

# Lettuce



## Method:

Sow direct or raise seedlings

## When:

Spring and summer

## Hardiness / Life Cycle:

Hardy Annual

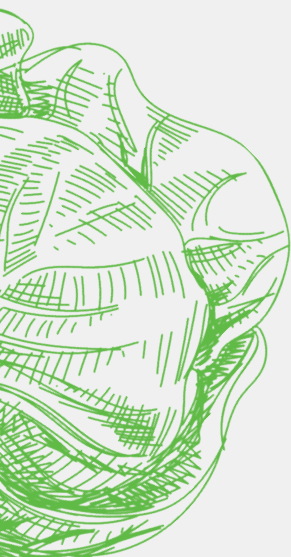
## Germination:

7-14 days at  
8-23°C

Lettuce (*Lactuca sativa*) is an annual plant of the daisy family, Asteraceae. It's often grown as a leaf vegetable and typically used in salads, but also used in soups, sandwiches and wraps.

- Often a leafy vegetable
- Commonly a crisp and mild flavour
- Best used in salads

The size of lettuce ranges from 15.2-30.4 cm (6-12 in). Although mostly composed of water, most varieties contain a moderately good source of vitamin C, calcium, iron and copper. Usually the darker the leaves are on the lettuce, the higher amount of fibre, flavour and nutritional value.



Sowing Depth:

3 mm



Plant Spacing:

30 cm



Row Spacing:

50 cm



Position:

Part or full sun, moist well drained soil

Days to Maturity/  
Flowering:

50-90 days