




*** FOR IMMEDIATE RELEASE ***

QCV Sends Tennis Ball Lettuce Seeds to Schools

Charlottesville, Virginia (2/21/2020) – QuickStart Tennis of Central Virginia, Inc. (QCV) recently distributed seeds for tennis ball lettuce to schools that participate in Grow Veggies for QuickStart!, our ongoing initiative to connect kids to a hands-on growing experience. Research has shown that kids are more likely to try foods they grow. Having kids grow healthy fruits and vegetables complements our Go Bananas for QuickStart! campaign that uses tennis players as nutritional role models for kids. Seeds were sent for the “tennis gardens” at Crozet, Greer, Stone-Robinson and Stony Point Elementary Schools in Albemarle County and the Clearview Early Childhood Center in Martinsville. Seeds were also sent to the BrightSTARS classroom at Stone-Robinson to see how preschoolers respond to a lettuce-growing experience.



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!**

Lynda Harrill, QCV QuickStart Coordinator, says, “We’ve been sending seeds to our Grow Veggies! schools for years. This year, at the suggestion of Geisha Goodman, a new QCV Board member and a retired, then quickly ‘unretired’ preschool teacher at Stone-Robinson, her students will soon be starting lettuce plants indoors. When Geisha retired after 38 years of teaching last summer, we were so sorry to see her leave the classroom, but were thrilled to recruit her for our Board. As things worked out, they couldn’t replace her, so they enticed her to return to the classroom. With her knowledge of young kids and

her exposure to all the work of our organization, we're sure she'll come up with plenty of new ideas to enrich the lives of young kids through kid-sized tennis."



QCV Secretary and Grow Veggies! Coordinator, Barbara Bozsik (left), and Geisha showing some of Geisha's students pictures of fruits and vegetables in the "My World" book they received from QCV last month.

Want to be a great adult?

Play tennis!

Read books!

Eat healthy!

Grow Veggies for QuickStart!

QuickStart Tennis of Central Virginia is an all-volunteer, grassroots Community Tennis Association established in 2009 as a 501(c)(3) charitable organization to promote, develop and grow QuickStart Tennis in the heart of Virginia for all beginners, especially underserved youth, using the kid-sized QuickStart Tennis format.

QCV's service area includes Albemarle, Amelia, Appomattox, Brunswick, Buckingham, Charlotte, Culpeper, Cumberland, Dinwiddie, Fluvanna, Franklin, Greene, Greenville, Halifax, Henry, Louisa, Lunenburg, Madison, Mecklenburg, Nelson, Nottoway, Orange, Patrick, Pittsylvania, Prince Edward, Powhatan and Rappahannock counties and the cities of Charlottesville, Danville and Martinsville, plus under a special arrangement, King George County. We currently serve 211 schools with 99,000 kids, 15 parks & recreation departments, three Boys & Girls Clubs and two YMCAs in 27 counties and three independent cities. We have also gotten tennis into PE classes in 37 additional schools with 16,000 students in communities outside our service area.

Visit QCV at: www.quickstartcentral.org and on [Facebook](https://www.facebook.com/quickstartcentral).

For additional information, contact quickstartcentral@comcast.net



A racquet in every hand! A smile on every face!



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