



International Union of Soil Sciences

# Miss lettuce (*Lactuca sativa*)

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Hi! I am *Lactuca sativa*, but my friends call me **Lettuce**.  
I invite you to discover together how to cultivate in your gardens.



Lettuce is cultivated for its leaves, which can have a color that varies from **light green-yellowish** to **dark green or reddish**.



Its consistency can be from **rustic and thick** to **tender and fine** (buttery).



It is rich in vitamins A, E, C, B1, B2, and B3, as well as calcium, magnesium, sodium, and potassium.



Consuming 100 grams of lettuce will contribute to the organism the daily amount of vitamin A and beta carotene needed.

**Sowing:** the start of the cultivation can be by putting the seeds directly in the ground or by means of seedlings and then transplanting. It is not advisable to sow at a depth greater than 1 cm. since the emergence of seedlings is difficult. The distance between plants should be 30 cm.



**Days from planting to harvest:** from 30 to 120 days, depending on the type of lettuce and the season of the year.

Irrigation should be moderate in autumn / winter and abundant in spring / summer.



**To consider!** In autumn-winter the leaves can be burned by frost. In spring-summer, germination may fail, and leaf damage may occur due to high temperatures.



The insects that can affect are mainly thrips and aphids.



**Harvest:** when the plants have reached their maximum size, before the leaves start to yellow. The harvest is done by cutting the plant at ground level using a knife **ALWAYS UNDER ADULT SUPERVISION**, and removing dirty or damaged outer sheets. If it is kept in the refrigerator with humidity, they can keep up to 2 weeks.



**Note:** **Thrips** are insects that affect various crops, and **aphids** are also small insects that suck the sap from the plant.



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