

Tips when Growing Lettuce for Seed:

- ◆ Plant early so plants have ample time to flower and go to seed before autumn frosts. Okay to start indoors and transplant out in early spring.
- ◆ Reducing spacing between plants encourages them to go to seed.
- ◆ Let your seed plant grow without harvesting the leaves and in about 2 months it will start to bolt, elongating to a height of 2-3 feet, and begin to flower.
- ◆ Head lettuces can benefit by making a deep slit across the head to encourage flowering.



contact us:
info@farmhandsnourish.org



SAVING LETTUCE SEED

in **5** easy steps

1. Pull the whole plant up when about 3/4 of the flowers have converted to visible white duff.

Lettuce plants make compound flowers, each flower making a cluster of seeds, each seed attached to white "duff" designed to help seeds disperse (think dandelion!)

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2. Let plant sit on tarp or upside down in bag or 5-gallon bucket for a day or two, in a cool, dry spot away from the sun.



photo credit: <https://flgardening.wordpress.com/>

3. Cut off lower part of plant and, holding the stem, strike the lettuce against sides of bucket (or dance on plants under tarp) to release seeds.

4. Rub seeds between your hands to loosen seed from duff.

Separate the seeds from the duff by placing seed on flat plate and, while gently shaking plate, blowing on seeds.

5. Place seeds in envelope or jar; LABEL with seed variety & year; store in cool, dark, dry location.** Plant in spring!

***These seeds will stay viable for at least 3-5 years.*

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