PLANT FACT SHEET

# *Launaea cornuta* (Hochst. ex Oliv. & Hiern) Jeffrey

**GENUS** *Launaea* **FAMILY** Asteraceae

**COMMON NAMES** Bitter lettuce

## EDIBLE PARTS AND USES

**Edible parts:** Vegetable, Leaves

The leaves are cooked and eaten. It is mixed with other vegetables. It is bitter and changing the cooking water can reduce the bitterness.

## DESCRIPTION

A herb. It keeps growing from year to year. It grows 100 cm high. It has a creeping root system. The stem is erect and hollow. The leaves at the base are in a ring. They are alternate on the stem. They are narrowly oval and 2-25 cm long by 1-8 cm wide. It can have lobes along the stalk. The flowers occur as 15-27 in a head.

## HABITAT

A tropical plant. It is most common in the hot lowland zone but grows up to 2,300 m altitude. It grows on all soil types. It can grow in arid places.

## PRODUCTION

### Cultivation

Plants are grown from seeds. They can be grown from sections of the roots. It can be grown from the bases of the stems.

### Harvesting and Seed Production

The young, large leaves in a ring are usually collected as they are less bitter.

## NOTES

There are about 55 Launaea species.
Sonchus cornutus Hochst. ex Oliv. & Hiern is a synonym of Launaea cornuta (Hochst. ex Oliv. & Hiern.) V. Jeffrey.
Sonchus cornutus Hochst. ex Steud. is an unresolved name.

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