PLANT FACT SHEET

Lactuca triangulata Maxim.

GENUS *Lactuca* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. It grows 1 m tall. It can grow for 2 or more years. The roots are branched. The stems are single and purple or red. The leaves have triangle shaped teeth. The base or the leaf is 6-13 cm long and clasps the stem. The upper part of the leaves are broadly oval and 9-13 cm long by 9-16 cm wide.

HABITAT

It is a temperate plant. It grows in grasslands on mountain slopes between 700-1,900 m above sea level in north China.

NOTES

There are about 20 Lactuca species.

REFERENCES

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

PROVIDED BY **Food Plants International**

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/6bb74fe1-2e99-4df7-832d-73a4b6456d9c