PLANT FACT SHEET

# *Lactarius helvus* (Fr.) Fr.

**GENUS** *Lactarius* **FAMILY** Russulaceae

**COMMON NAMES** Fenugreek milkcap

## EDIBLE PARTS AND USES

**Edible parts:** Mushroom, Fungus - spice

It is used to flavour soups and salads. It has a odour like fenugreek. It should be well cooked and only used in small amounts.

## DESCRIPTION

A mushroom. The cap is 4-15 cm across and can become funnel shaped.

## 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.

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 195



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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/841a3340-126b-4ed9-90e4-85e30fe93caf