Iceberg Lettuce

Lactuca sativa var. capitata 'Iceberg'



Iceberg Lettuce fruit
Photo courtesy of NetPS Plant Finder

Height: 12 inches

Spread: 6 inches

Spacing: 8 inches

Sunlight: ○ ◐

Hardiness Zone: (annual)

Other Names: Crisphead

Description:

A lovely addition to any container or garden; vigorous growth and slow bolting, this selection features firm packed central heads of bright green leaves with tender white centers; sweet juicy leaves make for great salad or crisp addition to sandwiches

Edible Qualities

Iceberg Lettuce is an annual vegetable plant that is typically grown for its edible qualities. The fan-shaped green leaves which emerge light green in spring are usually harvested from mid spring to early fall. The leaves have a mild taste and a crunchy texture.

The leaves are most often used in the following ways:

- Fresh Eating
- Eating When Cooked/Prepared

Planting & Growing

Iceberg Lettuce will grow to be about 12 inches tall at maturity, with a spread of 6 inches. When planted in rows, individual plants should be spaced approximately 8 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 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, and it is considered by many to be an heirloom variety.; however, as a cultivated variety, be aware that it may be subject to certain restrictions or prohibitions on propagation.

Iceberg 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 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.