PLANT FACT SHEET

Lactuca sibirica (L.) Benth. ex Maxim.

GENUS *Lactuca* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

Young plants are eaten. The young leaves and stems are used as a potherb.

DESCRIPTION

A herb. It grows 50-100 cm tall. It has a taproot and keeps growing from year to year. The stems are pale purple or red. The leaves are thin and bluish green underneath. The leaves are narrowly oval and 10-26 cm long by 2-3 cm wide. They clasp the stem at the base.

HABITAT

It is a temperate plant. It grows in moist places by river banks and lakes between 300-2,100 m above sea level.

NOTES

There are about 20 Lactuca species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/22cf5831-bfb7-4129-b838-ac85f573fa08