

# URBAN FARMER

LOVE THE EARTH

## From Seed to Harvest: A beginner's guide to growing lettuce

Homegrown lettuce offers more vitamins and variety than that bought at the store, and it can add color to tossed salads and other dishes. Lettuce is an excellent source of vitamin A.

### To plant:

Lettuce is a cool-season crop, and seedlings can tolerate a light frost. Lettuce grows quickly, so stagger the plantings. It is recommended to sow the lettuce seeds directly into the garden as soon as the soil can be worked. Plant seeds ½ inch deep in single rows. If you want an earlier crop, lettuce can be started indoors four to six weeks before the last frost.

### To grow:

Once seedlings begin to appear, thin them. For leaf lettuce, thin to 4 inches apart. For loose-headed lettuces, thin to 8 inches apart. For firm-headed types, thin to 16 inches apart. To prevent aphids, plant chives or garlic between your rows of lettuce. Water lettuce when its leaves are wilting slightly and weed by hand. Lettuce has shallow roots, so weed carefully. Plant lettuce near taller plants, like tomatoes, so the leaves are in the shade during the hot parts of the day. Mulch lettuce with compost or straw to retain moisture.

### To harvest:

Lettuce can be picked whenever real leaves form. Pick when the leaves are younger rather than waiting so the taste doesn't become bitter. For heads of lettuce, cut the plant at the soil line to harvest it. For leaf lettuces, you can harvest the entire plant or only the outer leaves as needed. Harvest in the morning.



All The Year Round Lettuce seeds  
available at [ufseeds.com](http://ufseeds.com)

### What lettuce craves:

Lettuce is typically a care-free plant, but you can fertilize the soil with an organic fertilizer one week prior to planting the seeds. Lettuce grows best in soil that is high in humus. Fertilize three weeks after transplanting seedlings with an alfalfa meal or a slow-release fertilizer.

### Where to buy lettuce seeds:

Urban Farmer sells a wide variety of lettuce seeds of all different colors and flavors. Check out our website at [ufseeds.com!](http://ufseeds.com)



**100%**  
Non-GMO Seed



**One Day**  
Shipping



**100%**  
Satisfaction Guarantee



**Family**  
Owned +Operated