







LETTUCE

	Seed:	Your own or from a nursery. You can also replant the base of a lettuce.
	Container:	1.5L or 2L bottle (can be used as a 5L bottle for higher production).
	How to plant it:	Cut the bottle, fill it with nutrient solution and place the seedling with its roots in contact with the water.
	Light:	Plenty of sunlight (minimum 5-6 hours daily).
	Growth time:	30-45 days.
	Best time to plant it:	All year round, preferably in spring and autumn.



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