

Lettuce all Summer

Every year we reprint our tips on how to grow lettuce right through the hot weather. Here is our guide to summer salads:

--Choose bolt-resistant varieties. To simplify that, we have a Summer Salad Collection and a Bolt-Resistant Mix

--Put the seed in a dry, closed jar in the refrigerator for a few days. They it will think it's spring when you take them out.

--Choose a spot with shade during the hottest time of day--11 AM to 4 or 5 PM. Other crops can make shade--a trellis of beans, for example. Or plant on the east side of your house. Or use Shadecloth. If you don't have a piece of ground that will work for you, use containers and keep them in a semi-shaded place. You can plant them in the garden later in the fall.

--Plant in succession, a few every week or two rather than all at once.

-- Plant in the evening and water well.

--Cut while still young and tender, dunk in cold water, wrap in cloth and chill in the fridge. Or harvest a leaf at a time. Maximum regrowth occurs if you leave 6 center leaves intact and take the rest of the outer leaves. If you are cutting leaves rather than whole plants and want fast regrowth, top-drss with a bit of compost and water well.

--Arugula, mizuna, and spinach can be grown with the same treatment. Harvest them as baby greens and replant often--every 10 days to two weeks is best. And don't forget the greens like orach and purslane that love hot weather.