

# GROWER'S FACTS

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## L ETTUCE – ROMAINE



**CULTURAL PRACTICES:** Seed ribbons - presumed We invite you to discover the range of "presemés": it is seeds arranged between two very thin layers of biodegradable fibers. In this way, they are exactly at the right density and you do not overdose your seedlings. In addition, nothing more simple: make a little furrow, lay down the pre-cut ribbon to the required length, moisture it and cover it with a thin layer of soil. Water. Wait. Admire. Easy no?

**SOIL:** rich, well-drained soil is ideal for its cultivation.

**SPACING:** for the main harvest, sow seeds in the ground in rows spaced 40 cm to 45 cm apart. Depending on the variety, leave a distance of 20 to 25 cm between the plants.

**GROWING TIPS:** adding decomposed manure, compost, or fertilizer with a high level of nitrogen is beneficial. Needs full sun and constant humidity. Mulch the soil to reduce weeds and maintain soil moisture.

**HARVEST:** harvest it when it is firm and preferably early in the morning. To harvest a whole lettuce, it is best to cut it with a knife a little above the ground. So the remaining part can in some cases produce a second leaf that can be enjoyed towards the end of summer. Lettuce is eaten fresh and will keep for about a week in a plastic bag in the refrigerator.