

container gardening salad bowl lettuce cheat sheet



plan

- Plant: Salad Bowl Lettuce (crisp and tender with a sweet flavor) and is heat tolerant (less bolting: turning to seed)
- Space & Light: Place your plant in Full sun in cooler temps /partial shade in warmer temps
- Container: Get a large container (30 qt/20-28 liters) with drainage holes at the bottom (min depth min 20 in/50cm)
- Soil: Choose a nutrient-rich, well-draining mix for container gardening
- Fertilizer: we want good foliage (leaves) so get an organic liquid fertilizer
- Watering Can: Get a 3 gal/11 liter for containers

plant

- Fill the container with soil (right below the rim of the container)
- Dig hole deep enough to cover the entire root ball
- Gently remove plant from the pot
- Use both hands to place the plant in the soil
- Use one hand to hold the plant in place, other hand to cover the entire root ball with soil
- Water gently and evenly after planting



grow

- Water: water regularly lettuce loves plenty of moisture
- Fertilize: For the first few weeks, apply an organic fertilizer every week, then every 2 weeks



care

- Heat tolerant so less bolting
- Pests (aphids, slugs) - Get a nontoxic insecticide from your local garden center to help you get rid of unwanted pests
- Preventing Pests- companion planting with herbs can prevent pests from nibbling on your leaves
- Ex- Plant Cilantro or Chives next to your lettuce to deter aphids (drop a few seeds in the soil with your lettuce and water gently)
- Ex- Plant Peppermint nearby in its own pot (likes to takeover) to repel slugs. Drop a few seeds in a pot and water gently



harvest

- 45-50 days from plants
- Snip leaves for tonight's salad
- Grows 6-12 in or 15-30 cm tall at full maturity)

