

Lettuce



Description

Mostly eaten raw, in salads, lettuce brings the freshness you need to your dishes!

Low-maintenance, lettuce is easy to grow, even for beginners.

What's more, lettuce is rich in vitamins, iron, calcium, phosphorus and manganese.

Watering



Water regularly to keep the soil moist.



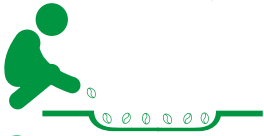
Do not wet the foliage to protect the plant from pests.

Sowing

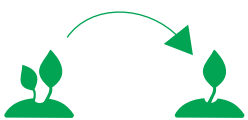
1



Sow in rows: dig furrows 1 to 2 cm deep, 30 cm apart. Place seeds and cover with soil. Water in fine rain.



2



As soon as 4-5 leaves appear, keep only the most vigorous plants.

Maintenance

Weeding and hoe regularly to limit weeds and the arrival of certain pests.

If the presence of snails or slugs is too great, a net can be installed.

Mulching will reduce the frequency of watering.



Harvest



Harvesting takes place around 2 months after sowing, as and when required.

Lettuces must be well formed before cutting them with a knife, above the crown. This will allow new shoots to form for the next harvest.

Tips

A number of plants can be combined with lettuces to protect them from pests and ensure their growth: aromatics with dill, but also beet, carrot and cucumber.

Companion plants ✓



To avoid ✗

