

2. If pen manure was not added at land preparation, place a handful in each hole when planting.

Spacing: Between Rows 8 - 12 ins
Within Rows 8 - 12 ins

Water lettuce every day or as necessary.

FERTILIZING

Seven days (7) after transplanting, fertilize with *Sulphate of Ammonia* at the Rate of $\frac{1}{4}$ small match box per plant. Place in a narrow band around plant.

CULTURAL PRACTICE

Mold up around plant on a weekly basis to keep soil loose to allow the entry of water.

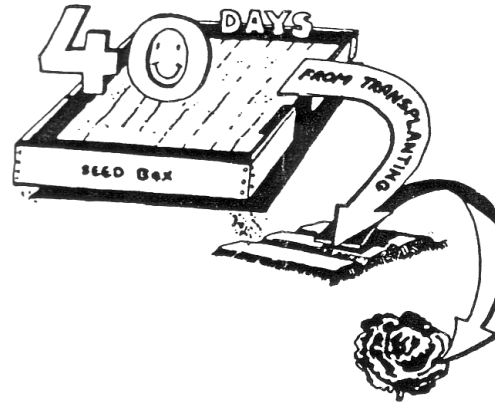
PEST AND DISEASE

Lettuce is hardly affected by pest and diseases. It is however important to treat soil to prevent damping off at seedling stage.

HARVESTING

Lettuce takes about forty (40) days from transplanting to harvest. At harvesting pull up entire plant from the soil, cut and trim roots.

- ◆ Lettuce is a very delicate plant so take care not to damage leaves.
- ◆ Look between leaves for slugs and worms, remove and wash with clean water.



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GROWING LETTUCE SUCCESSFULLY



There are mainly two types of Lettuce - head lettuce and leaf lettuce. The head Lettuce is fast growing and produces a lot more leaves than the leaf lettuce. It has a long shelf life and grows best at cool temperatures (higher elevations) while the leaf lettuce grows at all elevation.

RECOMMENDED VARIETIES

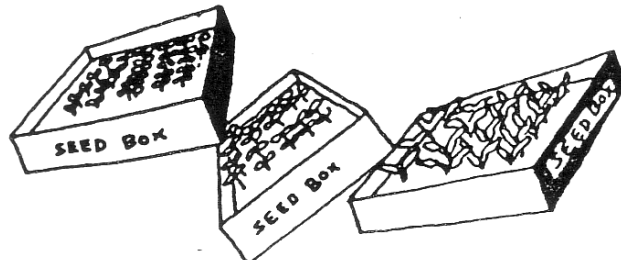
Head lettuce: Mineto, Empire, Acacia, Aleigh, Amarda

Head lettuce: Iceberg

SEEDLING

Prepare your seedling box - use soil mixed with well rotted pen manure.

1. Always treat seeds with *Sevin* to prevent destruction by Ants and other soil insects.
2. Sow seeds ½ inch deep in soil at weekly intervals to ensure a continuous supply.



Seedlings at different stages

3. Place seedling box in a sheltered area to prevent destruction of tender plants by heavy rain drops.



4. Thin out seedlings that were sown too thickly.

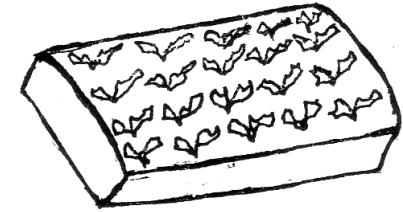
LAND PREPARATION

Lettuce can be grown in pots, troughs or beds. For commercial production beds are used.

1. One week before planting clear land from all weeds, shrubs and debris. Either burn or leave them to rot.
2. Use a hoe or fork to till/work the soil. This helps with free movement of air and water.

Preparing Lettuce beds

1. Lettuce grows best on beds. Line up the area to prepare beds at a size you can easily manage. e.g.. 5 ft. x 9 ft.
2. Prepare cambered shape beds to enhance good drainage and management.



3. Add well rotted pen manure to each bed working it into the soil as you till.
4. After the beds are prepared, smooth out the surface getting rid of all stones and clumps of soil. Rake smooth the surface flat with a piece of stick.

TRANSPLANTING

1. Transplant seedlings 2-3 weeks after germination. One seedling per hole.