

Lettuce - Salad Bowl Green

Lactuca sativa

A fast growing lettuce with long, wavy, lime green leaves that are deeply notched. This plant forms a large, dense rosette. It copes well with summer heat and holds flavour and texture in the heat. It is slow to bolt (bolting is a survival response in the plant that causes it to produce flowers and seeds very rapidly). A good choice for progressive harvesting, it can be harvested leaf by leaf as required. Prefers moist well drained soil.

Recommendations:

- To easily identify your seedlings, label your stake.
- Sow seed on surface of soil and cover lightly. They need light to germinate.
- Store seed in a cool and dry place.
- Best growing temperature 7-24 degrees.
- Apply a weekly solution of weak organic liquid fertiliser.
- Sow every 3-4 weeks for a successive harvest.

To save your seed:

Select the strongest and most productive plant to harvest from. Leave the plant to mature and develop a flower stem. The leaves of your lettuce will become bitter and tough and the plant will produce a small cluster of flowers. Once the flower heads are fluffy and dry it's time to harvest seed. Shake the flower head over a paper bag or a bowl or squeeze between your fingers. Remove the debris and store the seeds in a sealed container in a cool and dry place.

Remember to label your seeds with the name and date of when they were collected.