PLANT FACT SHEET

Mulgedium pulchellum (Pursh.) Breitung

GENUS *Mulgedium* **FAMILY** Asteraceae

COMMON NAMES Blue lettuce

EDIBLE PARTS AND USES

Edible parts: Leaves, Gum

The gum from the root is chewed. The root is dried and chewed.

DESCRIPTION

A small herb that keeps growing from year to year. It grows 25-75 cm tall. The leaves are alternate and smooth. They are narrowly sword shaped. It has lobes that are directed backwards. The leaves are 5-18 cm long. The flowers are blue disks. The flower heads are 2.5 cm across. They occur as a few flowers in a loose cluster. The fruit is a dry achene.

HABITAT

It is a temperate plant. It grows in heavy moist soil.

NOTES

There are about 20 Lactuca species.

REFERENCES

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Cormack, R. G. H., 1967, Wild Flowers of Alberta. Commercial Printers Edmonton, Canada. p 383 (As Lactuca tartarica var. pulchella)

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 294 (As Lactuca tartarica var. pulchella)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9be3b701-0e21-4a2d-8112-087f211a9c00