

GROW YOUR OWN CRISPY CRUNCHY LETTUCE

We are lucky to work with the National Trust, who have a number of kitchen gardens where they grow vegetables and flowers. Those vegetables make their way in to the tasty food in their cafes and the flowers fill their places with beautiful scents. **You can grow your own vegetables and flowers too.** Lettuce is crispy in salads and crunchy in your sandwiches and can be grown on a sunny windowsill or in your garden, our favourite seed variety is the Lettuce Romaine. **Find out how you can grow your own below.**

THE KIT



LETTUCE SEEDS



COMPOST



TROWEL



WATERING CAN



RECYCLED CONTAINER OR PLANT POT

THE GROW

1 **ASK A PARENT**

Find a used plant pot, plastic milk bottle or plastic tray. For a plastic milk bottle, carefully remove the top half with scissors to form a tray.

2 **ASK A PARENT**

If your container doesn't already have drainage holes, then use a pointy pen to push small holes into the bottom.

3

Place a layer of compost at the bottom of your chosen container and carefully drop the lettuce seeds each approximately 2cm apart.

4

Cover your seeds with a thin layer of compost, approximately 1.5cm will allow for the speediest growth.

5

Gently push the compost down and give the seeds a gentle sprinkling of water. Don't forget to water them every day.

6

If you're growing your seeds indoors, sit the container on a tray or saucer to catch any drips.

7

For the best results and happiest lettuce, place on a sunny windowsill or location in your garden.

8

25 DAYS

After approximately 25 days of sunshine and water the fresh lettuce leaves will be ready to eat.

9 **ASK A PARENT**

To harvest your lettuce, carefully snip off just the leaves you require for your tasty meal.

10

The more you snip the more the plant will grow – providing you with crunchy, crispy salads and sandwiches for weeks to come.

Check out our NEW 'Get Me Gardening' kids' garden tools collection at burgonandball.com

National Trust
GET ME GARDENING

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50 things to do before you're 11 ¾

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