

Your first lettuce rotation.

A practical workbook for planning a small indoor supply
of whole-head lettuce.

BATCH 1					Start
BATCH 2					Establish
BATCH 3					Grow
BATCH 4					Harvest

Plan a batch. Observe the plants.
Adjust the next sowing.

12 printable pages + digital worksheet fields. Planning estimates, not a harvest guarantee. Seeds, equipment and growing space are not included.

Is this the right plan?

Start here before buying seeds or filling in a calendar.

A rotation of whole plants

This workbook plans weekly batches of whole-head lettuce. It does not convert plant spaces into salad portions or model repeated leaf picking.

Your nursery is a separate space

The model assumes young plants spend an initial period outside the main growing positions. If seedlings occupy those positions from sowing, set nursery weeks to zero and include the full cycle in main-garden weeks.

Equipment has its own instructions

Use your current device, seed and nutrient directions for light, spacing, dosing, water and cleaning. This is not a construction manual or a device-specific prescription.

Bring these to the table

Your system manual, lettuce seed packet, usable growing-position count, a first sowing date and space for a nursery if using one. A crop record from your own setup is better than a generic timing assumption.

Read free first: indoorgardenscout.com/growing-lettuce-indoors/

02 / YOUR INPUTS

Make the plan yours.

Fill digitally in a PDF reader, or print and write. Save a copy before editing.

WHOLE HEADS WANTED EACH WEEK

Count whole heads, not bowls of salad.

USABLE MAIN-GARDEN POSITIONS

Allow the spacing your cultivar and system need.

WEEKS IN A SEPARATE NURSERY

Use zero if there is no separate nursery stage.

WEEKS OCCUPYING THE MAIN GARDEN

Include the whole growing cycle here if nursery = zero.

ASSUMED HARVEST SUCCESS (%)

A scenario, not a prediction. Revise using your own records.

FIRST SOWING DATE

Write an unambiguous date: for example, 18 October 2026.

Cultivar / system / seed source

Does the rotation fit?

Use the free calculator for dates and editable assumptions. These are original planning rules, not measured growth rates.

A worked example

Suppose you want 2 whole heads per week, allow 4 weeks in the main garden, assume 90% success, and use a separate 2-week nursery.

3 starts / week

Round $2 / 0.90$ upward to a whole plant.

12 main positions

3 weekly starts x 4 main-garden weeks.

6 nursery positions

3 weekly starts x 2 nursery weeks, in addition to the main garden.

The capacity limit matters

With only 8 main positions and a 4-week stay, capacity is $\text{floor}(8 / 4) = 2$ starts per week. At 90% assumed success, expected output is 1.8 heads per week on average. It does not meet a target of 2.

The first example averages 2.7 heads per week after establishment, not every week. Estimated first harvest is 6 weeks after sowing. All timings are editable assumptions. Slow growth or losses can create gaps.

Put dates to the plan.

Use the free planner to calculate dates, then transfer them here. This table starts 12 batches; their harvest dates may extend beyond week 12.

Sow weekly. Transplant when ready. Check harvest readiness.

Batch	Sow / plant count	Move to main garden	Check for harvest
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Main-garden weeks: ____ Nursery weeks: ____ Weekly starts: ____

Planned dates are check-in points. Adjust to the plants and keep the original estimate for comparison. If there is no separate nursery stage, skip the move column.

Open the calculator: indoorgardenscout.com/kitchen-planner/

One small check-in.

Use this as an observation checklist alongside your system instructions.

☐ Check the growing space

Look at plant spacing, light access and air movement. Record what changed rather than assuming a calendar explains plant condition.

☐ Check the water and equipment

Follow your device manual for water level, pump checks and nutrient maintenance. A passive bucket and a recirculating appliance do not share the same refill routine.

☐ Check the next batch

Note germination and seedling readiness. Keep a failed or delayed batch visible in the record so the next forecast reflects it.

☐ Record the harvest

Write the date and actual number of whole heads harvested. Optional: weigh them. Do not count an immature plant as a successful whole-head harvest.

Weekly check-in day: _____ Minutes spent this week:

Before an absence, check the current device instructions and arrange care. A date plan is not a substitute for water, equipment and plant checks.

Use current product directions for cleaning agents. No universal chemical recipe is supplied.

A head or a few leaves?

Choose the harvest method before judging whether your schedule worked.

Whole-head harvest: the planner model

Harvesting a whole plant frees its main-garden position for another batch. Record actual readiness and harvest date, rather than treating the estimated date as a deadline.

Leaf picking: a different plan

Outer-leaf harvests can suit some leaf lettuces, but they do not automatically free a position. Do not use the whole-head calculator to forecast repeated salad servings.

