PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Lactarius zonarius (Bull.) Fr.

GENUS *Lactarius* **FAMILY** Russulaceae

EDIBLE PARTS AND USES

Edible parts: Mushroom, Fungus

DESCRIPTION

A mushroom. It grows near oaks.

HABITAT

It is a temperate plant.

REFERENCES

Belova, N.V. & Popov, E.S., 2024, Lactarius and Lactifluus (Russulaceae): Species Diversity and Ecological-Biochemical, Medicobiological, and Nutritional Aspects. Biology Bulletin Reviews, 2025, Vol. 15, Suppl. 2, pp. S113–S121.

Boa, E. R., Wild edible fungi and their importance to people. FAO Non Wood Forest Products Booklet 17

Li, H., et al, 2020, Reviewing the world's edible mushroom species: A new evidence-based classification system. Compr Rev Food Sci Food Saf. 2021;20:1982–2014.

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0d0236bd-1f03-44dd-b3b6-a1f09fa6d5ba