

Sow: February to mid-March indoors or May to Early June - outdoors

Harvest: July to September



GROW YOUR OWN - Lettuce or Baby leaf Salad

Growing Lettuce with children is a fun way to get them interested in gardening, especially lettuce as it has many different colours, tastes and textures.

You will need:

A packet of lettuce seeds (there are many varieties to choose from), gloves, clear polythene bag

Homemade newspaper pot/ toilet roll with sealed bottom/ yogurt pot with holes in bottom or egg box.

Enriched potting compost / Plant labels – make your own

How to grow:

Using your pot to gently press the compost so you have a level surface flat.

Take your seeds and sprinkle them over the top of the compost.

Leave, around 1 seed per cm squared is a good rule.

Gently cover the seeds with 1 cm of compost. And press down again.

Place your containers on a sunny windowsill and water gently or try growing outside in mini containers

Lettuce grows fairly quickly and you should be able to start picking the biggest leaves within four weeks. You can simply let children use scissors to chop off the leaves a few centimetres from the bottom of the plant, as and when you need them.

The plants then continue to grow

