PLANT FACT SHEET

Lactarius porninsis Rolland

GENUS *Lactarius* **FAMILY** Russulaceae

COMMON NAMES Larch milkcap

EDIBLE PARTS AND USES

Edible parts: Mushroom, Fungus

It needs to be boiled well, then cooked before eating.

DESCRIPTION

A mushroom.

HABITAT

It is a temperate plant. It grows in alpine forests.

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. (As Lactarius porniniae)

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Pace, G., 1998, Mushrooms of the world. Firefly books. p 142

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3f4db41f-c115-4e16-b49e-be4ed1d2e483