

PALMETTO PICK OF THE MONTH

Lettuce



SOUTH CAROLINA
FARM to SCHOOL



Lettuce is a leafy green vegetable and is one of the easiest vegetables to grow. It is a cool season annual crop that prefers 55 – 65° F temperatures for optimal growth. There are many varieties of lettuce including Green Leaf, Red Leaf, Romaine, Bibb, Crisphead (Iceberg) and many others. Lettuces can be loose leaf-type or loose-heading type and prefer rich loamy soil. Many different varieties can be found growing in both the spring and fall seasons throughout the state of South Carolina.

PREPARING

Lettuces should be stored in the coolest part of the refrigerator. Under optimal conditions, it can be stored two to four weeks depending on the variety. Always wash the leaves well in clean water and gently shake to remove excess water. Store away from any raw meat, poultry or seafood.

HEALTH BENEFITS

Different varieties of lettuces are a good source of many different types of nutrients. For example, romaine lettuce is a good source of Vitamins A, B and C, Potassium, Phosphorus, Calcium, Iron and other essential nutrients.

GROWING LETTUCE

Sun Exposure: Full Sun (Will tolerate some shade)

Soil Type : Loamy

Soil pH: Neutral

This crop prefers a well prepared, loamy soil with a high organic matter content. Nitrogen is important for these crops to produce a high-quality, dark green product. Depending on the type and variety, lettuces are ready to harvest between 55-75 days from planting.

Leaf Lettuce - Plant in rows spaced approximately 1-2 feet apart to maximize space and increase efficiency. The seeds should be 6 to 10 inches apart within the row.

Head Lettuce - Transplants are recommended instead of starting seeds for this type of lettuce. Plant in rows 3 feet apart with approximately 1 foot between plants in the row.

Books

LETTUCE! by Diana Kizlauskas

Lettuce Grows on the Ground by Mari Schuh

PALMETTO PICK OF THE MONTH SNACK



Healthy vegetable lettuce wraps are colorful and delicious! Try experimenting with different lettuces, vegetables and dressings until you find your favorite!



For more information about other fruits and vegetables available in South Carolina each month, please visit

CERTIFIEDSCGROWN.COM

