



How To Grow: Lettuce

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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

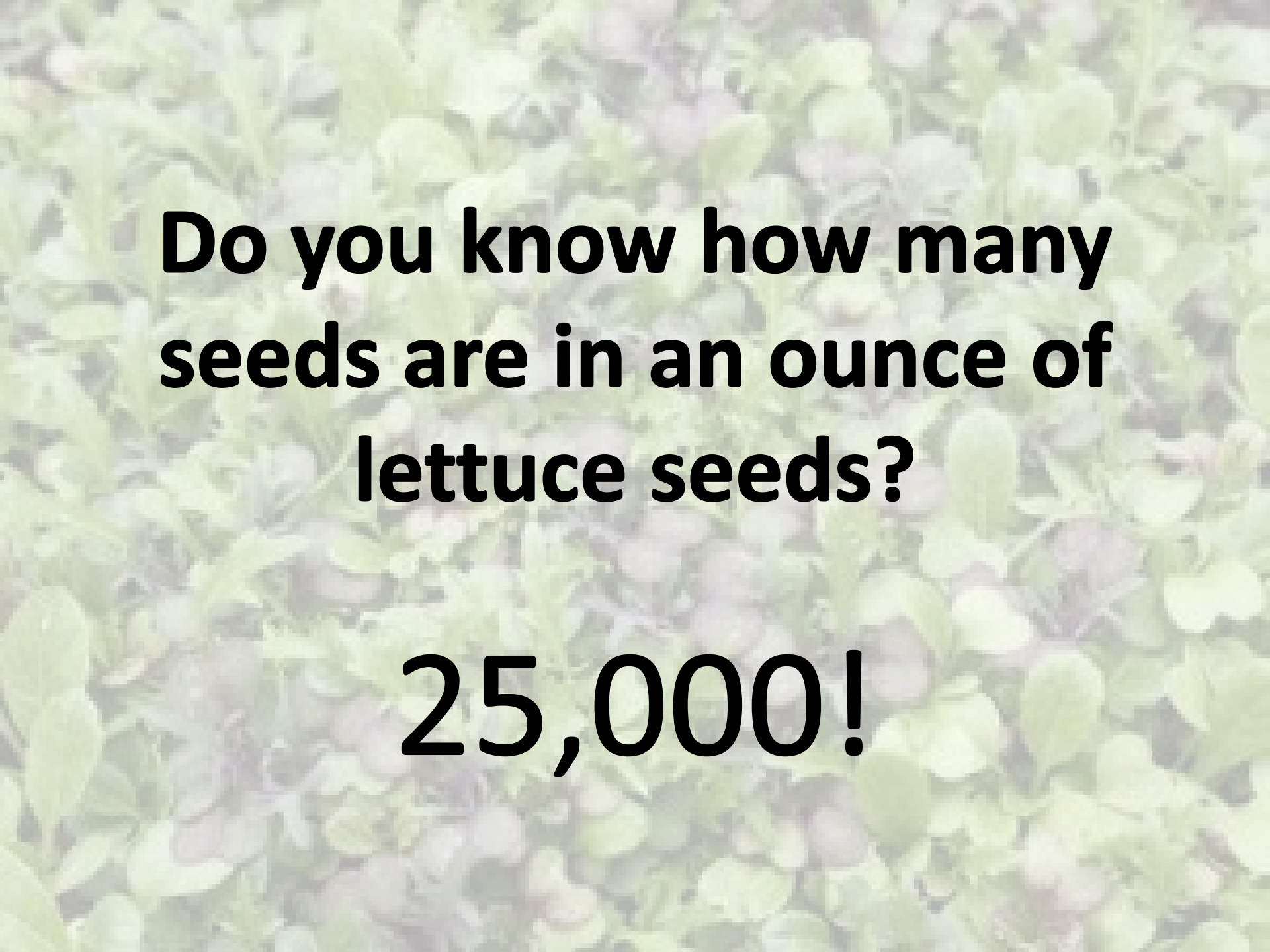
- **6" spacing (4 to a square foot)**
- **Plant at 2-week intervals for a continuous harvest**

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)



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**



Insects

Aphids



Corn Earworms



Cutworms



Grasshoppers



Imported Cabbageworms



Imported Cabbageworms



Leaf Hoppers




Leaf Hoppers



Sowbugs





Diseases

Damping off



Bottom Rot



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?