

GROWING LETTUCE IN LOS ANGELES COUNTY



Lettuce is easiest to grow in the Cool Season. Home grown lettuce is generally higher in nutrients than store bought varieties. The cool season is fall through winter. Cool season plants include lettuce, broccoli, cauliflower, peas, cabbage, garlic, onions.

SELECTING A LETTUCE PLANT VARIETY

You can bring this worksheet to your local nursery to get recommendations for a lettuce variety that fits your needs and has been cultivated to address common issues in your zone.



My zone is: ☐ 7a ☐ 7b ☐ 8a ☐ 8b ☐ 9a ☐ 9b ☐ 10a ☐ 10b ☐ 11a

I want to grow this type of lettuce: ☐ Head ☐ Leaf ☐ Both

My growing space is: ☐ Inground ☐ Limited space ☐ Lots of space
☐ Container ☐ Pot(s)

The best type of lettuce for me will be:

I will plant: ☐ Seeds ☐ Seedlings/Plants

Time to start, based on my zone:



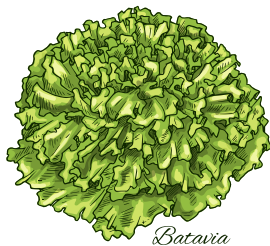
GROWING LETTUCE IN A POT

Use a wide shallow container as lettuce roots do not require deep soil. Pot should be at least 6 inches deep and have adequate drainage. Container materials should be untreated to avoid leaching contaminants into soil for all edibles.

6"+



Oakleaf Lettuce



Batavia



Arugula



Chicory



Romaine Lettuce



Iceberg Lettuce



GROWING LETTUCE FROM SEED

Start seeds indoors: Mid-September through April or outdoors after danger of frost has passed.

- ☐ **Moisten soil that has been amended with compost.**
- ☐ **Gently press seeds into moist soil. Sow generously and thin later.**
- ☐ **Water seeds lightly so as not to displace them. Keep soil evenly moist until sprouts emerge (2-10 days when temperature is 55-65 degrees)**
- ☐ **Continue to water regularly as sprouts grow sturdier**
- ☐ **Move to outside once seeds germinate**



PLANTING YOUR LETTUCE SEEDLINGS

- ☐ **SOIL** – Plant when seedlings are about 4 weeks old in well-tilled, good draining soil that has been amended with organic material. pH 6 –6.5
- ☐ **PLANT SPACING** – Leaf: 6-8 inches apart; Head 12 inches apart. Surround with organic mulch to prevent weeds and maintain moisture.



- ☐ **COMPANION PLANTS** – Chives or garlic between your lettuce will help control aphids. Taller plants like peppers or tomatoes will create light shade.
- ☐ **WATER** – Daily with gentle flow to maintain moisture but avoid waterlogging. If leaves look wilted due to heat, sprinkle with water.
- ☐ **FROST OR EXTREME HEAT** – If risk of frost or extreme heat, consider covering plants with burlap or other covering.

BOLTING

Bolting occurs when temperatures exceed 75 degrees during the day and 60 degrees at night. Once a plant bolts, the taste will become bitter and it's time to replant unless you plan to harvest the seeds first. To delay bolting, use taller crops or other shade provider. Harvest when full size but still young. Keeping the soil moist will also help delay bolting.



Bolting lettuce plant.

HARVEST

Harvest when full size but when young for best flavor. Many varieties will be ready in 3-4 weeks after planting.

Harvest in the morning when leaves have the highest level of moisture for best results. If harvesting later in the day, submerge leaves in cold water immediately after harvest.

Leaf lettuce can be harvested ongoing by removing the outer leaves and the plant will continue to grow from the center.

Head lettuce can be harvested by removing the entire plant and cutting off roots. This is a good time to replant a new seedling for your next crop! Some cut-and-come-again varieties can be cut off at the base and allowed to grow new leaves.



RESOURCES

PLANTING ZONES & PLANT SELECTION

<https://garden.org/apps/calendar/?q=92672>

VEGETABLE PLANTING SCHEDULE

<http://bit.ly/SMCPlantSchedule>

FROST DATES

<https://www.plantmaps.com/interactive-california-last-frost-date-map.php>

