

Farm Fresh Fridays!

Portsmouth, NH School Lunch Menu Offerings

March 24th

Carrots



April 14th

Lettuce



These vegetables will be sourced locally from Three River Farmers Alliance on these Fridays in our school cafeteria lunch lines! To learn more about these partnering farmers visit the alliance website - www.threeriverfa.com

Farm Fresh Fridays is brought to you by your Portsmouth Schools Nutrition Department and our CLIPPERS Farm to School Program.

We'll see you in the lunch line!

Spring is coming! Spring is coming! Let's get GROWING!

Growing Carrots

Carrots require well-drained soils, with a pH range of 6.0–6.8. Deep, loose, and fertile sandy loams and peat soils with good moisture-holding capacity grow the straightest and smoothest roots.

Sow from early spring (outdoors starting around April 8th) to midsummer, ¾" apart, ¼– ½" deep, in 2" wide band, or single rows 16–24" apart. Don't allow soil to crust before the emergence of seedlings (can take 1–3 weeks depending on temperature and moisture). Depending on type or root sized desired, thin young seedlings to ¾–2" apart. To prevent greening, cover exposed crowns.

Growing Lettuce

Lettuce is hardy and can be planted as early as the soil can be worked. It is a cool weather crop and grows best at temperatures of 60–65°F. Careful variety selection is important for hot weather plantings. Sow every 3 weeks for a continuous supply of fresh lettuce.

Sow seeds 1" apart, rows 12–18" apart. Cover seed lightly, about 1/8", and firm soil gently. Thin iceberg and romaine lettuce to one plant every 10–12", other types 8–10" for full-size heads or 6" for mini heads. Dry soil must be watered to ensure coolness and moisture, and for uniform germination. For salad mixes/ baby leaf: Sow in a 2–4" wide band, about 60 seeds/ft.