VEGETABLE PRODUCTION METHOD ~~AND LETTUCE~~

ABSTRACT

A vegetable production method includes seeding, causing a cotyledon to sprout from a seed 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. The vegetable is grown with first light having a first maximum value of a light intensity in a wavelength range of 420 to 490 nm and including at least portion of light in a wavelength range of 500 to 600 nm in a later part of the second period, and is grown with second light having a second maximum value of a light intensity in a wavelength range of 590 to 650 nm, having a peak light intensity less than the second maximum value in a visible light wavelength range of less than or equal to 500 nm, and including light in a wavelength range of 500 to 590 nm in the first period, an earlier part of the second period, and the third period~~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~~.

Fig. 1