Valley Heart Romaine Lettuce

Lactuca sativa var. longifolia 'Valley Heart'



Valley Heart Romaine Lettuce fruit and flesh
Photo courtesy of NetPS Plant Finder

Height: 12 inches

Spread: 8 inches

Spacing: 10 inches

Sunlight: ○ ◐

Hardiness Zone: (annual)

Description:

A wonderful fast maturing and uniform variety with good bolt and heat tolerance; large, slightly savoyed, medium green heads are dense, sweet and crisp; a great choice for salads, sandwiches or even grilled on the BBQ; perfect for containers or gardens

Edible Qualities

Valley Heart Romaine Lettuce is an annual vegetable plant that is typically grown for its edible qualities. The large crinkled oval green leaves with pointy creamy white spines are usually harvested from mid spring to early fall. The leaves have a mild taste and a crisp texture.

The leaves are most often used in the following ways:

- Fresh Eating
- Eating When Cooked/Prepared

Planting & Growing

Valley Heart Romaine Lettuce will grow to be about 12 inches tall at maturity, with a spread of 8 inches. When planted in rows, individual plants should be spaced approximately 10 inches apart. This vegetable plant is an annual, which means that it will grow for one season in your garden and then die after producing a crop. Because of its relatively short time to maturity, it lends itself to a series of successive plantings each staggered by a week or two; this will prolong the effective harvest period.

This plant is typically grown in a designated vegetable garden. It does best in full sun to partial shade. It does best in average conditions that are neither too wet nor too dry, and is very intolerant of standing water. It may require supplemental watering during periods of drought or extended heat. This plant should not require much in the way of fertilizing once established, although it may appreciate a shot of general-purpose fertilizer from time to time early in the growing season. It is not particular as to soil pH, but grows best in rich soils. It is quite intolerant of urban pollution, therefore inner city or urban streetside plantings are best avoided. This is a selected variety of a species not originally from North America.; however, as a cultivated variety, be aware that it may be subject to certain restrictions or prohibitions on propagation.

Valley Heart Romaine Lettuce is a good choice for the vegetable garden, but it is also well-suited for use in outdoor pots and containers. It is often used as a 'filler' in the 'spiller-thriller-filler' container combination, providing the canvas against which the larger thriller plants stand out. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.