for any dish that needs an extra kick. Plus, it’s a speedy bit of spice: Get ready to harvest in just 3-4 weeks post-planting.

RETURNING GEMS



Green Cabbage

This is **not** your typical cabbage variety! Our Green Cabbage produces a miniature head with a pointed tip, serving up all of the crunchy, sweet flavor you’ve come to love from its traditional counterpart. Start looking at recipes for roasts, stews, and salads about 12 weeks after planting.



Mache Vit

This unique leafy green yields glossy green leaves that form into salad-ready rosettes. Mache has a mild, slightly nutty flavor that shines on its own, but we think its flavor really develops when added to a salad mix! Expect quick harvests in about 4 weeks.



NEW KIDS ON THE BLOCK



Merlot Napa Cabbage

Winter colors aren’t just all about simple red and green! This striking reddish-pink Napa cabbage variety is sure to wow all of your senses with its unique color and rich flavor. Ready to serve in about 7 weeks.

Just Stopping By

2021 marked the arrival of our brand-new Limited Release Seedling program. It's all about highlighting seasonally driven, unique varieties that liven up your Farmstand and inspire exciting new kitchen adventures. Each month, we bring two limited edition varieties of live, pre-sprouted seedlings your way - available only until they sell out!

As we prepare for this coming year, let's take a look back at some of our inaugural Limited Release seedlings!



❁CT❁BER:

Red Cloud Tatsoi and Bel Fiore Radicchio

The Great Salad Shake Up. Early Fall marked the arrival of two bright - and unmistakable - new salad bar staples.



NOVEMBER

Purple Sprouting Broccoli and Purple Snow Peas

Purple Reign. From regal sprouting broccoli to eye-popping snow peas, these purple twists on all-time classics are sure to freshen up your traditional holiday recipes. (Oh, and you just might win over a few picky eaters in the process.)

