Far-red light fine-tunes lettuce growth

**Light treatments**

- Blue and red light drive photosynthesis efficiently.
- Blue light makes lettuce compact and lightweight, in contrast to red light.
- Far red can be added to blue + red to increase leaf expansion, light capture, and thus growth.

**Timeline**

- Plants received continuous light with various blue, red, and far-red combinations.

**Far red interacts with blue and red light intensities**

- Plants elongate under far red.
- Far red or high light increases biomass.
- Far red or low light reduces red color.

**Adaptive growth under sequential light**

- Plants that sequentially received the same two light treatments exhibited similar patterns irrespective of the light sequence.

**Summary**

- Shape
- Yield
- Color

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**References**

Adapted, from: ca/plante/photonsynthesis

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LightHort.com