



# LETTUCE

Lettuce is a cool season crop with a quick turnaround time from seed to harvest. Lettuce is best suited to be grown in the spring and fall.

## VARIETIES

Lettuces can be grown as heads or as loose-leaf cuttings. Some of the most common varieties are leaf, romaine, and butterhead.

At Colonial Gardens we sell seed packet, bulk seed, and transplants.

## PLANTING

Seeds can be direct seeded in the ground when the temperature of the soil is between 45°F and 75°F.

Lettuce seed is especially light sensitive so place seeds on the soil surface to no more than 1/4" deep.

For head lettuce, thin direct seeded plants or transplant at 12" spacing.

For bunching leaf lettuce thin seeds 4" apart in rows 12" across.

For succession harvesting, plant again in a couple weeks after the initial planting.

Lettuce prefers soil that is well drained, and needs to be watered one to two inches per week, depending on the weather.



## FERTILIZING

Lettuce is not as demanding for nutrients compared to other vegetable plants such as tomato or pepper plants. You will want to fertilize the soil pre-plant and when the plants begin sizing up.

## INSECTS & DISEASES

A common pest of lettuce are aphids. Aphids are small green insects that feed on the younger leaves within the crown of the lettuce head. They can be spotted on the underside of leaves along with their white shells.

It is important to catch an infestation early on because aphids are rapid reproducers.

## HARVESTING

Lettuce can be harvested at any time by cutting leaves off plant or by cutting the plant at the soil surface. The plant will regrow new leaves for a second harvest, or a new planting can be planted in its place.

When temperatures reach 80°F, lettuce plants begin bolting (flowering).

You will want to harvest your lettuce before bolting occurs to maintain optimum flavor. Mornings are the recommended time to pick lettuce as the leaves are still cool. It is important to get your harvested crop to refrigeration quickly to reduce wilting.

