

Lettuce/Spinach

(Composite family)



Seed Starting/Propagation:

Plant in full sun to part shade the last week of March (unless snow is still on the ground). For summer planting you definitely want partial shade in the afternoon. Plant 8 inches apart for leaf lettuces and 12 inches apart for head lettuces. Mix seed with cornmeal and sprinkle over garden bed, cover lightly with compost. Plant a new batch every other week.

Care:

Keep soil consistently moist, misting daily with water.

Companions:

Onion, strawberries, cucumbers, carrots, radishes.

Harvesting:

Leaf lettuces can be cut when they are 3-4 inches tall. Cut one inch above the ground and they will keep resprouting.

Preserving:

Does not preserve well. I have dried lettuce leaves like herbs and then sprinkle them into food for added nutrition. Because they love cold weather you could also grow them through the winter in a hotbox or green house.

Nutrients:

Vitamin A, beta-carotene, vitamin K, folates, B-complex vitamins.