

What can a garden grow?



Lettuce

Lettuce is an annual plant of the daisy family. Lettuce was first cultivated by the ancient Egyptians who turned it from a weed whose seeds were used to produce oil, into a food plant grown for its succulent leaves. For more information: <https://en.wikipedia.org/wiki/Lettuce>.

How to grow Lettuce?

Sow lettuce seeds in average soil in full sun in early spring for first crop. Sow in late summer for fall crop. Sow every two weeks to extend harvests. In late summer, sow in a protected area that stays below 75 degrees F. Sow thinly in rows 12 inches apart and cover with 1/4 inch of fine soil. Follow the spacing recommended on the seed packet for specific varieties. Firm lightly and keep evenly moist. Seedlings emerge in 7-10 days.

For more information: <http://www.burpee.com/vegetables/lettuce/lettuce-green-ice-prod000745.html> or <https://bonnieplants.com/library/how-to-build-a-vertical-herb-planter/>.

How to cook Lettuce?

Lettuce is most often used for salads, although it is also seen in other kinds of food, such as soups, sandwiches and wraps; it can also be grilled. For more ideas on how to use lettuce go to:

<http://allrecipes.com/recipes/2435/fruits-and-vegetables/vegetables/greens/lettuce/?internalSource=hubcard&referringContentType=search%20results&clickId=cardslot%201>.