PLANT FACT SHEET

Lactuca dolichophylla Kitam.

GENUS *Lactuca* **FAMILY** Asteraceae

COMMON NAMES Long leaved lettuce

EDIBLE PARTS AND USES

Edible parts: Leaves, Spice, Vegetable

The leaves are cooked and used as a vegetable and also as a flavouring.

DESCRIPTION

A herb. It grows 1 m tall. It grows for one or two years. There is a single stem that is erect. The lower stem leaves are narrow and can be divided along the stalk. They clasp the stem at the base. The upper leaves are smaller and undivided.

HABITAT

It is a temperate plant. It grows in cool arid, regions. In the Indian Himalayas it grows between 1,300-3,800 m above sea level. In Yunnan.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8b0e7d08-924e-4802-9e74-4f1c4ed0f3a4