



Nook & Nature

By Neha Kunal Deshmukh

FERTILIZER CYCLE & CARE GUIDE

Simple steps for healthy , happy plants

Imported Lettuce Romaine



Category

🌿 Leafy Vegetable

Family

🌿 Brassicaceae

Common Name

🌿 Romaine Lettuce
🌿 Cos Lettuce

Vairty of colour



Description

🌿 Romaine Lettuce is a premium leafy vegetable known for its long upright leaves, crisp texture, and sweet flavor. It is one of the most nutritious lettuce varieties and is widely used in Caesar salads, sandwiches, wraps, burgers, and healthy meals.



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Watering

💧 **Water only when the soil is dry.**

- Summer: Once every 7–10 days
- Winter: Once every 15–20 days
- Avoid overwatering

Temperature

🌡️ **Best Temperature**

- 18°C to 28°C

Can Tolerate

- 10°C to 35°C

Protect from frost and freezing temperatures.

Sunlight

☀️ **Loves bright light.**

Ideal Light

- 3-5 hours of morning sunlight
- Bright indirect light indoors

Fertilizer

🌱 **Feed once every month during spring and summer.**

Recommended Fertilizers

- Succulent Fertilizer
- NPK 19:19:19 Liquid Fertilizer

Soil

🌿 **Requires very well-draining succulent soil.**

Simple Soil Mix

- 40% River Sand or Perlite
- 40% Garden Soil
- 20% Cocopeat or Compost

Sowing Information

North India

- ✓ January–March
- ✓ June–July

Maharashtra & Central India

- ✓ June–August
- ✓ October–December



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Humidity

 Prefers low humidity.

Ideal Humidity

• 30%–50%

Reproduction

- 1 Sow fresh seeds.
- 2 Keep soil moist.
- 3 Transplant if necessary.

Benefits

 Easy to propagate through leaves, offsets, and seeds.

Leaf Propagation

1. Gently remove a healthy leaf.
2. Allow it to dry for 1–2 days.

Difficulty Level: Easy 

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