

Did You Know?



Pounds

On average, Americans eat
more than 25 pounds of lettuce
per person per year.

Developed by the Pennsylvania Department of Education and Penn State University (Project PA).

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Check out the PA Harvest of the Month website (www.paharvestofthemonth.org) for sources, additional resources, and recipes.

Did You Know?

Many leafy greens are grown hydroponically extending their availability beyond the traditional harvest season. Hydroponics involves growing plants in water, without soil, in controlled environments.



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