



Lettuce

Did you know?

Fruits and vegetables provide higher yield per unit area compared to staple cereal crops. They can be produced without tractors and ploughing oxen in home-stead simply with hand tools, family labor, and minimum external inputs (without inorganic fertilizer and pesticide). Therefore, fruits and vegetables enable rural households to achieve food and nutrition security from a small plot of land with minimum production inputs. Most vegetables have a shorter growing season compared to major staple cereal crops (sorghum, finger millet, maize, etc.). They can be harvested two to three times per year, which helps mitigate seasonal food shortages.

How do I grow?

– Facts & Figures



Water requirement:

Frequent watering early morning and late evening is recommended for proper sprouting of the plants.



Fertilizer/compost:

15–20 ton/ha



Day:

20–25 °C (35 °C olaana)

Night:

15–20 °C



Yield/ha:

50–90 ton/ha, productivity depends on crop variety and management activity.



Growth period:

2–3 month

Types of sowing:

Direct or indirect



Soil type:

BCan grow on well-drained soils but better on fertile, high organic matter with good water-holding and pH 6.0–6.5

Spacing b/n plants:

30 x 25 cm

Intercropping:

beetroot, cabbage, peas



Fertilizer/vermicompost:

10–15 ton/ha



Altitude for growth:

1500–2300 masl = most productive



Seed rate:

1.7 kg/ha

Plant population:

70,000–90,000 plants/ha



Date of germination:

7 days



What is my nutritious value?

– General Nutrition Guidelines

Vegetables and fruits are rich sources of vitamins, minerals and fiber. Minerals and vitamins help our body fight diseases and function properly. Fiber absorbs harmful chemicals, slows digestion, and improves the absorption of nutrients from food. Some fruits and vegetables are rich in carbohydrates (potato, sweet potato, banana, mango, etc.) and fat (avocado, etc.), which are essential for energy. To the extent possible, one should eat a variety of fruits and vegetables of different colors such as banana, papaya, kale, carrot and tomato every day.

A lettuce contains per 100 g:

- Rich in mineral (calcium) and fiber
- Source of vitamin A and vitamin C
- **Vitamin A:** helps form and maintain healthy teeth, bones, soft tissue, mucous membranes, and skin.
- **Vitamin C:** It helps the body absorb iron and maintain healthy tissue. It is also essential for wound healing.
- **Vitamin K:** needed because without it, blood would not stick together and important for bone health.
- Carbohydrates: 2.5g
- Energy: 21kcal
- Fat: 0.3g
- Iron (Fe): 2.4mg
- Proteins: 2.1g

Recommended serving per day:

Average population:

eat 2 ½ lettuce

Children 2–5 years old:

eat 2 ½ lettuce

Children 6–18 years old:

eat 3 lettuce



Improve sleep
Good source of water (water makes up over 95% of raw lettuce)
Health maintain healthy skin and bones

Improved vision, promotes eye health