

## Living Salad Bowl

Lettuce is one of the easiest vegetables to grow and you don't need much space. A good-sized container is perfect for growing a living salad bowl. With consistent moisture and plenty of sunshine you should have fresh lettuce for salads in no time!

In a large container (preferably 24" or larger) fill soil to one-inch below the lip of the pot. To start your containers out successfully use a pre-blended potting mix designed for container gardening. This will ensure that you are using soil that is free of disease and contains the proper nutrients for young plants.

Moisten soil then generously sprinkle seeds over the dampened soil. Pat them down and then water them again. Add about 1/4-inch layer of soil over the seeds. Pat down the new layer of soil and lightly water it again.

Place the container in a sunny location in the garden and continue to water and fertilize with a diluted solution of an all purpose liquid fertilizer. Germination should occur within five to seven days. Your first crop should be ready to harvest in about 30 days.

When it's time to harvest cut the leaves above the crown. If you continue to care for your lettuce you should have a new crop to harvest in just a few weeks.

Some varieties to try are:

### **Lettuce, Butterhead (*Lactuca sativa*)**

spring or fall: Buttercrunch

fall only: Tom Thumb

Planting dates:

spring: February 10 - March 15

fall: August 15 - September 10

### **Lettuce, Head (*Lactuca sativa*)**

Classic, Park's Mission

Planting dates:

spring: February 10 - March 1

fall: August 15 - September 1

### **Lettuce, Leaf (*Lactuca sativa*)**

Salad Bowl, Black Seeded Simpson, Red Sails (red color)

Planting dates:

spring: February 10 - March 15

fall: August 15 - September 15

### **Lettuce, Cos or Romaine (*Lactuca sativa*)**

Romaine

Planting dates:

spring: February 10 - March 15

fall: August 15 - September 15