

# Growing Lettuce and Herbs Indoors



You can plant lettuce outdoors in April and May or August and September. Herbs such as Basil can be planted outdoors after the last frost date. Also, you can grow lettuce and herbs indoors all year

round! Here is a plan for getting lettuce and herbs to grow in a plastic bag!

## You will need

- Zip type plastic bag (pint or quart size)
- Potting soil
- Waterproof tray for bag
- Lettuce or herb seeds
- Pen or marker
- Water

## Getting started

- Fill the bag  $\frac{1}{2}$  to  $\frac{3}{4}$  full of moistened potting soil. Take a little pinch of seeds and sprinkle on the soil surface. Don't use too many seeds as the plants will get too crowded. (If you do, just eat the extra plants when they are small.)
- Lightly cover with soil. Only 1/8" is enough.
- Water lightly so all of the soil is moist and you get good seed-to-soil contact. A spray bottle of water works well.
- If the soil gets too wet, ask an adult to help you cut off the corners of the

bag to allow for drainage. Be sure to put it on a waterproof tray.

- Zip the bag almost closed leaving about one inch open to let air in.
- Write the date you planted the seed on the outside of the bag.
- Place the bag on a tray in a sunny window or under a grow light.

## Keep 'em Growing

- When you see little green sprouts (the seed germinated), open the bag so the plants have room to grow and can breathe.
- Keep the bag in a sunny location and water as needed to keep it moist.
- Lettuce and herbs will grow fast in warm temperatures, but it is a lot better for lettuce when grown under cooler conditions (65-70°F).
- Your plants need attention and care. That means you must keep the soil evenly moist, and not allow it to dry out, or get soaked. Also make sure your plants get plenty of light.
- As plants begin to get large and grow together, start cutting and using the leaves in a salad.

To learn about some more gardening activities you can do at home, visit:

<http://urbanext.illinois.edu/gpe/>

<https://extension.illinois.edu/cook>

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