

## Planting and harvesting Spinach and Lettuce

1. Dig a hole about the same size as the pot or pack containing the lettuce/spinach.
2. Lettuce and spinach are not heavy feeders so you don't have to add any extra fertilizer to the hole—but if you do add just a little.
3. Space your plants about 4" apart. If your pack has multiple lettuce plants in one cell it's ok to plant all these together, don't try to separate them.
4. Tip your lettuce/spinach out of its container and place in the bottom of the hole so that the base of your plant is level with the soil. Gently pack the dirt you dug out back around your plant.
5. Gently water in (I like to use a watering can), and I recommend you add a liquid seaweed/kelp fertilizer to the water.
6. When the lettuce/spinach leaves get 4"-6" tall, give your plant a "haircut" and cut some leaves (as much as you need) from the plant. Don't cut everything off—the plants will keep growing more leaves that you can periodically harvest
7. Lettuce/Spinach are cool weather plants—when it gets too hot, they will get bitter, so it's time to let them go. Pull them up and compost.

