



# LETTUCE

**SQUARE FOOT PLANTING:** 4 plants per square foot

**SEED DEPTH:**  $\frac{1}{4}$ - $\frac{1}{2}$  inch

**GERMINATION:** 7-14 days

## GROWTH

- Lettuce seeds can be sown at 10-day intervals starting in mid-April.
- During hot weather, lettuce tends to “bolt” or send up its seed stalks before the plant is fully mature, rendering the leaves bitter. Slow bolt varieties are preferable because they will not become bitter as quickly.
- Lettuce does not grow well in the hottest part of the summer. Provide shade if possible.

## HARVEST

- Harvest leaves when they are young and tender. Pick early in the day to avoid bitterness.
- If you have a handful of lettuce plants, harvest the outside leaves from several plants by using a sharp knife to carefully cut each leaf off at the base.
- If you want to remove an entire head of lettuce, use a sharp knife and cut the head off just above ground level. Compost the remaining stalk and root system to clear the square for future plantings.

## STORAGE

- Salad greens are best used within a few days. Wrap unwashed greens in a damp towel or place in a plastic bag with a damp towel in the crisper drawer. Lettuce will keep up to 10 days.
- If lettuce greens are wilted, let soak in a bowl of ice water for 15 minutes. Pat dry and store in a plastic bag in the crisper.

## USE

- Young tender leaves make delicious salads.
- Raw greens may be served under cooked vegetables or meats, the juices wilting them slightly.
- If you have whole lettuce hearts, you can grill them in foil for 5 minutes.

## HOW MUCH DO I HAVE?

1 pound of lettuce = 4-6 cups of lettuce leaves

## QUICK EATS

Trying to use up your lettuce harvest, but tired of salad? Replace your sandwich bread, wraps or pita bread with broad lettuce leaves for a low-carbohydrate option.

## GROWING GUIDE | PAGE 40

## GP LENDING LIBRARY

Seed to Seed: Seed Saving and Growing Techniques for Vegetable Gardeners | Suzanne Ashworth

## MORE ON GROWING LETTUCE

[Territorial Seed Company: Lettuce Varieties](#)

[Rare Seeds, Baker Creek Heirloom Seeds: Lettuce Varieties](#)

[Growing Lettuce Indoors](#)