PLANT FACT SHEET

Lactuca canadensis L.

GENUS *Lactuca* **FAMILY** Asteraceae

COMMON NAMES Canada lettuce, American wild lettuce

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves can be added to salads.
They can be boiled with one change of water then eaten. They are slightly bitter.
The plant accumulates lactucarium towards flowering which is mildly narcotic.

DESCRIPTION

A tall leafy herb. It has a taproot. The leaves and stems have a slight covering or bloom. The leaves are 30 cm long. They vary in shape from sword shaped to deeply lobed. There are many yellow flowers.

HABITAT

It grows in temperate and tropical places. It grows in thickets, clearing in woods and along roadsides.

NOTES

There are about 20 Lactuca species.

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