

# Lettuce (Romaine)

The heavy, compact, and extra-dark green heads of Winter Density lettuce stand about 20cm (8") tall and display upright but tender leaves. Grow this unique, flavourful English variety in spring, summer, or fall; as it is frost tolerant and quite bolt resistant.

**Matures in 65 days**

**Season: Cool season**

**Exposure: Full sun to partial shade**

**Difficulty: Easy**



## Growing

Direct sow or start indoors and transplant. Sow seeds 5mm (1/4") deep or on the surface of the soil where the soil can be kept evenly moist. Space 30cm (12") apart. Space rows 45-90cm (18-36") apart.

Seedlings should be hardened off by reducing water and putting the plants outdoors 2-3 days before transplanting to prevent transplant shock and premature bolting. Regular watering is essential to prevent leaves from developing a bitter taste.

## Saving

Once your lettuce plants have sent up their flower stalks, the seeds will begin to ripen. When the stalks are dry and producing fluff, the seeds are ripe and ready to be collected. To collect the seeds, shake the stalk into a paper bag or bucket. Do this over a couple of days or all at once depending on how ready the seeds are. Gently remove the fluff from the seeds. Put the seeds into a dated and labeled envelope and return to Brock!