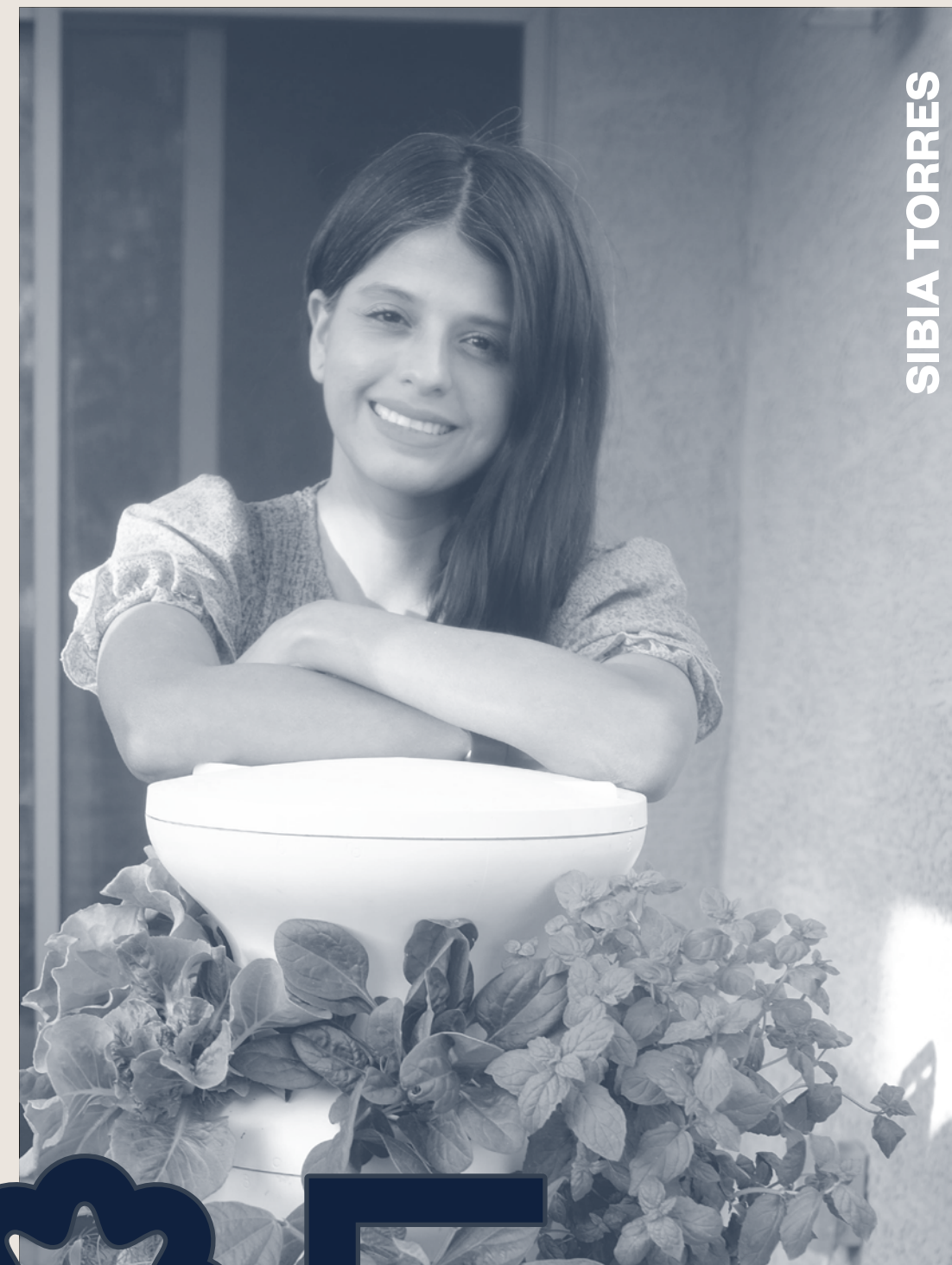


DECEMBER

Red Butter Lettuce and Red Spinach

Rudolph Would Approve. Need a fresh, festive twist on your go-to salad recipe? These red-infused leafy greens are sure to put your guests in the holiday spirit.

GROWERS



THE



MONTH

We all know that sharing is caring - and many of our growers couldn't be more generous. We're especially grateful for the members of our digital community who are always on hand to divulge helpful tips, encouragement, and wonder-inducing discoveries. Needless to say, we get by with a lot of help from our friends. Allow us to introduce you!

Join the conversation by becoming a member of our ever growing [online community of Farmstand owners!](#)

September 2021: Sophie Banton

What is your favorite holiday meal time tradition?

For me there is nothing more exciting than the setting of the table. I love decorating, so I look forward to the holiday themed table decorations each year like pumpkin and snowflake shaped plates!

How do you unwind after eating large holiday menus?

If I can take a nap that will be choice number one. Otherwise, a nice tall glass of ice-cold coffee is second best so I can participate in the games and crazy conversations that follow our large meals.

October 2021: Carol Pulgar-Bottorff

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

This would make for a fun evening sampling food from many countries: Jane Goodall, Malala Yousafzai, Greta Thunberg, Florence Nightingale, Ruth Bader Ginsburg

How has growing plants helped you grow?

Before purchasing my first Farmstand (I now own 3), I did not have a green thumb. Starting my hydroponic garden has allowed me to learn something new and mornings have become my favorite part of the day- a time I use to check my stands and see what progress occurred the previous night.

November 2021: Sibia Torres

To you, what piece of produce marks the start of Winter when you see it appear at your local farmers market?

Definitely all the leafy greens! Persimmons are a sweet surprise during the winter months.

How do you unwind after eating large holiday menus?

I love to cook and host! I take some of the stress out of mealtime by arranging things buffet style, that way I don't have to worry about serving. Also, I love arranging beautiful grazing and charcuterie boards- even dessert ones!

Holiday Hosting

With Aishwarya Iyer

We spoke with Aishwarya Iyer, the *founder and CEO of Brightland*, to learn more about her company as well as a few of her best hosting tips and a favorite winter recipe!

