PLANT FACT SHEET

Lactuca viminea (L.) J. Presl. & C. Presl.

GENUS *Lactuca* **FAMILY** Asteraceae

COMMON NAMES Pliant lettuce

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem

The leaves at the base are eaten boiled and used in salads seasoned with oil.
The tender middle stem is cooked like asparagus.

DESCRIPTION

A herb or small shrub. It grows 30 cm tall. The leaves near the base are divided like fingers of a hand. The leaves ont he stem are narrow. They get smaller up the plant. The flower heads have 4-5 yellow ray flowers.

HABITAT

It is a Mediterranean climate plant.

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