

# 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, diatomaceous 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!