Brightland was born to elevate the simple, analog moments in the kitchen. Their hero products are consciously crafted extra virgin olive oils and fruit-forward vinegars from California. They support small US-based family farms, traceability, and analog living. Find them at [Brightland.co](https://www.brightland.co) and on IG [@wearebrightland](https://www.instagram.com/wearebrightland).



* Tips:

1. When creating a tablescape, my go-to centerpieces include lemons, bud vases with herbs, and bottles of Brightland!
2. These warm olives by Brightland’s Chef in Residence, Noreen Wasti, are the ultimate addition to any cheese board and my favorite dish for entertaining.

Winter Salad with Radicchio, Seared Halloumi Cheese, Citrus, Pumpkin Seeds, and a Honey Sumac Vinaigrette

Serves 4

FOR THE VINAGRETTE:

1 shallot, minced	3 Tbsp PARASOL vinegar
1 tsp sumac	1/4 cup + 1 Tbsp AWAKE olive oil
1 Tbsp honey	salt & pepper, to taste

1. Combine the minced shallot, sumac, honey, PARASOL vinegar, AWAKE olive oil, salt, and pepper in a jar
2. Shake well till it comes together, taste for seasoning.

FOR THE CITRUS:

1 cara cara orange	handful kumquats
1 blood orange	

1. Remove the peel and pith from the cara cara orange, slice into rounds
2. Remove the peel and pith from the blood orange, segment into wedges
3. Slice the kumquats thinly

FOR THE HALLOUMI CHEESE:

8.8 ounce block of halloumi cheese

1. Cut the halloumi cheese into ½ inch slices
2. Sear in a skillet over medium heat till golden brown on both sides (about 2 - 3 minutes per sides)

TO ASSEMBLE THE SALAD:

about 1 lb radicchio, leaves gently torn (look for a few different varieties of radicchio if possible)	handful toasted pumpkin seeds
prepped citrus & seared halloumi cheese	sumac, for finishing
	flaky salt, for finishing

1. On a large serving plate start layering the radicchio and dressing each layer with the vinaigrette
2. Add the halloumi cheese into the crevices while continuing to build up the salad and dressing each layer
3. Add the citrus into the nooks of the radicchio leaves and finish the salad with a handful of pumpkin seeds, sprinkle of sumac, flaky salt, and the remainder of the vinaigrette

Low Stress Holiday Meals

With Catherine McCord of Weelicious

Catherine McCord is the co-founder of **One Potato** and the founder of the popular **Weelicious** brand, a trusted content resource synonymous with family and food. She has written three cookbooks, created online how-to videos that have amassed more than fifty million views, and celebrities like Jennifer Garner, Sarah Michelle Gellar & Keri Glassman, RD, swear by her food as a medicine approach to healthy tonics.

If you need a helping hand to get through all of your kitchen adventures this season, *Catherine has you covered!*



*Tips:

- 1. Keep bunches of fresh herbs like thyme and sage at the ready and use kitchen scissors to easily chop and add them into dishes or serve as garnishes.
- 2. Prep ahead as much as possible. You can chop and marinade ahead so you just need to slide your food onto a sheet tray and roast at the last minute.
- 3. Get kids involved setting the table, helping to prep vegetables or create fun placards for guests.



Roast Vegetable Pasta Sauce

Yields 2 Cups

INGREDIENTS:

- | | |
|-----------------------------------|---|
| 1 eggplant, cubed | 1 cup carrots, chopped |
| 2 garlic cloves | 2 tablespoons olive oil |
| 1 large tomato, cut into 6 wedges | 1/2 cup tomato sauce |
| 1 red bell pepper, chopped | 1 pound pasta such as tortellini, ziti or penne |

INSTRUCTIONS:

- 1. Preheat oven to 400°F.
- 2. Place the first 6 ingredients in a large glass dish or cookie sheet and combine. Make sure all of the vegetables are evenly coated with oil.
- 3. Bake for 45 minutes or until tender and cool for 10 minutes.
- 4. Cook the pasta according to package directions.
- 5. Place the vegetables in a food processor or blender with the tomato sauce and puree until smooth. ** Pasta sauce can be frozen up to 4 months. Defrost overnight when ready to use.*
- 6. Toss the sauce with pasta and serve!

