

# 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.

# Does the rotation fit?

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

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## 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.

# One small check-in.

Use this as an observation checklist alongside your system instructions.

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## ☐ 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.