PLANT FACT SHEET

Lactuca sativa var. augustana L. H. Bailey

GENUS *Lactuca* **FAMILY** Asteraceae

COMMON NAMES Celtuce, Asparagus lettuce, Chinese lettuce, Stem lettuce

EDIBLE PARTS AND USES

Edible parts: Stalk, Leaves, Vegetable

Young leaves are eaten raw in salads and also cooked, preserved or served with miso. The leaves can be eaten when young but become bitter 4-5 weeks after they first appear.
The thick tender stem is peeled, sliced and eaten raw. It can also be pickled, stir fried or cooked in soups.

DESCRIPTION

A lettuce plant with an edible stalk. It is an annual plant. It develops a stem 3-4 cm thick and 30 cm tall. The seed stalk is eaten like celery or cooked. The leaves are curled. There are several cultivated varieties.

HABITAT

It is a temperate to tropical plant. The soil needs to be well-drained. It suits plant hardiness zones 7-12.

PRODUCTION

Cultivation

It is grown from seed. They are sown 5-10 mm deep and transplanted to 50 cm between plants.

Harvesting and Seed Production

The cut stems are marketed with a topknot of leaves remaining.

NOTES

There are about 20 Lactuca species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Auctarium synops. meth. stirp. horti reg. Taurine 20. 1773 (Melanges Philos. Math. Soc. Roy. Turin 5:72. 1774) (As Lactuca augustana)

Cheifetz, A., (ed), 1999, 500 popular vegetables, herbs, fruits and nuts for Australian Gardeners. Random House p 76

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 40

Gentes Herb. 1:49. 1920

Gouldstone, S., 1983, Growing your own Food-bearing Plants in Australia. Macmillan p 165 (As Lactuca sativa var. asparagina)

Herklots, G. A. C., 1972, Vegetables in South-East Asia. Allen & Unwin. p 136

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 740

Kays, S. J., and Dias, J. C. S., 1995, Common Names of Commercially Cultivated Vegetables of the World in 15 languages. Economic Botany, Vol. 49, No. 2, pp. 115-152

Larkcom, J., 1991, Oriental Vegetables, John Murray, London, p 96

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Schneider, E., 2001, Vegetables from Amaranth to Zucchini: The essential reference. HarperCollins. p 361

Schneider, E., 2001, Vegetables from Amaranth to Zucchini: The essential reference. HarperCollins. p 361 (As Lactuca sativa var. asparagina)

Sharma, B.B., 2005, Growing fruits and vegetables. Publications Division. Ministry of Information and broadcasting. India. p 216

Tanaka,

USDA, ARS, National Genetic Resources Program. Germplasm Resources Information Network - (GRIN). [Online Database] National Germplasm Resources Laboratory, Beltsville, Maryland. Available: www.ars-grin.gov/cgi-bin/npgs/html/econ.pl (10 April 2000)

Valder, P., 1999, The Garden Plants of China. Florilegium. p 366 (As Lactuca sativa var. asparagina)

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 385

Woodward, P., 2000, Asian Herbs and Vegetables. Hyland House. p 85 (As Lactuca sativa var. asparagina)

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cbbe1ffa-9efe-4a2e-89e1-fb0dd1b73483