PLANT FACT SHEET

Lactuca tatarica C. A. Mey.

GENUS *Lactuca* **FAMILY** Asteraceae

COMMON NAMES Larkspur lettuce, Chicory lettuce

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used as a vegetable. As they are bitter, they are boiled in water and then chopped and mixed with other vegetables.

DESCRIPTION

A herb. It grows 15-60 cm tall. It has a taproot and keeps growing from year to year. The stems are erect and branch near the top. The leaves are mainly near the base. The leaves are 6-19 cm long by 206 cm wide and they have coarse teeth. The flowers are purplish-blue.

HABITAT

It is a temperate plant. It grows in wetlands. In the Himalayas it grows between 3,000-4,500 m above sea level.

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