



PLANT FACT SHEET

Lactuca indica L.

GENUS *Lactuca* FAMILY Asteraceae

COMMON NAMES Indian lettuce

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Root

The young leaves are eaten boiled, steamed or added to soups. They are also eaten raw.

They are also used for wrapping and frying fish.

The roots are pickled.

DESCRIPTION

A herb. It is an erect plant and forms tillers. It can grow 1.3 m high. The stem leaves can often have red marks.

The leaf shape varies. The lower leaves are more oval and the stem leaves are more narrow.

HABITAT

A tropical plant. In China it grows in mountain valleys between 200-3,000 m above sea level. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seeds. Seedlings are often put in a nursery and transplanted after 25 days. They are planted at a spacing of 25 cm. New plants can grow from roots left in the ground.

Harvesting and Seed Production

Leaves are harvested after 60 days.

NOTES

There are about 20 *Lactuca* species.

PICTURES



Credit: Food Plants International (Bruce French)



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PROVIDED BY Food Plants International

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

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