



# SNAP-Ed

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## Growing in Washington

# Salad Greens

## Quick Garden Tips:

- 1 Easy to grow. Matures quickly. Great for early season and replanting throughout the season. Great for beginning gardeners.
- 2 Lettuce grows best in cool temperatures. In hot weather (above 80 degrees F), lettuce plants may send up a flowering stalk. This is known as *bolting*. Once lettuce bolts, it tastes bitter and is not good for eating. If your lettuce bolts, you can collect the seed and plant it next year.
- 3 Prefers well-drained, cool, loose soil. Seed can be saved for 1 year.

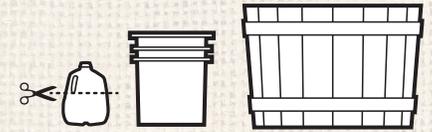


### Season and Location

Spring or fall , summer 

### Container Gardening

- ✿ Leaf lettuce can be grown in a small, medium, or large container.
- ✿ Plants need about 4" of space around them.
- ✿ Make sure your container has small holes near the bottom to allow water to drain from the soil. Otherwise, roots may become water-logged.



### Key Pests and Diseases

Slugs, aphids, damping off (a disease that affects seedlings)



### Washington Gardening Calendar for Salad Greens

Seedling



Transplant



Harvest



Adapted from WSU Extension Publication EM0575E.

## Recommended Types to Grow

### Red leaf

Merlot  
New Red Fire  
Prizehead  
Red Sails,  
Red Tide  
Redina

### Green leaf

Grand Rapids  
Pom Pom  
Salad Bowl  
Slobolt

### Oak leaf †

Blade  
Cocarde  
Mascara  
Oakly Red Splash  
† Oak leaf types  
are good for  
winter gardens.



## When and How to Harvest

- ✿ Harvest well before the plant bolts. Harvest baby lettuce when leaves are small and tender.
- ✿ For a few leaves (e.g., for a sandwich), snip a few outer leaves about 1 inch from the base of the plant. Center leaves will keep growing.
- ✿ For more lettuce (e.g., for a salad), harvest by pulling the plant up by the roots.



## How to Prepare

Cut off roots and wash leaves thoroughly in cold water.

## Garden Lettuce Wraps

**Preparation Time:** 10 minutes

**Makes:** 10 wraps

### Ingredients

3 cans (5 ounces each) **tuna** in water, drained, or 1 can (15 ounces) **black beans**, drained  
1 cup shredded **carrot**  
2 cups diced **cucumber**  
1½ cups **peas**, canned and drained or thawed from frozen  
¾ cup low-fat Italian **salad dressing**  
10 **large lettuce leaves** (such as leaf, romaine or butter varieties)

### Directions

1. Place drained tuna or beans in a medium bowl. If using tuna, use a fork to break apart chunks.
2. Add carrot, cucumber, peas and salad dressing. Mix well.
3. Spoon salad into lettuce leaves. Fold up lettuce leaves and eat taco style.
4. Refrigerate leftovers within 2 hours.

### Notes

- ✿ In place of carrots or cucumber, use any fresh vegetable you have available, such as corn, diced tomatoes or shredded zucchini.
- ✿ Additional topping ideas include cilantro or other fresh herbs, sunflower seeds, sliced olives or shredded cheese.
- ✿ Lettuce leaves can be replaced with whole-wheat pocket (pita) bread or a whole-wheat tortilla.
- ✿ Serve immediately or make ahead, cover and refrigerate until ready to serve.

