



LETTUCE

When to Grow?

Sow: Mid March - mid July
Harvest: Mid June - mid October

Germination: 6 - 12 days

Where to Grow?

For outside: Prepare a growing bed in a sunny or lightly shaded site. Dig the soil in Autumn adding a large amount of high quality compost. Lettuce likes a high humus content soil, with good drainage and plenty of water.

Autumn application of compost results in less nutrient leaching than from manures and slurries due to the slow-release forms of many of the nutrients in composts. Time your compost applications so that increased nutrient availability meets the nutrient requirements of your crop rotation programme.

How to Grow?

Start off in greenhouse approximately 1 inch apart in compost until the first true leaves appear.

Harden off for a week and water the day before transplanting.

Transplant to bed approximately 6-7 inches apart.

Compost

Compost contains plant nutrients and organic matter. These ingredients have beneficial effects on the following crop when applied to soil. Compost contains slow release nitrogen, phosphate and sulphur. It contains readily available potash that can provide all the crop's needs plus smaller but useful amounts of magnesium, calcium and trace elements (zinc, copper, manganese & boron).

For crops with sensitive seeds, as with manures or NPK fertilisers, it is advisable to mix the compost with the soil at least two weeks prior to sowing in case the germination is affected by any temporary raised salt content of the soil.



Organic Solutions to Slugs

- Slugs don't eat the varieties *Lolla rossa* or *Oakleaf*.
- Prepare a spray solution of water and crushed garlic ratio 10:1 with one liquidized clove. This solution also serves to prevent damping off of young shoots caused by fungus.
- A line of lime, sand or coffee grounds can deter slugs.
- Physically remove them once they come out in the evening.