GROW YOUR OWN LEAF LETTUCE

General Information

- Scientific Name: Lactuca sativa
 - Family: Asteraceae
- Cool season
- Planting Window:
 - Spring: mid-March to late April
 - Fall: early August to mid-September
- pH = 6.0-7.0
- Planting Depth: 1/8-1/4 inch, direct sow in soil
- MPD: 5 inches (in both directions)
- Easy to grow from seed!

Pests & Diseases

- Slugs (beer saloon, diatomaceaous earth)
- Rabbits removable rabbit wire cages
- Cutworms toothpicks around trunk

Successful Cultivars & Harvest

- Cultivars:
 - Black Seeded Simpson (45 days)
 - Red Salad Bowl (50 days)
 - Buttercrunch (65 days)
 - Little Gem (45 days) compact Romaine type
 - Parris Island Romaine (55 days)
 - Giant Caesar Romaine (70 days)
- Harvest any time up to maturity (mature at 8-12 in.)
 - Cut two inches above soil, recut repeatedly
 - You can eat the thinnings!

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