PLANT FACT SHEET

Lactuca saligna L.

GENUS *Lactuca* **FAMILY** Asteraceae

COMMON NAMES Willow-leaf lettuce, Least lettuce, Wild lettuce

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The young shoots are cooked and eaten in salads and soups.

DESCRIPTION

A herb which can take 2 years to complete its life cycle. The stems are erect. It grows 1 m high. The branches point upwards. There are often fine bristles towards the base. The leaves are alternate and simple. It has milky sap. There is a ring of leaves near the base and the lower leaves are broadly sword shaped. They are 3-10 cm long by 1-4.5 cm wide. The leaves are slender and spineless. The upper leaves often clasp the stem. It has a stiff flowering stem up to 1.5 m high.

HABITAT

It is a temperate plant. It grows along roadsides. In Argentina it grows from sea level to 1,000 m above sea level. Tasmania Herbarium.

NOTES

There are about 20 Lactuca species.

PICTURES



Credit: Food Plants International (Bruce French)

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