



**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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 Plot No. 24/2 Balaji Lucky Point, Old Cotton Market Road,  
Shree Agro Agencies, Balaji Lucky Point, Amravati, Amravati,  
Maharashtra, 444601

 +91 9284008858

 support@nookandnature.in

 www.nookandnature.in

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