

## Food Processing: Freezing Lettuce

How does lettuce grow?

- In the spring or fall, lettuce seeds are planted in the ground about ½ inch into the soil.
- Lettuce can take 45-100 days to grow, depending on the type you planted.
- Types of lettuce you can grow include: romaine lettuce, kale, and Iceberg (also called Crisphead).



**Did you know?** You can freeze any extra lettuce you have!



- After washing the lettuce, dry the leaves with a paper towel or towel.
- Place the leaves into a Ziploc bag and label the bag with the type of lettuce and the date. Remove as much air from the bag as possible.
- To defrost the lettuce, remove it from the bag and place on paper towels.

## Kale Berry Smoothie



Ingredients:

- 1 C. Frozen Kale
- 1 C. Frozen Strawberries
- 1 C. Frozen Blueberries
- 1 C. Nonfat Greek Yogurt
- ½ C. Orange Juice

Directions:

1. Add all ingredients into a blender and blend until smooth.
2. Pour into cups and enjoy!