FROM PATCH TO PLATE





Lettuce



FROM PATCH TO PLATE is Green Thumb Farm's recipe series that ticks all the boxes - with breakfast, lunch, dinner, lunchbox ideas, and snacks too!

From garden to plate, eating your 5 serves of veg every

day is so easy. Job done. Tick 🗸

This edition features Lettuce - crisp, refreshing, and perfect for adding a light crunch to any meal.



Lettuce in a Nutshell

How to Enjoy!

- **Fresh:** Lettuce shines raw, layer it in sandwiches, wraps, or toss it into salads for crisp texture and freshness.
- **Cooked:** Lightly grill, sauté, or stir-fry for a warm, wilted texture without losing its crunch.
- **Flavour Pairings:** Lettuce pairs perfectly with garlic, lemon, olive oil, feta, avocado, citrus, or fresh herbs like dill and parsley.
 - Add creamy or tangy dressings to balance its mild flavour.
- **Preserved:** Store crisp leaves in the fridge wrapped in a damp cloth or paper towel to keep them fresh longer.

Nutrition Highlights!

- Vitamin K → supports bone health and blood clotting
- Folate → essential for cell repair & DNA synthesis
- **Fibre** → promotes good digestion & gut health



Lettuce was first cultivated by the ancient Egyptians over 4,000 years ago, not for its leaves, but for its seeds, which were pressed to make oil.

Over time, it became a salad staple around the world!

Growing Conditions

• When to plant (subtropical): all year

Time to sprout: 4-10 daysPlant height: 15-20cm

• Time to harvest: ~2 months

Harvesting tips

- Pick lettuce when the leaves are crisp, tender, and vibrant in colour, usually in the cool of the morning for the freshest flavour.
- Use clean scissors or garden shears to snip outer leaves first, leaving the inner crown to keep growing.
- Harvest regularly to encourage continuous regrowth and prevent the plant from becoming bitter or bolting.

How to Store

- Gently wash and thoroughly dry the leaves, then wrap them in a damp cloth or paper towel.
- Store in a breathable container or produce bag in the fridge crisper.
- For extra freshness, avoid crushing the leaves and keep them away from moisture build-up.
- Stored properly, lettuce stays fresh and crisp for up to 7 days.







Ingredients

- 2 eggs
- ½ cup shredded lettuce
- 1 tbsp fresh herbs (parsley, chives)
- 1 tsp olive oil
- Salt & pepper

- Heat olive oil in a small skillet
 Whisk eggs with salt, pepper,
 and herbs.
- 2. Cook as a thin omelette in a non-stick pan.
- 3. Place shredded lettuce inside, roll up, and slice.

Green Thumb Farm, Samford Valley QLD 4520.

Lunch: San Choy Bao (Lettuce Cups)

Prep: 10 mins | Cook: 10 mins | Serves: 4

Ingredients

- 500g lean chicken mince (or pork/turkey mince)
- 1 tbsp olive oil or sesame oil
- · 2 garlic cloves, minced
- 1 small onion, finely chopped
- · 1 medium carrot, finely diced
- 1 small red capsicum, finely diced
- 1 cup mushrooms, finely chopped
- 2 tbsp soy sauce (or tamari for gluten-free)
- 1 tbsp oyster sauce
- 1 tbsp hoisin sauce
- 1 tsp grated ginger
- 1 tsp cornflour mixed with 2 tbsp water (optional, for thickening)
- 1 baby cos lettuce or iceberg lettuce (leaves separated)
- Optional garnish: chopped spring onions, fresh coriander, sesame seeds

- 1. Wash lettuce leaves, pat dry, and set aside.
- 2. Heat oil in a large frying pan or wok over medium-high heat. Add garlic, onion, and ginger, and sauté for 1–2 minutes until fragrant.
- 3. Stir-fry the chicken mince, breaking it up with a spatula, until browned and cooked through.
- 4. Add vegetables Stir in carrot, capsicum, and mushrooms, cooking for 2–3 minutes until softened.
- 5. Add soy sauce, oyster sauce, and hoisin sauce. Stir well. If you want a thicker filling, add the cornflour slurry and cook for 1 minute.
- 6. Spoon the filling into lettuce cups, top with spring onions, coriander, or sesame seeds, and serve immediately.



