



## *Grow Veggies for QuickStart!*

### **WHY grow tennis ball lettuce?**

#### **BECAUSE ... TENNIS BALL LETTUCE**

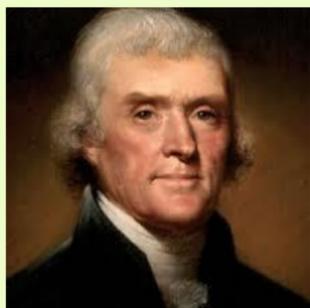
- Was one of Thomas Jefferson's favorite vegetables
- Does not require the care other lettuces need
- Is distinctive for its pale-green color (like a tennis ball) and has a "loose" head
- Seeds are harvested from the gardens at Monticello, Thomas Jefferson's home
- Can be planted in spring or fall
- Matures in only 55 days
- Is cold hardy and delicious!

#### **SERVING TENNIS BALL LETTUCE . . .**

Tennis ball lettuce is delicious by itself or in salads. Use it instead of taco shells for a change. Use as a wrap for chicken or tuna salad. Pickle whole tennis ball lettuce heads in a salt brine as in colonial times.

**Want to be a great tennis player?  
Eat like a great tennis player!**

**Grow Part of History!** Tennis Ball lettuce (*latuca sativa*) is a popular lettuce dating back to the 17<sup>th</sup> Century. It is an heirloom variety still grown today at Monticello. It is easy to grow and matures quickly. Tennis Ball is an excellent choice for container gardening, raised beds and “Tennis Gardens.” Also known as “gotte jaune d’or” (golden yellow lettuce) in France where Mr. Jefferson probably discovered it.



**Thomas Jefferson**

**Born in Shadwell, VA.  
Author of the  
Declaration of  
Independence and  
The Statute of  
Virginia for Religious  
Freedom.  
Father of the  
University of Virginia.  
Third U.S. President.  
Minister to France.  
Farmer, architect and  
statesman.**

### **Founding Father Grew Tennis Ball Lettuce at Monticello**

Thomas Jefferson said, “Agriculture is our wisest pursuit, because it will in the end contribute most to real wealth, good morals, and happiness.” His 1,000-foot-long, terraced garden at Monticello is a true American garden that continues today.

### **Grow Veggies for QuickStart!**

**Garden Check** Mr. Jefferson loved to eat vegetables and grew 330 varieties. His devotion to fresh produce is a legacy of his gardening career. By growing Native American, South American and African vegetables, he created a unique cuisine at Monticello. He said, “... the greatest service which can be rendered any country is to add a useful plant to its culture.”