



Direct Sowing Lettuce – Fall Cheat Sheet (Zone 9)

Timing, shade tricks, and soul-centered lettuce growing strategies

1. Best Time to Sow

- Late September to mid-November
- Ideal soil temperature: 50°F–70°F
- Start when daily highs fall below 85°F

2. Best Lettuce Types for Fall Sowing

- Butterhead – e.g. Bibb, Tom Thumb
- Romaine – upright and heat-tolerant
- Leaf Lettuce – Red Sails, Black Seeded Simpson
- Oak Leaf – frilly and fast

3. Shade Tricks for Germination

- Use shade cloth, burlap, or cardboard over the soil
- Interplant under taller crops (peppers, okra)
- Place lettuce near calendula or nasturtiums
- Mist daily and keep soil consistently moist

4. Soil Prep & Spacing

- Sow $\frac{1}{4}$ " deep, space seeds $\frac{1}{2}$ –1" apart
- Thin seedlings to 4–6" when 2–3" tall
- Use compost or worm castings in soft, well-raked soil

5. Garden Soul Reflection

Where do I need to create space for gentle growth in my life?

What shade or softness do I need in order to thrive?

