

# Lettuce

*Lactuca sativa* · Daisy family

**DIFFICULTY** Easy  
**TYPE** Annual, direct sown or seedling  
**MATURITY** 30–60 days



**SUN**  
Full–part sun



**WATER**  
Consistent, light



**SOIL PH**  
6.0–7.0



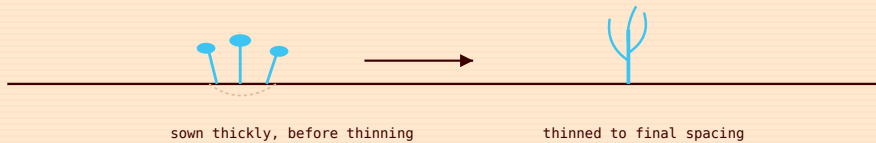
**SPACING**  
20–30cm



**DEPTH**  
0.5cm

## 01 Succession sowing

A small, continuous sowing every couple of weeks beats one big planting — lettuce bolts quickly in heat, so little and often keeps a steady supply.



## 02 Planting

|        |                                                                                 |
|--------|---------------------------------------------------------------------------------|
| METHOD | Direct sow or transplant seedlings; sow shallow, seed needs light to germinate. |
| SOIL   | Loose, moisture-retentive, high organic matter.                                 |
| TIMING | Sow year-round in mild zones; avoid peak summer heat, which triggers bolting.   |

Planting timing varies significantly by Australian climate zone. Set your zone above (or use the Find My Climate Zone tool) for guidance tailored to your own area.

## 03 Growing care

- Keep soil consistently moist — lettuce turns bitter under water stress.
- Provide light afternoon shade in hot weather.
- Harvest outer leaves for a cut-and-come-again supply.
- Succession sow every 2 weeks.

## 04 Problems

- **Bolting** — heat stress; grow in cooler months or with shade.
- **Slugs and snails** — shred young leaves; use barriers or hand-pick.
- **Aphids** — cluster in the heart; hose off.
- **Tip burn** — calcium deficiency from irregular watering; keep moisture even.

## 05 Harvest & storage

|            |                                                                                                          |
|------------|----------------------------------------------------------------------------------------------------------|
| SIGNS      | Leaves reach usable size — pick outer leaves anytime, or the whole head once formed.                     |
| METHOD     | Cut at the base, or pick outer leaves individually.                                                      |
| CURING     | None needed.                                                                                             |
| STORAGE    | Fridge crisper, up to a week.                                                                            |
| PRESERVING | See <a href="#">Freezing Produce</a> (blanching and freezing a glut) for ways to keep a harvest surplus. |

## 06 Companions & rotation

|                                                                               |                                   |                                                               |
|-------------------------------------------------------------------------------|-----------------------------------|---------------------------------------------------------------|
| PLANT NEARBY                                                                  | AVOID NEARBY                      | ROTATION NOTE                                                 |
| <div>Carrot</div> <div>Radish</div> <div>Strawberry</div> <div>Cucumber</div> | <div>Broccoli (heavy shade)</div> | Fast-growing filler crop; rotate loosely with other families. |