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Horticulture News

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The doctor says you need to eat more leafy greens! Why not plant some and grow it in your own garden? Though lettuce is most often planted directly from seed in late March to early April, it can be started from transplants. Transplants allow lettuce to mature earlier so that it escapes the excessive heat that can lead to a strong flavor and bitterness.

Seed should be started four to five weeks before transplanting. Because transplants are planted at the same time as direct seeding, now would be a good time to begin. Use a seed starting mix and plant shallow as lettuce requires light for germination. A soil media temperature of 60 to 68 degrees will encourage germination. Watch the media temperature carefully, as seed can enter a thermal dormancy if germination temperatures are excessive. Also, a cooler temperature of 55 to 60 degrees should be used once the plants emerge.

Time to maturity varies depending on the type of lettuce, with leaf lettuce being the quickest, followed by bibb, romaine, and buttercrunch lettuce. Head or crisphead lettuce is the slowest and is least likely to mature before becoming bitter.

Spacing also varies with type. Leaf lettuce plants are spaced 4 to 6 inches apart, buttercrunch, bibb, and romaine are set at 6 to 8 inches and head lettuce should be at least 8 inches apart in the row. Lettuce does not have an extensive root system and requires regular watering if rainfall is lacking.

Fertilize before planting according to soil test. Plants should also be sidedressed when about 1/3 grown. Sidedressing is done with fertilizers that have more nitrogen than phosphorus and potassium. Use 1/3 cup of nitrate of soda (16-0-0) or 1/4 cup of a 27-3-3, 29-5-4 or similar fertilizer per 10 feet of row. The latter fertilizers are lawn fertilizers but will work well for sidedressing as long as they do not contain weed killers or weed preventers.