Lettuce is cool-season crop that grows well in the spring and fall in New Jersey from March till June and September till December.

Lettuce loves the cooler weather and can tolerate a light frost. Sow lettuce when soils are above 40°F. Seeds germinate best at 55 to 65°F and will emerge in only 7 to 10 days. Because lettuce grows quickly, plant a small amount at a time, staggering your plantings for a continued harvest.

Lettuce provides 247% daily values of Vitamin A.

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