

India lettuce (*Lactuca indica*)

This lettuce can be grown in the summer in our area, and can reach about a meter in height. Plant in moist, well drained soil, in part shade. It grows upwards on a stalk, but don't worry, it's not bolting. When flower buds begin to appear, you can clip the head to trigger more vegetative growth.

Leaves should be harvested one by one from the bottom, like a collard green plant. Eventually, you should allow the plant to go to seed so you can plant it again next year.

India lettuce is loaded with anti-oxidants. It can be eaten cooked or raw, added to soups and salads.

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