

# PLANTING GUIDE FOR ICEBERG LETTUCE

Iceberg Lettuce is often grown as a leafy vegetable served as salads, soups, sandwiches and wraps. It's one of those vegetables that are popular choices as homegrown vegetables since it grows well in most regions. Generally, keep seedlings indoors for the first couple of months. You'll have crunchy, refreshing iceberg lettuce right from your garden if you keep the lettuce cool and moist.

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## Planting the Seeds:

- A. Check for the last expected spring frost in your area then plant the iceberg lettuce 6-8 weeks prior to that.
- B. Prepare a shallow seed tray and fill the bottom of each cell tray with some potting soil then sprinkle few seeds into each soil. Finally, spread a light layer of potting soil to cover the seeds.
- C. Find a sunny spot indoors where the seeds can get 12 hours of sunlight. If there's no direct sunlight indoors, you can use indoor grow lights to supplement it.
- D. Maintain the right moisture level for the soil by checking the seed tray every day and watering it when the soil feels dry. With proper moisture level, the seeds will begin to sprout within 5-10 days.
- E. Make sure there's only sprout per cell. Use scissors to cut off the extra sprouts at the level of the soil's surface.
- F. Lettuce will grow large enough to be transplanted outside around 6 weeks later.



## Transplanting the Lettuce

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- A. Choose a location that has shelter and expose it for 3 hours per day. Every day add another 2 hours from the previous day until it has acclimated outside condition the whole day, which would take around a week to complete acclimation process. The reason is to let the lettuce get used to cooler temperatures.
- B. Prepare staggered rows of 5 inch holes separating them at least 10 inches apart.
- C. Add fertilizer/compost or dried manure.
- D. Before transferring the lettuce seedlings, water the seed tray to prevent the soil from crumbling or falling off around the roots.
- E. Remove the outer leaves off the lettuce seedlings before you transfer them to make the plants lighter and the growing roots can be supported in the ground more easily.
- F. Plant the seedlings in the holes.
- G. Lightly water the lettuce seedlings.

## Lettuce Care

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- A. To keep the soil moist, water the lettuce 3-4 times a week.
- B. Apply mulch over the soil around the lettuce.
- C. Add fertilizer every 3-4 weeks.
- E. Cut the lettuce at the soil line to harvest the head.



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