

PLANT ME EAT ME



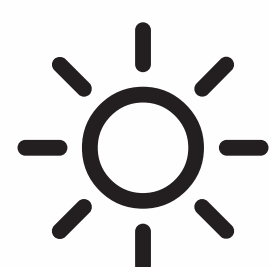
LUSCIOUS LETTUCE



Most varieties are quick and easy crops to grow, and produce a harvest within a month or two



Lettuce is full of vitamins and minerals



Plant in full sun, in fertile, well-draining soil



Water well after planting and use mulch to protect the plants from the upcoming heat



To keep lettuce growing strong, fertilise monthly with a water-soluble fertiliser rich in nitrogen



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