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.

Lactuca virosa L.

GENUS *Lactuca* **FAMILY** Asteraceae

COMMON NAMES Wild Lettuce, Bitter lettuce, Greater Prickly Lettuce

EDIBLE PARTS AND USES

Edible parts: Leaves

The plant accumulates lactucarium towards flowering which is mildly narcotic.
The leaves although bitter are added to salads.

DESCRIPTION

A herb. It can grow 2 m tall.

HABITAT

It is a temperate plant.

NOTES

There are about 20 Lactuca species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7e083353-15a8-40dc-ba14-06e8f67a4435