

Do something special for President's Day by honoring Thomas Jefferson

(eat produce that Jefferson grew in his own garden. See attached link and the short excerpt.)

http://www.monticello.org/gardens/vegetable/science_gardener.html

"I have lived temperately, eating little animal food, and that . . . as a condiment for the vegetables, which constitute my principal diet."

Salads were an important part of Jefferson's diet. He would note the planting of lettuce and radishes every two weeks through the growing season, grow interesting greens such as orach, corn salad, endive, and nasturtiums, and yearly plant sesame in order to manufacture a palatable salad oil. Although the English pea is considered his favorite vegetable, he also cherished figs, asparagus, French artichokes, and such "new" vegetables as tomatoes, eggplant, broccoli, and cauliflower.



Fruit Gardens



Jefferson grew 170 fruit varieties, including apples, peaches, and grapes, in Monticello's two orchards



Eat your History, by featuring products that are grown at Monticello.