PLANT FACT SHEET

Lactarius pallidus Pers.

GENUS *Lactarius* **FAMILY** Russulaceae

COMMON NAMES Pale milk-cap

EDIBLE PARTS AND USES

Edible parts: Mushroom, Fungus

DESCRIPTION

A mushroom. The cap can be 4-10 cm across.

HABITAT

It is a tropical plant. It grows in forests.

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.

Boa, E. R., Wild edible fungi and their importance to people. FAO Non Wood Forest Products Booklet 17 (Also as Lactarius pelliculatus f. pallidus)

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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/8db84ad9-cf86-41fc-b662-2bacef8c80cf