PLANT FACT SHEET

Lactuca inermis Forssk.

GENUS *Lactuca* **FAMILY** Asteraceae

COMMON NAMES Wild lettuce

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem, Flower, Vegetable

The young leaves are used as a vegetable. They are lightly boiled.

DESCRIPTION

A herb. It has milky juice. It can grow 2.4 m high. There are only a few leaves. These can be on the base of the stems. They are narrow and the edges are entire. The leaves are 5 cm long by 3 cm wide. The flower heads are very narrow. They are blue, white or yellow.

HABITAT

A tropical plant. It grows in hot arid places. It grows in places with a marked dry season. It can be in sandy and stony soils. These can be seasonally waterlogged. It grows between 100-3,450 m above sea level. It can grow in arid places.

NOTES

There are about 20 Lactuca species.

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