PLANT FACT SHEET

Lactarius deliciosus (L.:Fr.) S. F. Gray

GENUS *Lactarius* **FAMILY** Russulaceae

COMMON NAMES Orange milk-cup

EDIBLE PARTS AND USES

Edible parts: Mushroom, Herb, Fungus

It should be cooked quickly at high flame and not stewed. They are eaten steamed or fried.
It is also cooked in tomato sauce as a condiment for pasta.

DESCRIPTION

A mushroom. The cap is 3-10 cm across. The stem is 3-6 cm high.

HABITAT

It grows in temperate and tropical places. It grows in pine forests.

NOTES

All the Lactarii are not poisonous but are often acrid, bitter or not tasty.

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