

From April to September
we can grow Lettuce in
the UK



The journey of the Lettuce



All lettuce is grown from seed. Commercial growers have seeds that are specially treated with chemicals that make them easy to plant & treated to stop bugs eating in field (see picture)

Garden centre seeds are slightly different.



Special machines are used to make holes in blocks of peat .

The machine is programmed to plant 1 x lettuce seed into each hole.



The holes in the peat are filled with sand.

The peat blocks are put in a greenhouse so they can grow into seedlings



The seedlings are kept warm in the greenhouse and a computer makes sure they get the right amount of water and feed every day.



When the seedlings are about an inch high and have a good root system they are ready to be planted outside



The journey of the Lettuce



With the help of special machinery, the trays of seedlings are loaded and planted into the ground



Here you can see the seedlings being fed into the machine ready to plant



When the seedlings are first planted out, they are covered to keep them warm and to protect them from birds



Lettuce needs lots of sunshine and water to make it grow. Sometimes the farmer may need to help water the crop with an irrigation system. He will regularly check his lettuce for any bugs



When the field of lettuce looks like a green carpet, it's ready to harvest.



The journey of the lettuce



The lettuce is cut by hand to prevent damage

The harvest teams use special knives to cut each head of lettuce and cut away the outside leaves



A mobile mini factory drives very slowly through the field, the lettuce goes up the conveyer belt, is checked to make sure they are clean and then wrapped and labelled correctly



Once they are all quality checked, they are then ready to go into boxes and leave the field.

From field to warehouse— After more quality checks, they are loaded into specially chilled lorries and then go to supermarkets all around the UK.