How To Stay Healthy During The Holidays

With Nikki Eslami

Nikki Eslami is the founder and CEO of **Wild Elements**, a platform activating communities across storytelling, commerce, and impact to take small steps towards personal and planetary wellness. A certified holistic health coach, Nikki learned about the interconnection between growing nutrient-dense food without extracting excess resources from the planet.

She spoke with us about her best tips for staying healthy during the long holiday season!



* Tips :

Hydrate!

We're 60% water and we need a lot of water to keep our body's operating systems running. Drinking water helps us sleep better, flush out toxins, and relieves fatigue.

Get Outside

Take a walk around the block or spend a morning hiking with your dog. Research has found that nature simply makes us happy. Anxiety, depression, and anger are notably decreased after spending time outdoors and our mood significantly changes.

Add Some Plants to Your Space

Biophilia supports cognitive function, physical health, psychological well-being, AND it's breathtaking.

Stock Up on Healthy Snacks

Load up on fresh fruit and veggie snacks before holiday dinners to ensure you're getting your nutrients in and are satiated so you don't load up solely on treats.

Lettuce Give

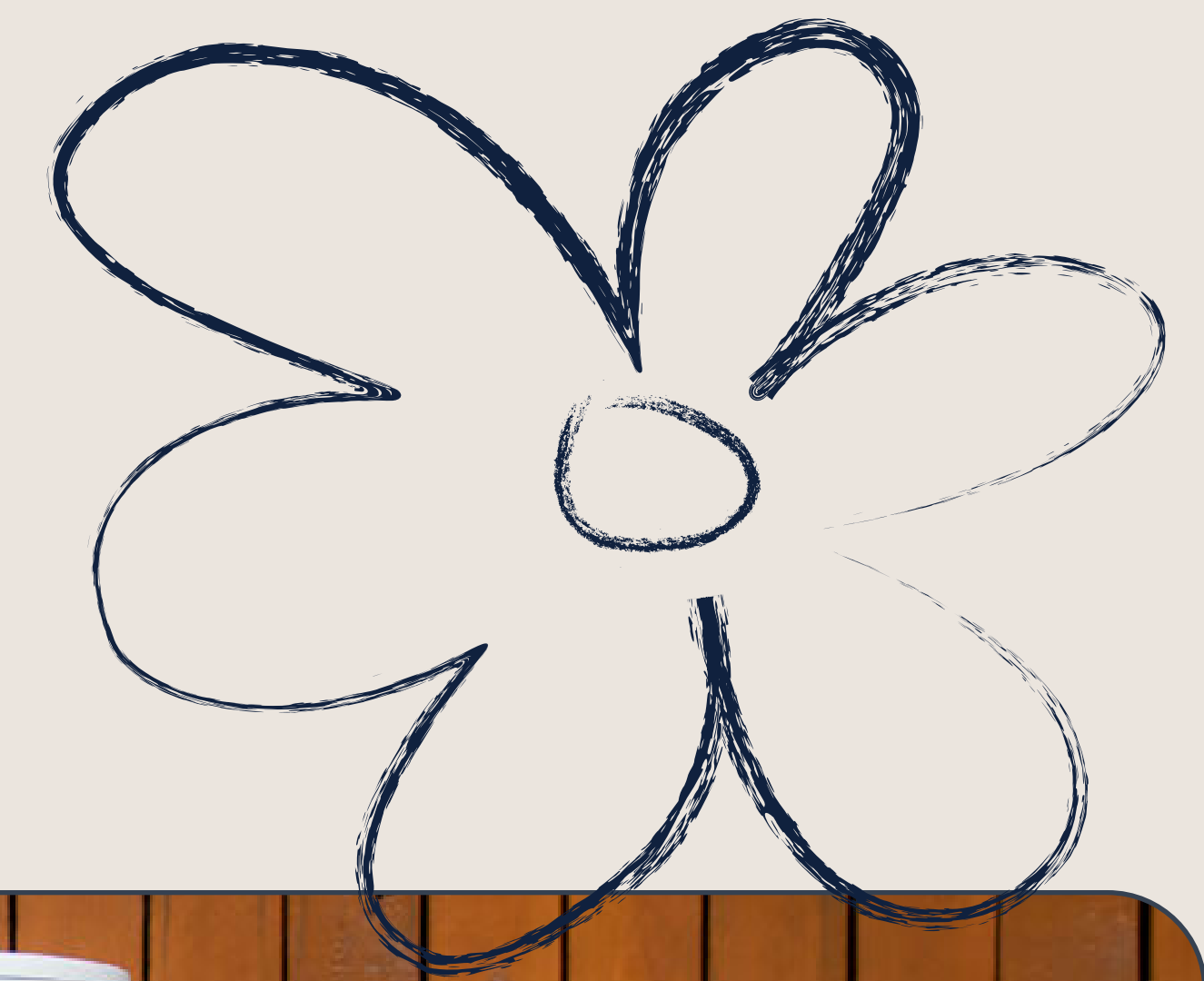
Lettuce Grow is excited to continue its partnership with Whole Kids Foundation, a nonprofit focused on children's nutrition and wellness. Lettuce Grow commits to donate 1,000 Lettuce Grow Farmstands, a commitment of over \$500,000, to K-12 schools and school garden-support organizations across the U.S. By growing with the Lettuce Grow Farmstand, students will both have access to an abundant yield of nutritiously alive produce and learn more about how they can positively impact the planet.

