



Lettuce

Lactuca sativa

Nutrition Facts

- The darker the leaf, the more nutrients may be found in the lettuce.
- Lettuce contains large amounts of Vitamin A, which keeps skin healthy.
- Lettuce also contains fiber which helps prevent heart disease and cancer.

Planting

Plant 3/15-4/20 or 8/1-8/20
(Guidelines for planting in raised beds)

Seeds: Lettuce can be planted by sowing seeds in rows 4-6" apart and later be thinned to stand 2-3" apart.

Plants: Plant transplants 10-12" apart in rows spaced 10-12" apart.

Care

Seeds: Water the seeds regularly with a gentle spray. Keep the soil moist, so that the seeds will germinate.

Young seedlings: Water when top 1 inch of soil dries out. Mulch plants with cotton burr compost or straw. Water more deeply once plants grow 1 to 2 inches tall.

Harvest & Storage

Harvest lettuce leaves after they are 4 inches or longer. Take leaves from the outside of the plant while leaving the inner, smaller leaves so that they continue to grow.

Be sure to harvest your lettuce before it goes to seed, or bolts, during hotter months. After it bolts, the lettuce becomes very bitter and inedible. Store in the refrigerator for up to a week. Do not wash lettuce until right before preparing it.

Recipe

Wash all vegetables before using

Lettuce Wraps

1 lettuce leaf
1 radish
1 carrot
1 tablespoon shredded cheese
2 tablespoons ranch dressing

Spread lettuce leaf flat. Finely chop radish and carrot into small pieces. Scoop a small spoonful of radishes and a spoonful of carrots onto lettuce. Sprinkle some cheese on top. Roll the lettuce into a tight wrap. Dip in the ranch dressing and enjoy!



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