

The ***Veg of the Month*** for **December** is **lettuce!**

Few salads are complete without a crispy leaf or ten. Lettuce is a staple in many a person's fridge, but a bought pack just doesn't do the veggie justice. They are easy to grow and speedy at that, so there's no excuse to have a few bunches scattered around in your garden.

There are four types of lettuce available: butter-head, crisp-head/iceberg, cos and loose-leaf. It is possible to buy a mixed pack of seeds or a few different seedlings to start you off with a range of colours, shapes and flavours.

Lettuce tastes the best when grown quickly. Plant successively every two weeks in the hot season. Water and feed regularly during while they grow and make sure the soil is well-composted. In the heat of December, plant lettuce where it will receive morning sun but be protected from that harsh afternoon sun which causes wilting.

What to do with your veg in December:

- Continue sowing summer seeds and transplant seedlings
- Continue winding gamsquash and butternut up tripods and tomatoes to supports
- Sow in green manures and keep the ground well-mulched
- Foliar spray with seaweed
- Water regularly in dry weather
- Harvest regularly and enjoy your produce
- Plan autumn and winter planting

Other veg to be planted in December are broccoli, beans, beetroot, cabbage, carrots, cucumber, cauliflower, eggplant, lettuce, peppers and pumpkin.

Pop into Starke Ayres Garden Centre to stock up on this month's healthy winners.