



Growing Your Own Lettuce



Lettuce seeds can be sown directly into the soil in rows or they can be raised in seedling trays and transplanted.

There are many different varieties of lettuce. Some varieties grow well in spring and summer and others can be grown in autumn and winter.





Once the plants are big enough you can harvest just a few leaves from the outside of the plant to use on your sandwich and the plant can continue to grow.

Alternatively you can cut the whole plant to make a salad and keep the rest of the lettuce in the fridge to use later.

Lettuce is great in a salad with tomatoes and cucumber!

