



DIG FOR VICTORY!

*Did you pick up your seed rations at War On The Line?
Grow your own. Part of your 5-a-day!*

SEED INFORMATION & PLANTING INSTRUCTIONS

Congratulations! You have in your possession some lettuce seeds. Lettuce is easy to grow either indoors or outside, providing a good crop if managed and harvested properly. Here's how to do it.

Sowing

First decide where you want to grow your lettuce. Growing outside, you can use a Growbag from your local garden centre, a pot or simply in the ground.

Sow your seeds in a shallow trench no deeper than your thumbnail.

If you decide to grow your lettuce inside, find a reasonably sized pot, sow as above and place on a window sill.

When planting, make sure the ground is nice and moist. If planting outside, give the soil a good rake first. Then sow your seeds, cover with the compost/soil and give a good water.

Sow your lettuce between June and August. And that's it! Put your feet up and watch it grow. Make sure the soil receives regular watering, but don't flood them.

Growing

From planting, you should start to see the seedlings appear in 1-2 weeks. Once the seedlings appear and are big enough to handle, gently pull out the weaker plants.

If growing in the ground or in a grow bag, make sure you leave 1 lettuce for every spade width

Harvesting

Pick leaves from each plant, making sure you leave the heart of the lettuce in place. Leaves will continue to grow, replacing those you pick. Just make sure the plants receive regular water. Or you can wait for the lettuce to reach a good size and then cut the head off.

You can keep sowing seeds right up to the end of August, so the earlier you sow, the more lettuce you will be able to grow this season.

ENJOY! You have successfully grown your own! Why not drop us a line on how well you've done? www.watercressline.co.uk