

VEGETABLE PRODUCTION METHOD AND LETTUCE

ABSTRACT

A vegetable production method includes seeding, causing a cotyledon to sprout from a seed
5 in a first period, growing a vegetable in a second period subsequent to the first period, further
growing the vegetable in a third period subsequent to the second period, and harvesting the
vegetable. In the growing the vegetable in the second period, the vegetable is grown with first
light having a maximum value of a light intensity in a wavelength range of 420 to 490 nm in at
least a partial period in the second period.

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Fig. 1