

Terrace and Terrace Pro Indoor Garden Systems

Growing Guide for Living Lettuce

Use this easy-to-follow guide from planting through to harvest to optimize production.

Planting Guidelines



To plant your lettuce, you will need the following:

- Starter Plugs
- Mini Humidity Dome
- Mini Starter Tray
- Booster Tray
- Lettuce seeds

You will also need:

- A pair of scissors or sharp knife (not included in your Kit)



Prior to planting, refer to your Recommended Grow Schedule to optimize lettuce production cycles based on your needs

1. You will need 1 Starter Plug for each seed.

Using a sharp knife or scissors, remove only the number of plugs recommended in the Grow Schedule from the Starter Plug sheet. You can keep the required number of Starter Plugs connected at this stage.

2. Place the Starter plugs into the Mini Starter Tray.

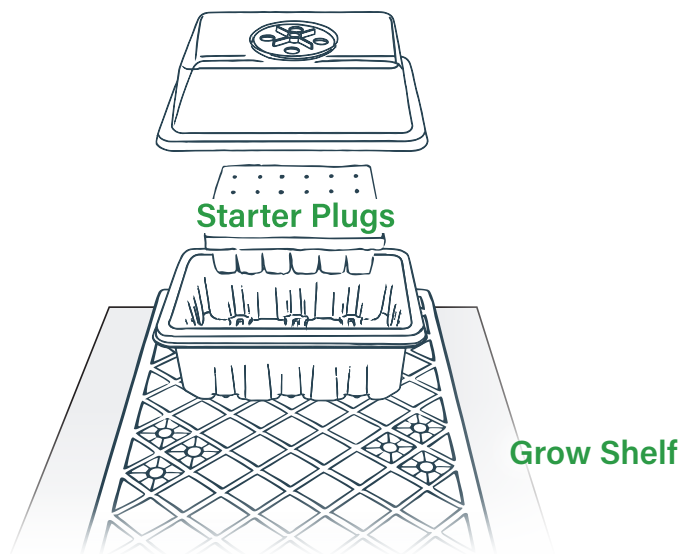
Fill the Mini Starter Tray with potable water until the Starter Plugs are fully submerged.

3. Soak the Starter Plugs for 10-15 minutes, then drain the excess water.

TIP: Pelleted seed can be easily planted by hand. If you have unpelleted seed, you may need to use tweezers or small forceps to place each seed into the holes.

4. Plant one seed into each Starter Plug hole, then cover your Mini Starter Tray with the Mini Humidity Dome (note that the vent holes should be closed) and place it on top of a Booster Tray (if space allows) on your Grow Shelf.

The Booster Tray will get your plants closer to the lights, which is important for germination and early seedling growth.



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Planting Guidelines cont.

5. Check every few days to make sure your seeds are germinating, and your Starter Plugs are staying moist.

To promote quick and even germination, maintain a thin layer of moisture in the bottom of your Mini Starter Tray.

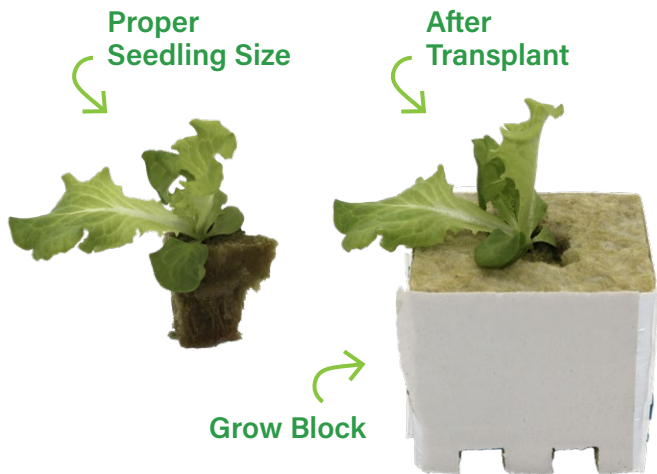
6. Once your seedlings have sprouted above the top of the Starter Plug hole and you begin to see the cotyledons (or first pair of leaves), remove the Mini Humidity Dome and place the Starter Plugs directly into the Grow Shelf where your Starter Plugs will now be watered according to your pump schedule.

This is typically around 8-14 days from when you planted, depending on your growing conditions. Your Mini Humidity Dome and Mini Starter Tray can now be cleaned and set aside for your next batch.



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Transplanting Guidelines



You will know it's time to transplant your Starter Plugs into the larger Grow Blocks once the lettuce seedlings are approximately 1-2" tall and you are seeing the first 2-3 true leaves (the first leaves after the cotyledons). This is typically 3-4 weeks from when you planted.

To transplant your lettuce, you will need the following:

- Grow Blocks
1. Gently pull at the edges of the Starter Plugs to separate to separate each seedling.
 2. Place each Starter Plug into a Grow Block and gently press it in so that the Starter Plug is fully inserted and only the plant is sticking out from the top of the Grow Block.

3. Repeat for each Starter Plug that you wish to transplant, then place all of your transplanted Grow Blocks directly onto the Grow Shelf.

For best results, place your dry transplanted grow block directly onto the Grow Shelf and run your pump for 10 minutes to soak the grow blocks.

For optimal spacing, you can keep your Grow Blocks close together until the leaves of each plant start touching each other.

4. Once the plants in the Grow Blocks start touching each other, you will need to space them out in your Grow Shelf for the remainder of their growth cycle.

See below for a potential configuration that allows for up to 16 plants per Grow Shelf. You can adjust the spacing based on what works best for the specific varieties you are growing, so long as the plant leaves are not touching.



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Harvesting Guidelines

You will know you're ready for harvest when your lettuce heads look full and are close to touching each other, approximately 6-8 weeks after initial planting. Harvest time will vary depending on growing conditions and your own preference for taste and appearance. We recommend experimenting to see what works best for you.

1. **If you are giving away or selling your lettuce as a full living plant, you may wish to do a quick tidy-up on the plant and Grow Block.**

Remove any dead or wilting leaves from the underside of the plant. Your Grow Block may have some algae on it, which is normal and completely safe for human consumption but can be unsightly to some. If you would like to remove it, gently wipe the sides of the Grow Block with a paper towel or cloth to remove what you can. Your plant is now ready to give away.

2. **If you are choosing to cut your lettuce for consumption, cut the head from the stem at the top of the Grow Block to harvest the whole head of lettuce.**

You can now discard the Grow Block – as it's not recommended for reuse.

3. **Enjoy your beautiful Les Verts Living Lettuce and keep it fresh with our [Storage Tips](#).**



To optimize production, please refer to our [online Planting and Harvest Calendar](#)