

LETTUCE HELP YOU GROW YOUR OWN!



AGE 5+



30 MINUTES



GROWING

Create your own mixed salad full of vitamins A, C and K and dietary minerals especially iron. Harvest the small tender leaves regularly to ensure a supply of salad leaves over a period of time. The suggested seeds to grow result in pretty red and green feathery leaves, lush looking with nutty and peppery tastes.

WHAT YOU NEED

- Recycled pots or containers to sow your seeds in. Large 4-pint milk containers when chopped in half and holes placed in the bottom, and plastic vegetable trays, make great pots to use for growing
- Peat-free compost
- Used and washed lolly sticks
- Pencil
- Gloves (optional)
- A watering can with a fine rose
- Trowel
- Salad seeds such as Mizuna, Mustard 'Giant Red', Lettuce 'Salad Bowl', Lamb's Lettuce and Salad Rocket



DID YOU KNOW?

Plants with a strong smell, such as mint, garlic, chives, and rosemary keep some pests away. Chives and garlic are good neighbours for lettuce because they naturally repel aphids, a common problem for lettuce. Check which plants are happy together before planting them.

INSTRUCTIONS

1. Wash your pots or container if they have been recycled and used for growing before, this will remove any pests and disease. It is important to make sure your planter has holes in the bottom. If it does not have holes the planter will quickly fill with too much water and your plants will drown.
2. Fill your pots nearly to the top with the compost, crumbling the compost through your fingers to ensure there are no large lumps. Gently tap the pot or container on the surface you are working on to remove air pockets without pressing down on the compost
3. Gently scatter salad seeds over the surface of the compost. Then cover with a thin layer of compost at a depth no deeper than the width of your little finger. Label the containers with the variety of leaves you are growing and the date, using the lolly sticks and a pencil (this will not wash off).
4. Water the seeds and place in a sheltered but sunny spot. Regularly water your seeds making sure the compost does not dry out. Germination should occur within a week.
5. Watch to see when the leaves are big enough to eat. Harvest them by snipping a few leaves from each of the plants you have grown about 2.5cm from the bottom.
6. The centre of the plant is where the growth is taking place to reproduce the leaves, so take care not to damage this part. With regular watering the plants should produce 3-4 cuts of salad.

HA-HA!

What do you say to a lettuce who wants to fight? Just leaf it.