What is Celtuce anyway?

Pronounced "sel*Toos*", Celtuce is a type of lettuce that is grown for the stem, rather than the leafs.  Peeling away the tough outer skin of the tall and thick stem reveals a crisp and moist flesh similar in taste and texture to a cross between a cucumber and celery, sans the fibrous strands. Celtuce can be eaten fresh or stir fried.  We had a few leftover stems so will try our hand at pickling some for next week.

Friday, students harvested and cleaned lots of Celtuce, Swiss chard, Devil's Ear lettuce and Strawberry guavas for the tasting table and to take home.  Also for the tasting tables, students made a sunflower seed dressing for the Celtuce.  The dressing was delicious and you'll love this recipe for home ;)   <https://foragerchef.com/celtuce-slaw-with-sunflower-dressing/>

Students also cut up the last of the delicious tangerines from the K garden, weeded, planted California Poppies, kale and broccoli and removed a critter eaten Romanesco plant.  We were pleasantly surprised when a few students showed up to borrow a receptacle for lunch food scraps and returned it later with lots of leftover scraps and cardboard trays that we promptly put in our compost bin.  Thanks guys!

 

  