



Oregon State University

Growing in Oregon

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.

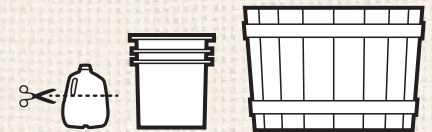


Season and Location:

Spring or Fall , Summer 

Container Gardening:

- ✿ Leaf lettuce can be grown in a small, medium, or large container.
- ✿ Plants need about 4" of space when growing.
- ✿ 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 or Diseases:

Slugs, Aphids, Damping Off (a disease that affects seedlings)



Oregon Gardening Calendar

Central/Eastern



Willamette Valley



Coast



JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC JAN

 Plant  Harvest

Recommended Varieties to Grow:

Red leaf: Prizehead, Red Sails, Redina, New Red Fire, Merlot, Red Tide

Green leaf: Salad Bowl, Grand Rapids, Slobolt, Pom Pom

Oak leaf: Oaky Red Splash, Cocarde, Mascara, Blade. Oak leaf varieties are good for winter gardens



When to Harvest:

- ✿ Harvest well before the plant bolts. Harvest when leaves are small and tender for baby lettuce.
- ✿ 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.



Prepare to Eat:

Cut off roots and wash off debris before preparing.

Garden Lettuce Wraps

Preparation Time 10 minutes

Ingredients

3 cans (5 ounces each) **tuna** in water, drained or 1 can (15 ounce) **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)

Preparation

1. Place drained tuna or beans in a medium bowl. If using tuna, use a fork to break apart chunks of tuna.
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 fresh herbs such as cilantro, or sunflower seeds, sliced olives, or a sprinkle of cheese.
- ✿ Lettuce leaves can be replaced with whole wheat pocket (pita) bread or a wheat tortilla.
- ✿ Serve immediately or make ahead, cover and refrigerate until ready to **serve**.