Use plant-specific guidance

Cultivar, plant condition and growing environment affect readiness. A plant that has bolted or declined is not an indefinitely renewable supply. Keep the seed packet and consult the linked harvesting guide for differences between lettuce types.

Before you cut

Identify your lettuce type. Check the plant, not just the date. Use clean tools. Write down the harvest method so your next-cycle comparison is meaningful.

Read: indoorgardenscout.com/harvest-lettuce-so-it-keeps-growing/

Keep a simple grow log.

Print this sheet again for another cycle. Record observations, including misses.

Batch / cultivar	Actually sown	Moved / harvested	Heads / notes

What changed this cycle?

Record water or nutrient changes, light adjustments, room conditions, delays and losses. Notes support comparison; they are not a diagnosis.

Replace guesses with records.

Repeat the calculation after a complete batch, not after one promising seedling.

Measure your own success

Whole heads harvested / plants started x 100. Keep unsuccessful starts in the denominator. If 8 of 10 starts reached whole-head harvest, that cycle was 80%.

Measure time in the main garden

Compare actual transplant and harvest dates. If plants stayed longer than planned, each weekly batch occupies positions for longer.

Check nursery capacity too

A nursery is additional space, not free capacity. Record how long seedlings remained there and whether starts overlapped.

Change one assumption and re-plan

Use the free planner to compare a revised success rate or growing duration. Make the difference visible before buying another system.

Next-cycle adjustment: _____

Changing several conditions at once makes it harder to learn what helped. More equipment is not the only response to a missed target.

What does a salad mean to you?

A side salad and a main meal are different goals. Measure your usual greens rather than using a generic serving size.

Use the greens you actually eat

Weigh the edible greens in one typical meal, whether homegrown or bought. Use one unit throughout. Keep dressings and other ingredients out of the greens measurement.

SIDE SALAD OR MAIN MEAL?

PEOPLE PER MEAL

GREENS PER MEAL (G OR OZ)

MEALS PER WEEK

MEAL AMOUNT X MEALS PER WEEK

POSITIONS RESERVED FOR LETTUCE

Actual harvests: same unit, no guesswork

Date / cultivar	Usable greens (g or oz)	Heads or leaf picking?

Compare a complete week with your target; note any bought-in top-ups separately. Do not convert the head-count planner into salad portions until you have measured your own harvests.

When a batch falls behind.

A missed calendar date is a signal to reassess, not to force growth or copy a forum recipe.

Check what is happening

Record sowing date, cultivar, system, light arrangement, root condition and any measurements you already take. Seek device or extension guidance for a diagnosis.

Check space before adding starts

A plant kept for leaf picking still occupies its position. Identify the next usable position and actual seedling readiness; do not assume they line up.

Adjust the plan, not the promise

Use observed timing in the planner. If main-garden stay rises from 4 to 5 weeks, 12 positions support only $\text{floor}(12 / 5) = 2$ weekly starts, before the assumed success allowance.

BATCH / ISSUE / OBSERVATION

NEXT SEEDLINGS READY (DATE)

USABLE POSITIONS AND FREE DATE

NEXT CHECK-IN DATE

ONE ACTION / NEXT SOWING DECISION

Plan replacements before relying on old plants indefinitely. Heat and bolting can limit lettuce quality; use the extension-linked harvest guide for context. Keep an ordinary grocery backup while learning your setup.

Know what this pack is.

Original worksheets and planning arithmetic, informed by public horticultural references. No affiliation or endorsement is implied.

Public references

UF/IFAS Extension: Set It and Forget It Hydroponic Lettuce. Background for a passive lettuce setup, seedling support and the distinction between outdoor conditions and indoor lighting.
ask.ifas.ufl.edu/publication/HS1488

University of Minnesota Extension: Growing lettuce, endive and radicchio. Background for lettuce types, harvest choices and bolting.
extension.umn.edu/vegetables/growing-lettuce-endive-and-radicchio

Why these worksheets changed

Public grower discussions highlighted portion confusion, replacement gaps and maintenance effort. These are self-reported experiences, not yield trials or proof of a treatment. Selected discussions and our response are linked at indoorgardenscout.com/lettuce-planting-pack/#grower-questions.

Free Scout companions

Calculator: indoorgardenscout.com/kitchen-planner/
Growing guide: indoorgardenscout.com/growing-lettuce-indoors/
Harvest guide: indoorgardenscout.com/harvest-lettuce-so-it-keeps-growing/
Learning paths: indoorgardenscout.com/tutorials/#learning-paths

Limits & personal use

This pack has not been independently horticulturist-reviewed or validated in a growing trial. Example durations and success rates are assumptions, not cultivar recommendations. It contains no seeds, equipment, individual consultation or guaranteed yield. Keep the free calculator available as a separate tool; this workbook adds printable records and planning explanations.

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