



*Hear now. And always*

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## Introduction and Menus

To begin in English, Press 1

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We at Cochlear want to maximize your sound processor listening experience. We look forward to hearing your telephone success stories after using this program.

To get started please chose from the following three options:

For today's word list, Press 1

For today's short passage, Press 2

For today's long passage, Press 3

To repeat these options, Press 4

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## Week 2 - Gardening

Welcome to today's word list.

### Word List

**Voice: Female**

1. Saffron
2. Crocus
3. Pepper
4. Lemon Verbena
5. Dill

That completes today's word list. Call back tomorrow and listen to a new word list.

To read what you have listened to please go to

<http://hope.cochlearamericas.com/listening-tools/telephone-training>

To go back to the main menu, Press 1

To repeat this word list, Press 2

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Welcome to today's short passage.

### **Short Passage**

**Voice: Male**

The quickest way in the world to dry herbs: just lay a sheet of newspaper on the seat of your car, arrange the herbs in a single layer, then roll up the windows and close the doors. Your herbs will be quickly dried to perfection. What's more, your car will smell great.

That completes today's short passage. Call back tomorrow and listen to a new short passage.

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Welcome to today's long passage.

### **Long Passage**

**Voice: Female, Accent**

Lettuce is a cool-season vegetable that will develop best when grown under cool, moist conditions. Lettuce that is grown during the heat of the summer tends to have a bitter taste and is tougher than lettuce grown early or late in the season. The ideal temperature for lettuce seedlings is between 45 F and 65 F, lettuce seedlings will also tolerate a very light frost without much damage. Lettuce seeds are typically planted in successive planting starting in early spring when the ground is suitable for planting.

Butterhead and romaine lettuce can be grown either from seeds or transplants. Crisphead or Iceberg lettuce is typically grown from transplants due to its long-growing season. Lettuce seed is so inexpensive that you should buy your seed directly and either sow directly into the garden or start seedlings indoors. Lettuce can be grown in a wide range of soils but lettuce prefers a loose, fertile, sandy loam soil that is well-supplied with organic matter. The soil should be well-drained and moist but not soggy.

Since lettuce seed is very small, a well-prepared seedbed is essential. Large dirt clods will not allow proper seed-to-soil contact and will result in reducing germination.



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Lettuce does not have an extensive root system, making an adequate supply of moisture and nutrients also necessary for proper development. Lettuce seed may be sown in single rows or broadcast for wide row planting. Wide rows should be 12 to 15 inches across. Cover the seeds with a 1/4 to 1/2 inch of soil. Water carefully but thoroughly. Several successive plantings of leaf lettuce will provide a more continuous harvest throughout the growing season. Leave 18 inches between the rows for leaf lettuce and 24 inches for the other types. To achieve proper spacing of plants, thinning of lettuce seedlings is usually necessary. Thin leaf lettuce plants four to six inches between plants, depending on plant size. Butterhead lettuce and romaine lettuce should be thinned six to ten inches between plants. Crisphead or iceberg lettuce transplants should be spaced 10 to 12 inches apart in the row.

Top dress very lightly with organic mulch to help conserve moisture, suppress weeds, and keep soil temperatures cool. If weeds become a problem, pull by hand or cultivate very shallowly to avoid damage to lettuce roots. Planning your garden so that lettuce will be in the shade of taller plants in the heat of the summer may reduce bolting.

That completes today's long passage. Call back tomorrow and listen to a new long passage.

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