This fall, Whole Kids Foundation received over 1,400 applicants for its annual Garden Grant program—the most the nonprofit has ever received in one year. Through the partnership, Lettuce Grow and Whole Kids Foundation are able to further support the U.S.-based garden grant applicants—whether they received a grant or not—by offering the option to receive a Lettuce Grow Farmstand. Recipients will also receive both a seedling starter pack and growing essentials toolkit with supplies to maintain their Farmstands.



“Youth play a critical role to help reshape our future. They are a true force for change. Our aim is to educate, empower, and activate the next generation and provide them access to fresh foods.” said Jacob Pechenik, CEO & Founder of Lettuce Grow. “Whole Kids Foundation is a true catalyst for change, and we are thrilled to continue working with them to support schools and inspire families to improve children's nutrition and wellness. Through the power of collaboration, we can change mindsets and revolutionize the food system. The partnership between Lettuce Grow and Whole Kids Foundation strengthens our mission to create true impact, to reconnect students to healthier food, and lead the transition to a more sustainable environment and future.”

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!

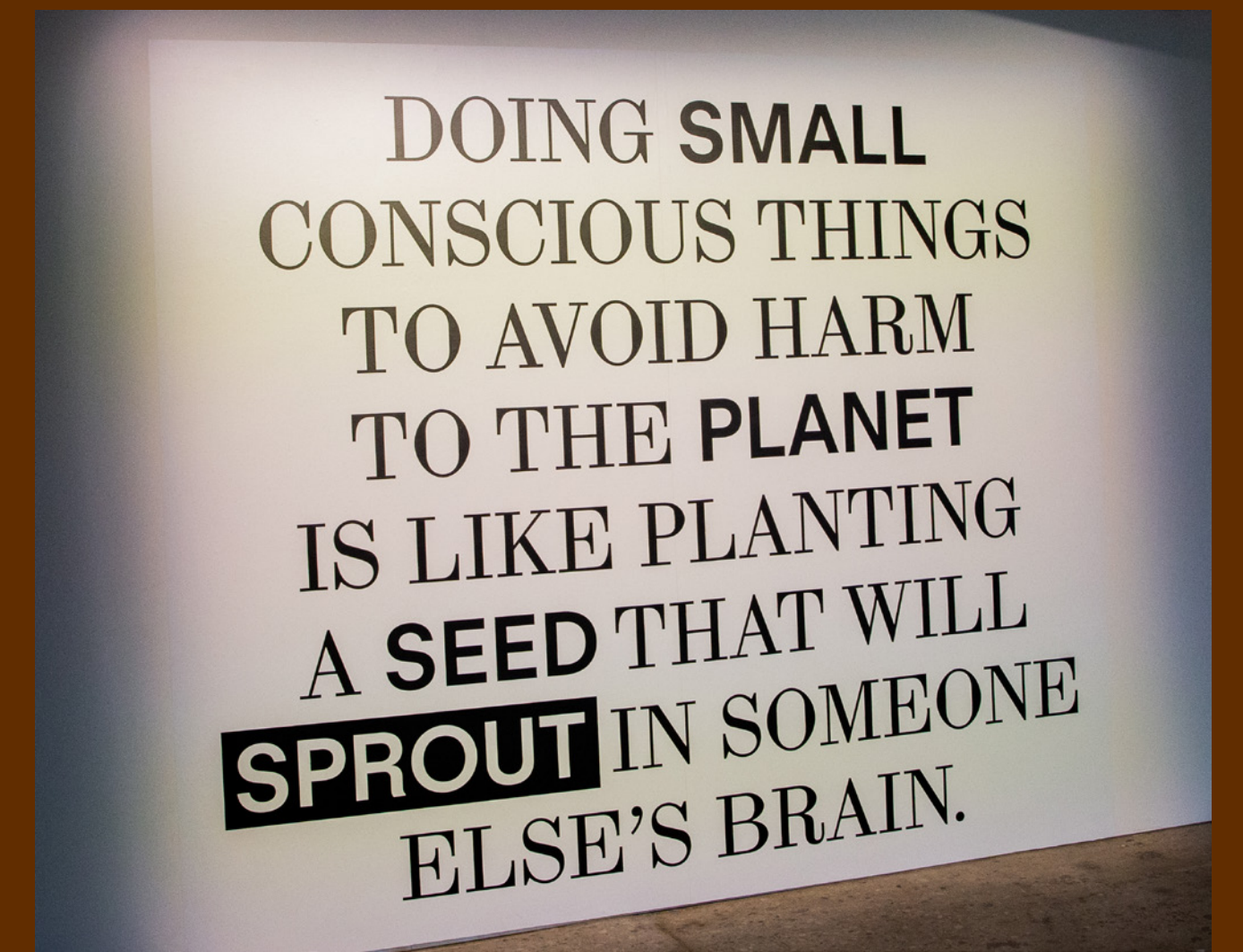


Since 2019, Lettuce Grow has worked with Whole Kids Foundation through its Lettuce Give program's 1-for-10 Partnership to grant one Farmstand to K-12 schools and community organizations for every 10 sold. The benefits of school gardens extend far beyond childhood nutrition. School gardens are also shown to increase children's academic performance and behavior at school and improve their attitudes about and appreciation for the environment. Experiential learning, which is learning by doing, also helps kids understand concepts in a real world context.

A *Proud* Part of Undercurrent

Undercurrent is an immersive audiovisual experience designed to give attendees a new perspective of the Climate Crisis and spark conversations about critical issues through interactive musical and visual installations created by influential musicians including *Bon Iver*, *Grimes*, *Jorja Smith*, *Khruangbin*, *Miguel*, *Mount Kimbie*, *Nosaj Thing*, and more. Each installation touches on a different topic directly influenced by the current Climate Crisis and is meant to inspire positive impact.

We were extremely excited to have Farmstands growing in the exhibit which were used as educational tools and grew herbs that were incorporated into cocktails for guests! Learn more about Undercurrent and the installations included in their exhibition [here](#).



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WINTER 2021

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

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