



salads.

Sow: In final position from March onwards. Protect early sowings with cloches. Sow cut-and-come again salads in a line, thinning later. Sow lettuces up to 14in apart for cos, and 11in apart for butterheads. Do not sow in the heat of the day.

Soil: Work in plenty of well-rotted manure the previous autumn.

Sun: Prefers part shade in hot weather.

Grow: Water well, especially during dry periods. For cut-and-come again crops, sow continually every three weeks.

Harvest: For hearting lettuces, when the head feels full. Cut cut-and-come again crops when leaves a reasonable size and leave to grow back.

Problems: Can flower prematurely (bolt) and become inedible in hot weather – plant in the shade and always water well. Slugs love the leaves – use nematodes, crushed eggshell barriers etc to protect them.

For more advice on growing and eating salads, visit the Stylish Gardening Blog: fennelandfern.co.uk