

# Lettuce

Suggested varieties: *Belize, Bughatti, Fristina* (loose-leaf); *Bedford, Tintin, Sylvesta* (heating)

## Vegetable

### PLANT



Regularly sow seed 0.5cm deep in pots or rows. Thin or transplant seedlings to 15-30cm apart. Use cloches and greenhouses to extend growing season

### GROW



Water in dry weather (stops tough and bitter leaves). Water in the morning to discourage disease. Protect from slugs. Ventilate greenhouses and cloches

### EAT



Pick individual leaves of 'loose-leaf' lettuce as needed. Cut 'heating' varieties when central leaves are fairly firm. Regularly cut seedling leaves

### Growing guide

Easy!

### Average time to harvest

6-8wks (loose-leaf); 8-14 (heating)

### Equipment needed

Slug protection

### Germination time

6-12 days

### Average plant size

20cm tall and wide

### Family group to grow with

Asteraceae: chicory, salsify

### Seed saving group

I - Annual, self-pollinating

### Key nutritional content

Vitamin A, folate, vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
	■	■	■	■	■	■		■	■	■	
			■	■	■	■	■		■	■	■
			■	■	■	■	■		■	■	■

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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