



LETTUCE

Lactuca sativa
Asteraceae Family

Vegetable (Cool Season) - Salad Greens

There are five distinct types of lettuce: Loose-Leaf (45-60 days), Cos or Romaine (~70 days), Crisphead (75+ days), French (50-75 days), and Butterhead (55-75 days). With a variety of colors, shapes and flavors available, plant several types of lettuce for tasty and interesting salads.

SEED STARTING: (Seed propagation to seedling stage and ready to transplant into growing system)

pH	Seed Starting Nutrient Solution	Ambient Temperature	Light Exposure (hours)	# of seeds per cube	Planting Depth	Period of time to Germination
5.0	1 tsp of Liquid Kelp per gallon of H ₂ O	35°F - 85°F (Ideal 75°F)	12-14 hrs	1-2 seeds	1/8" deep	5-7 days at 75°F

- Water seeds in rock wool with Seed Starting Nutrient Solution. (See above chart.) Place entire seed tray (with dome lid covering tray) onto a warming pad. Note: once seed begins to emerge, immediately remove seed tray cover for improved air flow and move under a bright light source. Light source should be about 7 inches away from seedlings. Keep rock wool damp, but not sitting in water.
- Seeds need light to germinate, so do not plant too deep. Seedling will be ready to transplant when 1.5" tall.
- Sow indoors any time of year. When to sow outside: 2 to 4 weeks before average last frost, when temperature is at least 50°F, ideally 60°F-65°F. Make new plantings every 1 to 2 weeks for a continuous supply until about a month before your average first frost date. Choose slow bolting varieties (heat tolerant) as you move into hot weather.
- Seed can be saved one year if kept in cool, dark, dry, consistent 70°F (or cooler) conditions. Avoid temp fluctuations.

MAINTENANCE & CARE: (Once transplanted into growing system)

pH	EC	PPM	Ideal Temp	Light (hrs)	Humidity	Maturation:
5.6-6.2	0.8-1.2	560-840	60°F-65°F	10-12 hrs	50% - 70%	Varies (45-85 days)

INDOOR: Timer Intervals	OUTDOOR: Timer Intervals			Above 90°F
	Below 35°F	Below 70°F	Above 70°F	
15 min on 30 min off	on continuously during coldest part of night	15 min on 30 min off	15 min on 15 min off	on continuously during hottest part of the day

- Maturation: 5-8 weeks to harvest. Most lettuce plants reach 6-12 inches in height.
- Harvest in cool of morning well before 9 am. Ideally, you want to avoid temperature fluctuation from harvest to refrigerated storage.
- Recommended Nutrient Solution: Tower Garden by JuicePlus+ Tower Tonic Part A & Part B
- Slow bolting by reducing heat and moisture stress. Provide some shade for warm-season.
- Hot temperatures usually make lettuce greens taste bitter and strong.
- If saving seed for next crop: open pollinate and maintain 12 feet distance between varieties.

PESTS:
Aphids, Leafminers, Cutworms, Leafhoppers, Slugs, Cabbage loopers, & Wireworms

DISEASES:
Damping off, Downy mildew, Mosaic, Fusarium

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SEEDING DATE: _____

TRANSPLANT DATE: _____

ANTICIPATED HARVEST DATE: _____

MAINTENANCE:

DATE	pH	PPM	H ₂ O TEMP	PESTS/DISEASE?

HARVEST RECORD:

DATE	AMOUNT HARVESTED

START SEEDS FOR TRANSPLANTS ON THIS DATE:

NOTES:

