

# Texas Spotlight: Hydroponic Lettuce



## Vitamin A

- Eye health, cell growth/division, supports immune system

## Vitamin C

- Healing, support immune health

## Fiber

- Digestion

## Why Hydroponics?



- Helps grow more food faster in smaller areas or with limited resources



## Types of Hydroponic Crops

- Lettuce, Chard, Kale, Tomatoes, Cucumbers, Beans, Basil, Peppers, Okra, Strawberries

## Featured Recipe: Asian- Inspired Chop Salad

## Hydroponic

- Growing plants in water instead of soil
- Nutrients are delivered to the plant's roots through the water

## True Harvest

- Belton, Texas
- Pesticide-Free
- Automation
- Sustainability
- Varieties grown: Butter, Baby Butter, Crispy Leaf, Romaine



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