



100% Certified Organic, Non-GMO Project Verified Seeds

# Choosing the Right Lettuce

## for Your Climate

*Whether it's the middle of winter in Maine, a rainy spring in Oregon or a blistering Arizona summer, we've got the lettuce to keep you in greens all year.*

### COLD WINTERS, WARM SUMMERS

In cool climates like the Northeast, Midwest and Mountain States, a wide variety of lettuces can be grown in all seasonal slots.

**SPRING** – Look out for bottom rot and downy mildew in wet weather. Choose bolt resistant varieties that can withstand prolonged wet conditions such as New Red Fire, Rainier, Optima, Encino, Pomegranate Crunch or Newham.

**SUMMER** – Choose heat and bolt resistant varieties, especially Batavian or Summer Crisp types like Alkindus, Muir, Albachiara, Saladin, Nevada, Sandy, Magenta, Lovelock, Encino, Concept, Crispino or Freckles.

**FALL** – Choose downy mildew resistant varieties that hold their color well as light levels decrease, such as Red Salad Bowl, Red Oak Leaf, Rouge d'Hiver, New Red Fire, Milagro, Lolla Rossa, Encino or Kweik.

**WINTER** – Start winter lettuce plants between the end of August and end of September for transplanting into the greenhouse by mid November. Choose varieties that hold their color in low light, offer downy mildew resistance, and have exceptional frost tolerance such as Outredgeous, Pomegranate Crunch, Spretnak or Winter Density.

### MILD WINTERS, HOT SUMMERS

In warm climates like the Mid-Atlantic, Southeast, Southwest and southern California, growing lettuce can be very practical in fall, winter and spring, but may be a challenge in the summer. Interplanting lettuce between taller crops that provide some shade can prevent bolting and bitterness. Choose Batavian & Summer Crisp types in hot weather.

**SPRING** – Choose heat and bolt tolerant varieties with resistance to downy mildew and bottom rot (especially in areas with heavy soils) such as Black Seeded Simpson, Magenta, Optima, Pirat, Green Star or Newham.



Rainier



Magenta

**SUMMER** – Choose extremely heat and bolt tolerant varieties with resistance to tip burn such as Green Star, Nevada, Alkindus, Muir, New Red Fire, Jericho, Concept or Coastal Star.

**FALL** – Choose heat and bolt tolerant varieties with resistance to bottom rot, tip burn and downy mildew such as Mirlo, New Red Fire, Albachiara, Black Seeded Simpson, Rainier, Green Star, Nevada, Red Oak Leaf or Pirat.

**WINTER** – Choose cold tolerant varieties with strong resistance to downy mildew and bottom rot (especially if soils are heavy) such as Bauer, Milagro, Red Oak Leaf, Truchas, Pomegranate Crunch, Spretnak, Newham or Kweik.

### MILD WINTERS, WARM SUMMERS

In more temperate climates found in parts of California and the Pacific Northwest, lettuce can be grown year-round, but disease can be a persistent challenge. If farming in a high pressure region like the PNW or CA, plant varieties with strong disease resistance, including the most recent races of downy mildew (1-32).

**SPRING** – Plant in unheated greenhouses or low tunnels where plants will be protected, or choose varieties that perform well in cold, wet conditions outdoors. Select varieties with high resistance to DM, such as Lovelock, Truchas, Xalbadora, Bauer, Albachiara, Pomegranate Crunch, Mirlo or Newham.



Albachiara

**SUMMER** – Select bolt tolerant varieties with strong resistance to tip burn such as Lovelock, New Red Fire, Black Seeded Simpson, Nevada, Alkindus, Green Star, Encino, Muir, Newham, Crispino or Pirat.

**FALL** – Select varieties with bolt resistance that hold their color well in decreasing light conditions such as Red Mist, Roxy, New Red Fire, Red Salad Bowl, Milagro, Red Oak Leaf, Rainier, Outredgeous, Kweik, Newham or Pirat.

**WINTER** – Plant in unheated greenhouses or low tunnels where plants will be protected, and select varieties with high resistance to DM, such as Milagro, Lovelock, Kweik, Encino, Pomegranate Crunch, Spretnak, Newham or Red Mist.



Check out [highmowingseeds.com/vegetables/lettuce.html](https://highmowingseeds.com/vegetables/lettuce.html) for our full selection of lettuce varieties.

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