

# Romaine Lettuce

*Lactuca sativa var. longifolia*

## At a Glance

Height: 8 to 12 inches tall

Leaf Type: Upright, crisp leaves

Days to Maturity: 60-70 days for full heads, 30 days for baby leaves

Best For: Salads, wraps, fresh eating

## Growing Conditions Quick Reference

Soil Temperature: 45-75F for best germination

Soil Type: Loose, well-drained, rich in organic matter

Light Requirements: Full sun to partial shade

Planting Depth: 1/4 inch deep

Seeding Rate: Thin to 6-8 inches apart

Moisture Needs: Keep evenly moist; avoid drought stress

Average Germination Time: 7-14 days

## How to Grow

When to Plant: Sow in early spring or late summer for a fall crop.

Location: Full sun with cooler temperatures preferred.

Spacing: Thin seedlings to 6-8 inches apart.

Watering: Keep soil consistently moist but not soggy.

Fertilizer: Light feeding with compost or balanced fertilizer every 3 weeks.

## Tips for Success

Succession plant every 2-3 weeks for a continuous harvest.

Provide shade cloth in hot weather to prevent bolting.

Harvest outer leaves first for cut-and-come-again growth.

Mulch to maintain soil moisture and temperature.

## Fun Fact

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Romaine lettuce is one of the oldest known cultivated lettuces, dating back to ancient Egypt.

## Companion Planting

Pairs well with carrots, radishes, and onions. Avoid planting with parsley as it may compete for nutrients.

## Harvesting and Use

Harvest when leaves are crisp and full-sized, or pick young leaves for baby lettuce. Store in a cool place to maintain crispness.

## Quick Planting Checklist

- Sow in cool seasons (spring or fall)
- Thin seedlings to 6-8 inches apart
- Keep soil moist to prevent bitterness
- Provide partial shade in hot weather
- Harvest leaves young for best flavor