

God gave us...



# “Lettuce” (Lactuca sativa)

Planting depth: 1/4” – 1/4”    Apart in row (after thinning): 4”-8”    Distance between rows: 12”-18”    Approximate days to germination: 6-10 days

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## ♥ Let's grow...

Lettuce seeds are very small. They should be sprinkled in rows over the ground and covered with a small amount of soil about 1/2” deep. Lettuce grows best when planted in a sunny area of your garden or in a container. It takes about 6-10 days for seeds to sprout into seedlings. Seedlings are new plants that grow from seeds.

## ♥ Taking care of God's creation...

It is important to keep lettuce seeds well-watered until the seedlings sprout. Pull weeds by hand to protect the shallow roots and thin seedlings to 4”-8” apart as soon as the first set of leaves appear. Lettuce grows quickly and can be eaten when leaves are young and tender.

## ♥ Eat your lettuce...

Lettuce was first grown in the Mediterranean area more than 2,500 years ago. Lettuce is an excellent source of vitamins needed for healthy bodies. You can show God's love to others by sharing the good food that he has given us to eat.

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“The Lord will guide you always, he will satisfy your needs in a scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.”

Isaiah 58:11