

HARVESTING LETTUCE

WHAT IS HARVESTING LETTUCE?

Harvesting Lettuce is cutting the leaves off at the base of the lettuce plant to make salad to eat.

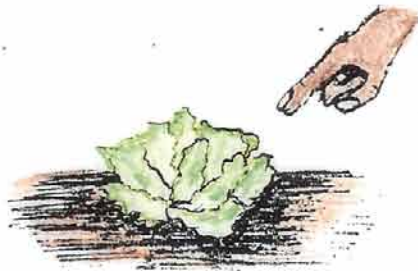
WHAT TOOLS DO WE NEED?

Fingers or scissors, big bowl or bucket.

HOW DO WE HARVEST LETTUCE?

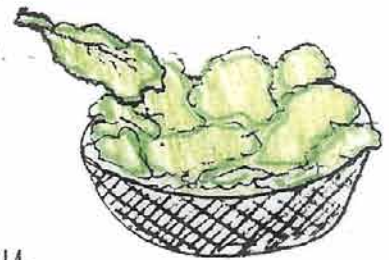
1) First, make sure it is not too hot and sunny. Lettuce leaves wilt easily in the hot sun. It is best to harvest in the early morning or late afternoon, or on foggy days.

2) Find a bed of lettuce that is ready for harvesting.
3) Choose a plant and find a leaf on the outside of the plant



4) Move your fingers down to the bottom of the leaf. Pinch and break off leaf. Leave the small inside leaves so that they can grow bigger.

5) Place in bowl or bucket and keep harvesting until you have enough for a salad.



6) Wash immediately with cold water.



7) Eat right away, or refrigerate. If you need to keep it outside, put it in a shady place and cover with a wet towel.

yum!