Dinner: Lettuce-Wrapped Fish Tacos with Mango & Cabbage Slaw

Prep: 15 mins | Cook: 10 mins | Serves: 4 Tacos

Ingredients

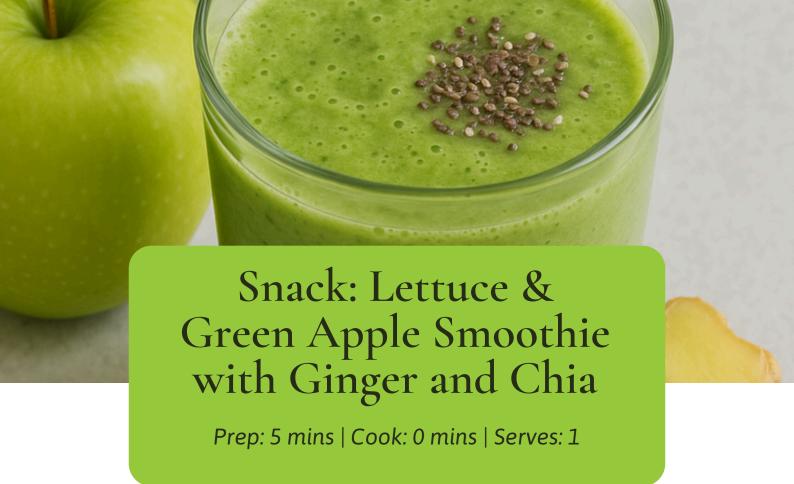
- 200 g white fish fillets (e.g. flathead, snapper, or tofu for vego)
- 4 large lettuce leaves (iceberg or baby cos work best)
- ¼ cup shredded red cabbage
- ¼ mango, diced
- 1 tbsp Greek yogurt + 1 tsp lime juice
- 4 large lettuce leaves (iceberg
 ½ tsp cumin + pinch of paprika
 - · Olive oil, salt

Directions

- 1. Season fish with cumin, paprika, salt. Pan-fry in a little olive oil until cooked.
- 2. Mix slaw: cabbage, mango, yogurt, lime juice.
- 3. Assemble tacos: lettuce leaf + fish + mango slaw. Serve immediately.

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Ingredients

- 1 cup chopped iceberg or cos lettuce
- ½ green apple
- ½ banana
- ½ tsp fresh grated ginger
- 1 tbsp chia seeds
- ¾ cup water or coconut water
- Ice

- Blend all ingredients until smooth and frothy.
- 2. Serve immediately or chill in a flask.

Lunchbox-Friendly: Chopped Lettuce Stir-Fry with Egg, Rice & Sesame

Prep: 10 mins | Cook: 10 mins | Serves: 1

Ingredients

- 1 cup chopped lettuce (cos or iceberg)
- 1 egg, scrambled
- ½ cup cooked brown rice
- 1 tsp soy sauce
- ½ tsp sesame oil
- 1 spring onion, chopped
- Sesame seeds

- 1. Sauté lettuce in sesame oil for 1–2 min until wilted but still green.
- 2. Add rice and soy sauce, stir-fry 2–3 min. Stir in scrambled egg and spring onion.
- 3. Pack with sesame seeds sprinkled on top.



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Keep the Veggie Love Growing!

Thanks for joining us for this edition of FROM PATCH TO PLATE.

Eating local, seasonal veggies is just the start — there's so much more to discover at Green Thumb Farm!

- Explore our farm gate market every Saturday for fresh produce, herbs, and plants.
- Join our hands-on workshops or school programs to get your hands dirty and learn how to grow your own food.
- Sign up for our newsletter or follow us on social media for seasonal recipes, tips, and inspiration.

Eating your five serves of veggies is just the beginning — growing them and enjoying them together makes it even better!



Green Thumb Farm is a small-scale, community-focused farm in Samford Valley, Queensland, just 35 minutes from Brisbane's CBD.

Our Mission: To inspire people to grow food, compost, and rediscover the joy of seasonal, local food.

We are registered not-for-profit with the ACNC and a certified social enterprise,