

# lettuce

## The story of



## Seeds



The tiny seeds are carefully planted into soil or compost in seed trays. Each seed has its own portion of compost. The seeds are watered and placed in plastic tunnels or greenhouses. This keeps them warm but lets lots of light shine in. After a few days a tiny root and shoot appear from the seed. Food inside the seed gives the tiny plant energy to help it to grow leaves.



## Harvest



A few lettuces at a time are cut or pulled up by hand, dipped in water then carefully placed in boxes. Lettuces begin to wilt quickly and must be wrapped in plastic and stored in a cold place.

## Plants

The small plants called seedlings use sunlight energy, water, air and nutrients from the compost to grow larger and produce more leaves. After a few weeks the lettuces are carefully planted into good soil in the field. Weeds must be removed by hand and hungry animals such as rabbits need to be kept away.



## Composting

The outside leaves of the lettuce plant can be put in the compost bin where they rot into compost. In the compost bin are worms, woodlice, bacteria and fungi which help to turn waste vegetables into compost. The compost is used to make soil rich so that more plants can grow.



## Preparing food

The lettuce leaves are washed and eaten raw. Organic salads have not been sprayed with chemicals to kill off pests such as slugs. Organic farmers use predators like birds, hedgehogs and frogs to eat pests. They often cover crops with nets to keep pests out or they grow other plants nearby which the pests like eating instead of the crops or which attract predators to eat the pests on the food crops.



## Eating

Lettuce and other salad crops are good to eat as they give us vitamins to keep us healthy.



a day

Good for  
**Health**



## Vegetable box

Soon after harvest these lettuce are placed in a vegetable box with other organic food and delivered to someone's house.