


Better Homes and Gardens®



APRIL 2011
BHG.COM

Fresh Ideas

For Your Garden, Home, and Table

**Garden-to-Table Recipes
From Chef Jamie Oliver**

**Sweet Ideas for
Spring Baking**

Easy Easter Decorating

**Get Fit!
Solutions to
Real-Life
Roadblocks**

garden know-how

TOOLS & TIPS FOR EVERYONE WHO LOVES TO DIG

High-tech greens

SimplySalad mixes grow from pelletized seeds. Each pellet contains multiple varieties that sprout into a veggie bouquet. Available through burpee.com and as transplants at garden centers.



Salad Days

It's crunch time! Leave those supermarket bags-o'-salad for the off-season. A cinch to grow from seed, lettuce loves spring's cool, wet weather. In just a few weeks, you'll be snipping sweet homegrown greens.

1 RAISE THE BAR
The salad bar, that is. Lettuces aren't just luscious—they're lovely, too. Choose among an array of looseleaf or head types. Go to BHG.com/lettuce for descriptions of our favorite gourmet greens.

2 TOSS IN A BOWL
No need to wait until the garden is prime for planting. Fill a container with potting soil, sprinkle lettuce seeds on top, cover with $\frac{1}{2}$ inch of soil, and water. *Voilà!* In a few days, your salad bowl will sprout.

3 SOW A ROW
Plant lettuce seeds in the garden as soon as the soil can be worked. For nonstop fresh greens, sow a new row every three weeks until late spring. Cover rows with garden fabric if hot weather hits prematurely.

4 HARVEST LEAVES
Trim looseleaf (also called cut-and-come-again) lettuces to an inch above the ground. New leaves will sprout. Snip outer leaves of head types as they grow—harvest whole heads when full size.