PLANT FACT SHEET

Lactuca perennis L.

GENUS *Lactuca* **FAMILY** Asteraceae

COMMON NAMES Perennial lettuce, Blue lettuce, Mountain lettuce

EDIBLE PARTS AND USES

Edible parts: Leaves

Young or blanched leaves are used in salads.
They can be eaten boiled.

DESCRIPTION

A medium sized herb. It is hairless and keeps growing from year to year. The stems are erect and branched above. The leaves are grey-green and divided into lobes along the stalk. The segments are narrow. The upper leaves usually do not have stalks and half clasp the stem. The flower heads are pale blue to lilac. They are 30-40 mm across and borne in broad, flat topped groups. Each flower head has 12-20 rays. The achene is 10-14 mm long and black.

HABITAT

It is a temperate plant. It grows in dry habitats and on rocky and stony ground. It is usually on limestone. It suits hardiness zone 5.

NOTES

There are about 20 Lactuca species.

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