



September

"Nature is the mirror of our soul."
– Anonymous

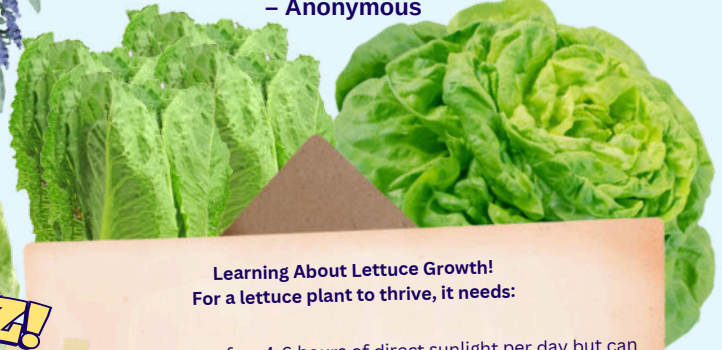


QUIZ!

Lettuce

The Secrets of *Lactuca Sativa* and the Environment

1. Which of the following is a characteristic of lettuce leaves?
 - A) They are only green.
 - B) They can come in various colors, such as green, red, and purple.
 - C) They are only yellow.
2. How does lettuce help protect the soil?
 - A) It attracts more pests.
 - B) It helps reduce soil erosion with its dense leaves.
 - C) It provides shade to other plants.
3. Which part of the lettuce can you use to grow a new plant?
 - A) The fruit.
 - B) The seed.
 - C) The leaf.
4. In which season is lettuce planted in Cyprus?
 - A) Summer.
 - B) All year round in greenhouse.
 - C) Winter.



Learning About Lettuce Growth! For a lettuce plant to thrive, it needs:

- Light:** Lettuce prefers 4-6 hours of direct sunlight per day but can also grow in partial shade, which is helpful during Cyprus's hot days.
- Soil:** It prefers well-drained, organic-rich soil with a pH around 6.0-7.0. The soil in Cyprus can be enriched with compost for better growth.
- Water:** Lettuce requires regular watering to keep the soil moist but not overly wet. In Cyprus, it's best to water early in the morning or late in the afternoon to minimize evaporation.
- Fertilization:** Lettuce thrives in nutrient-rich soil to develop its leaves. Natural fertilizers can be used to enrich the soil.
- Temperature:** Lettuce grows best in temperatures between 15°C and 20°C. The cooler temperatures of Cyprus's spring and autumn are ideal for lettuce cultivation.

Learn About Different Types of Lettuce

There are many types of lettuce worldwide! Let's explore some of the main types of lettuce that are well-suited for cultivation in Cyprus:

- **Romaine Lettuce:** This type of lettuce has long, narrow leaves and a crisp texture. It's commonly used in salads and sandwiches.
- **Iceberg Lettuce:** It forms tight, round heads with crunchy leaves. Often used in salads for its refreshing texture.
- **Butterhead Lettuce:** Known for its soft, buttery leaves and mild flavor. Ideal for salads and wraps.
- **Oakleaf Lettuce:** It has oak-shaped leaves and comes in various colors, such as green and red. Often used in salad mixes.
- **Looseleaf Lettuce:** This type has loose, wavy leaves that don't form a head. It's easy to grow and is popular in various salads.

Endemic Plant of Cyprus

Juniper (*Juniperus phoenicea*)

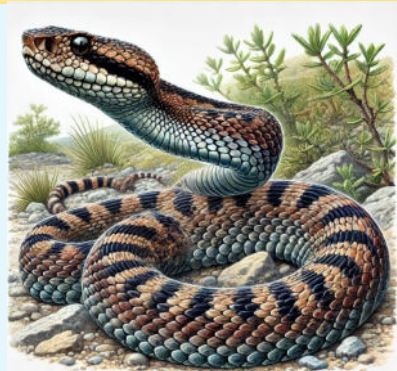
Information: The juniper is an evergreen tree with small, blue-black berries.



Endemic Animal of Cyprus

Cypriot Viper (*Macrovipera lebetina lebetina*)

Information: The viper is the only venomous snake in Cyprus and lives in rocky areas.



Tip of the Month

"The seas and oceans are home to all kinds of fish, mammals, and plants. Don't pollute them. Keep them clean."



World Coastal Cleanup Day

(Third Saturday of September)

What It Is: This day is dedicated to cleaning coastlines and beaches of litter.
Importance: Clean waters are essential for the health of marine animals and humans. Participating in cleanup efforts helps us keep the environment clean and safe.