



Horticulture  
Webinar  
Wednesdays



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



# How To Grow: Lettuce

Amy Aldenderfer,  
**Hardin County Extension Agent for  
Horticulture**

# Assumptions

- You have a garden spot in mind
- You have taken a soil test and will adjust the nutrients accordingly

# Where to Plant









# Containers

- At least 8" deep, any size (You will need to water regularly)
- Soil mix:
  - 1 part compost
  - 1 part coir
  - 1 part perlite
  - Balanced fertilizer











# When to Plant

- Spring and Fall
  - Earliest: March 25
  - Latest: August 15
- Tolerates partial shade

# When to Plant

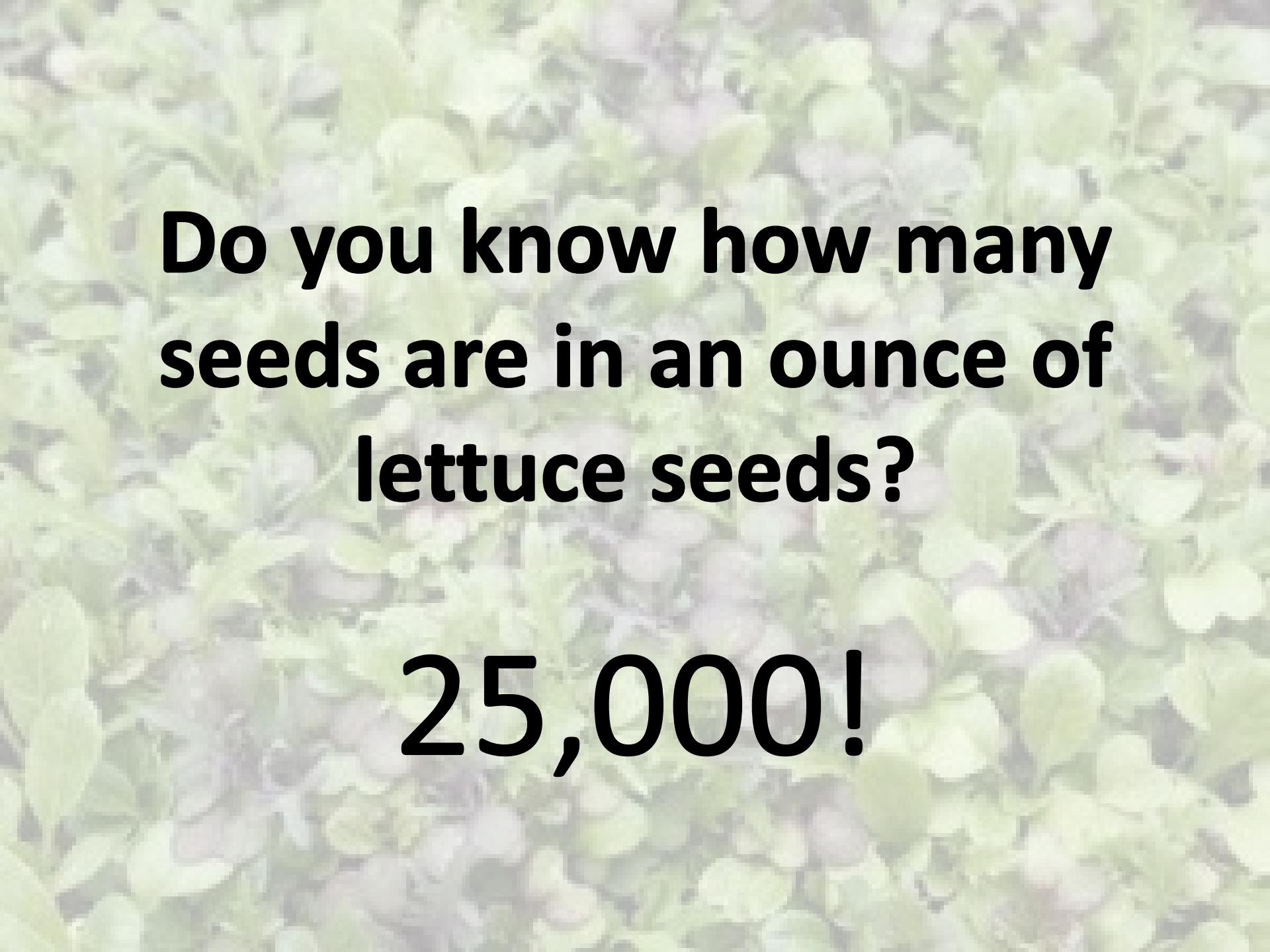
- 6" spacing (4 to a square foot)
- Plant at 2-week intervals for a continuous harvest

# Thinning

If you planted rows:

Thin the plants to 6" spacing  
(2 hand widths)





**Do you know how many  
seeds are in an ounce of  
lettuce seeds?**

**25,000!**

# How Much to Plant?

- To eat fresh:
  - $\frac{1}{2}$  pound per foot (about 2 plants)
  - Plan for 1-2 plants per person, per week



**Varieties**

# Buttercrunch (butterhead)



# Cimarron (romaine)



# Tom Thumb (butterhead)



# Forellenschullus (Speckled Trout)



# Parris Island Cos (romaine)



Sustainable Seed Co.



# Black-Seeded Simpson (leaf)



# Red Sails (leaf)



# Watering

**Lettuce need a constant, even moisture.**

**May need more water as temperatures rise in the summer.**

# Fertilization

- Bring garden up to soil test recommendations
- No need to side dress
- Excess Nitrogen can reduce yield and lower quality

A close-up photograph of a dense, green, leafy plant, likely a brassica such as broccoli or cauliflower. The leaves are broad and rounded, with some smaller, lighter green leaves interspersed. In the background, small, delicate white flowers are visible, adding a subtle contrast to the green foliage. The overall texture is somewhat fuzzy and organic.

# Insects

# Aphids



# Corn Earworms



# Cutworms



# Grasshoppers



# Imported Cabbageworms



UM Extension

# Imported Cabbageworms



# Leaf Hoppers



# Leaf Hoppers



# Sowbugs





# Diseases

# Damping off



# Bottom Rot



S. Vann

# Harvest

- As soon as the leaves are suitable size
- Or
- As soon as the leaves begin to cup inward to form a loose head (buttercrunch)
- Or
- Leaves have elongated and overlapped to form a fairly tight head.

# Storage

- Wash leaves
- Dry leaves
- Store in plastic bags for up to four weeks  
(loose leaf varieties)



**Questions?**