

Lettuce

Lactuca sativa · Daisy family

DIFFICULTY Easy

TYPE Annual, direct sown or seedling

MATURITY 30–60 days



SUN
Full-part sun



WATER
Consistent, light



SOIL PH
6.0–7.0



SPACING
20–30cm



DEPTH
0.5cm

01 Succession sowing

A small, continuous sowing every couple of weeks beats one big planting — lettuce bolts quickly in heat, so little and often keeps a steady supply.



02 Planting

METHOD	Direct sow or transplant seedlings; sow shallow, seed needs light to germinate.
SOIL	Loose, moisture-retentive, high organic matter.
TIMING	Sow year-round in mild zones; avoid peak summer heat, which triggers bolting.

04 Problems

- **Bolting** — heat stress; grow in cooler months or with shade.
- **Slugs and snails** — shred young leaves; use barriers or hand-pick.
- **Aphids** — cluster in the heart; hose off.
- **Tip burn** — calcium deficiency from irregular watering; keep moisture even.

06 Companions & rotation

PLANT NEARBY

Carrot

Radish

Strawberry

Cucumber

AVOID NEARBY

Broccoli (heavy shade)

ROTATION NOTE

Fast-growing filler crop; rotate loosely with other families.

03 Growing care

- Keep soil consistently moist — lettuce turns bitter under water stress.
- Provide light afternoon shade in hot weather.
- Harvest outer leaves for a cut-and-come-again supply.
- Succession sow every 2 weeks.

05 Harvest & storage

SIGNS	Leaves reach usable size — pick outer leaves anytime, or the whole head once formed.
METHOD	Cut at the base, or pick outer leaves individually.
CURING	None needed.
STORAGE	Fridge crisper, up to a week.