

Seed saving: Lettuce

Seed saving is a great way to save money on edible plants and keep growing what you love to eat! Here are some simple tips to save lettuce seeds to grow again:



- When your lettuce plant goes to seed, it will 'bolt'.
 - You will know this is happening when the plant shifts from producing delicious lettuce leaves and **starts growing a stalk with flowers.**



- The lettuce seeds are found within the flowers. They are ready to **collect when the flowers are fluffy and dry.**
- **There are many ways to collect the seeds.** You can:
 - Shake the flower heads over a bag and collect the fallen seeds.
 - Remove the whole stalk and shake it over a bucket to collect the seeds.
 - Pick the flowers and rub them between your fingers to release the seeds



- Once you have collected your seeds, **leave them to dry out.**
- After they have dried for a few days, you can **package the seeds and store them somewhere cool and dry.**
 - Jars, sealable bags, paper bags and envelopes work well! Make sure to label them with the lettuce variety.
- Now you can save the seeds until you are ready to plant again, or consider swapping them with other edible growers!

For more growing resources, head to:
www.foodfromhome.org/resources/

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