

Growing Vegetables in North Vancouver

Part 6: Lettuce and Spinach

2020 LVGC VEGGIEMATES

Lettuce

- WCS - over 40 types
- Different forms
 - Butterheads
 - Iceberg
 - Crisp-head
 - Loose-Leaf
 - Romaine



Lettuce

- Cool weather crop
- Direct sow or transplant from April every 2 to 3 weeks for continual harvest
- Seeds won't sprout when soil temperature is over 22 degrees C
- Baby leaf lettuce can be planted densely



Lettuce

- Will go to seed quickly in hot weather
- Needs organic matter
- Regular watering essential to avoid leaves from getting bitter
- Good for containers





Spinach

- Cool season, will bolt when days get too long
- Direct sow or transplant early March to mid April and again in mid August
- Grow it fast and harvest it fast
- Choose the right varieties
- Shade summer sown beds - keep well watered

