PLANT FACT SHEET

Ixeris japonica (Burm.f.) Nakai

GENUS *Ixeris* **FAMILY** Asteraceae

COMMON NAMES Wild lettuce

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Plant - tea

The roots are cooked and eaten.
The shoots and leaves are eaten.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 15-35 cm tall. It has a taproot and leaves in a ring. The stems are long and creeping. These form roots at the nodes. The leaves are spoon shaped or narrow and 3-25 cm long by 1-2 cm wide. They can be divided and there can be teeth along the edge.

HABITAT

It is a subtropical plant. It grows on sandy seashores in lowlands up to about 500 m above sea level.

REFERENCES

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READ (As Lactuca debilis Maxim.)

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/64ad4d18-70fe-4c2a-a0ff-7e1dc2c1002c