PLANT FACT SHEET

Lactuca sativa var. longifolia Lam.

GENUS *Lactuca* **FAMILY** Asteraceae

COMMON NAMES Cos lettuce, Romaine lettuce

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

DESCRIPTION

A herb. The plant can be 25 cm high. The heads are elongated. The outer leaves are smooth and green. The leaves are more crisp.

HABITAT

It is a temperate plant.

NOTES

There are about 20 Lactuca species.

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