PLANT FACT SHEET

Lactuca muralis (L.) Gaertn.

GENUS *Lactuca* **FAMILY** Asteraceae

COMMON NAMES Wall lettuce

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem

The leaves are eaten raw and cooked.
The pith of the stem is eaten.

DESCRIPTION

A herb. It grows 30-100 cm tall.

HABITAT

It is a temperate plant.

NOTES

The name is ambiguous.

REFERENCES

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Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/bd8862f3-54cb-4e83-bafc-f53f700badea