

# Red Romaine Lettuce



## *Lactuca sativa* 'Red Romaine'

- **Use:** Gourmet variety used as a colorful and tasty addition to salads. Red color develops best during cooler weather. Romaine's vitamin C and beta-carotene content make it a heart-healthy green. Vitamin C and beta-carotene work together to prevent the oxidation of cholesterol.
- **Exposure/Soil:** Full to part sun and keep the soil evenly moist.
- **Growth:** Grows 6-12" tall and wide and larger. 30 days to baby lettuce; 55 or less days to full size.
- **Hardiness/Harvest Time:** You can start to pull individual leaves at around 20 to 25 days, or when the leaves are about 2 inches long. Continue to pull leaves until the plant starts to bolt and develops a flower stalk. You can leave leaves on if you want a head of lettuce.
- **Leaf:** Delicious, flavorful lettuce brings color and zest to salads. The red coloring develops best in cool weather.

**Vegetable gardens don't have to be boring. Plant violas and pansies in-between your vegetables!**