PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Lactarius turpis Fr.

GENUS *Lactarius* **FAMILY** Russulaceae

COMMON NAMES Ugly milk-cap

EDIBLE PARTS AND USES

Edible parts: Mushroom - spice

It is boiled and used for flavouring.

DESCRIPTION

A mushroom. It has a cap 8-20 cm across. It usually curves upwards.

HABITAT

It is a temperate plant.

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.

Li, H., et al, 2020, Reviewing the world's edible mushroom species: A new evidence-based classification system. Compr Rev Food Sci Food Saf. 2021;20:1982–2014.

Wikipedia

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5b84b223-bdef-4468-bdcb-b3931b09b12b