**Lettuce Varieties**  There are LOTS of kinds of lettuce and leafy greens you could grow and taste with students! Try one, or have a comparison Taste Test. Some options include:

- **Head Lettuce** grows as a loose arrangement of leaves in a head and tends to have a sweet flavor and tender texture. There are many varieties of head lettuce, such as Bibb, Boston, Buttercrunch, and Summercrisp.

- **Lettuce Mix**, also known as loose-leaf lettuce, is usually a blend of varieties grown closely together, then harvested as individual leaves. The variation of texture and taste makes this a favorite for salads. Mesclun is a type of lettuce mix.

- **Arugula**, also known as salad rocket, grows in small bunches of leaves and has a peppery, slightly spicy, taste. It adds some pep to a salad, and can be eaten cooked on pizza or in pasta. It can be grown in hotter temperatures than lettuce.

- **Spinach** grows very rapidly and has a high nutritional value, containing a lot of iron, calcium, and several vitamins. It has a springy texture and a mild flavor and can grow in cooler temperatures.

- **Swiss Chard** is a very nutritious leafy vegetable whose leaves can be green or reddish, with stalks that vary in color from white and yellow to red and pink. It can be eaten raw or cooked and has a slightly bitter flavor. Baby Swiss Chard is great in salads.

For more information, visit [georgiaorganics.org/lettucetryit](http://georgiaorganics.org/lettucetryit)