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Lettuce

Today on Gardening in a Minute: lettuce.

Winter is the perfect time to grow lettuce in Florida.

Lettuce comes in four major types: crisphead, butterhead, leaf, and romaine. All can be grown in Florida, but leaf lettuce often works best since it's more suited to our mild climate and can be harvested throughout the season.

Good leaf lettuce selections for Florida include 'Black-seeded Simpson', 'Red Sails', and many Salad Bowl varieties.

You can start yours from seed or purchase transplants. Try planting in the ground, in containers, or even in a floating hydroponic garden.

When you should plant depends on where you live, so check with your local Extension office for exact planting dates.

With proper watering and care, your lettuce should be ready to harvest within a few months of planting.

For more information about lettuce and many other gardening topics, contact your county Extension office or visit Gardening in a Minute dot com.

Gardening in a Minute is a production of the University of Florida's Center for Landscape Conservation and Ecology, IFAS Extension, and WUFT-FM.