

Container Lettuce Growing Checklist

- **Choose a Spot**
 - Find a location with at least 6 hours of sun
 - In hot climates, select morning sun or afternoon shade
- **Pick Your Container**
 - Minimum 6–12 inches deep, 12–16 inches wide
 - Ensure drainage holes
 - Use any food-safe material: plastic, wood, ceramic, fabric grow bags, recycled totes
- **Select Lettuce Varieties**
 - Loose-leaf types (Buttercrunch, Simpson, Oakleaf, Red Salad Bowl)
 - Mini romaines (Little Gem, etc.)
 - Mix several varieties for flavor and a long harvest
- **Prepare Soil**
 - Use high-quality, lightweight potting mix for veggies (not garden soil)
 - Mix in compost for nutrients and moisture retention
 - Add slow-release organic fertilizer (or use gentle liquid feed every 2–3 weeks)
- **Planting Steps**
 - Fill container $\frac{3}{4}$ full with moistened potting mix/compost blend
 - Scatter seeds thinly, cover lightly with $\frac{1}{4}$ inch soil
 - Thin seedlings: 4–6 inches apart (leaf types); 8 inches for mini-heads
- **Care & Maintenance**
 - Water gently, keep soil evenly moist (check top inch regularly)
 - Use a moisture meter if possible
 - Move containers to avoid heat above 80°F; use shade cloth if needed
 - Feed with diluted fertilizer every 2–3 weeks
 - Sow new seeds every 2–3 weeks for continuous harvest

- **Harvesting**

- Pick leaves in the morning for best flavor
- Harvest outer leaves and let the center regrow (cut-and-come-again)
- Grow two containers for ongoing harvest—alternate picking pots

- **Troubleshooting**

- Wilted leaves: check soil moisture and drainage
- Bitter flavor: protect plants from excess heat
- Slow growth: check light and nutrients

- **Extra Tips**

- Don't overcrowd—give each plant plenty of space
- Upcycle containers ensuring they are food-safe and have drainage
- Harvest often to stimulate new growth

Use this checklist for success with fresh salads, no matter the size of your gardening space!

If you have gardening questions, book a call or email me at stephanie@allaboutgardeningguides.

I charge \$25 for up to 15 minutes.