

LETTUCE



Plant Traits

Plant Type	Looseleaf
Size	6-10 inches high & 8-10 inches in diameter
Spacing	Planting lettuce closer together helps control weeds; lettuce does not compete well with weeds.
Bloom Time	1.5-3 months depending on the variety
Flower Color	Yellow
Root Depth	Shallow root system - 6 inches
Pests	Aphids, Cutworms, Earwigs, Slugs, Snails, Whiteflies

Diseases Powdery Mildew, Lettuce Mosaic Virus, White Molds

Plant Care

Light	Best grown in shaded areas or in the shade of taller plants. Lettuce may be grown in full sun, but this causes the plant to bolt (grow central stem and produce seeds) and makes its leaves have a bitter flavor.
Soil	Grows in most soil types as long as it is loose and well drained; for better tasting lettuce best to grow in soil high in organic compost. Does well in raised garden beds or containers.
Support	Not Applicable
Water	Needs to be watered lightly, but consistently.
Fertilizer	Fertilizer, such as fish emulsion, helps promote faster growth. Avoid fertilizer that is high in nitrogen; nitrogen causes the lettuce to taste bitter

LETTUCE

Recipe

Garden Salad



Ingredients:

- Lettuce
- Leaves and herbs
- Onion
- Parsley
- Vinegar
- Mustard
- Salt and pepper

Directions:

1. Wash and dry the lettuce, leaves and herbs. Tear larger leaves into bite-size pieces and tip all the greenery into a large salad bowl.
2. Put the garlic, onion, parsley and watercress or rocket into a mini chopper or food processor. Blitz until finely chopped. Add the vinegar, mustard, salt and pepper and blitz briefly. Add the oil and blitz until thickened. Drizzle over the salad and toss until the leaves are just coated. You might not need all the dressing, but it will keep in the fridge for a few days.

Sources

Plant information:

1. <https://www.almanac.com/plant/lettuce>
2. <http://www.heirloom-organics.com/guide/va/1/guidetogrowinglooseleaflettuce.html>
3. <https://food.unl.edu/growing-and-preparing-loose-leaf-lettuce>
4. <https://www.smartgardener.com/plants/2613-lettuce-seafresh/overview>
5. <https://www.smartgardener.com/plants/2613-lettuce-seafresh/diseases/797-damping-of>

Recipe:

1. <https://www.bbcgoodfood.com/recipes/garden-salad>

Contributors: AmeriCorps Guahan Sustainable Culture PY20-21 Members