PLANT FACT SHEET

Lactifluus pargamenus (Sw.) Fr.

GENUS *Lactifluus* **FAMILY** Russulaceae

COMMON NAMES Peppery milk cap

EDIBLE PARTS AND USES

Edible parts: Mushroom, Fungus

The mushroom caps are fried.

DESCRIPTION

A mushroom.

HABITAT

It is a temperate plant.

REFERENCES

Belova, N.V. & Popov, E.S., 2024, Lactarius and Lactifluus (Russulaceae): Species Diversity and Ecological–Biochemical, Medicobiological, and Nutritional Aspects. Biology Bulletin Reviews, 2025, Vol. 15, Suppl. 2, pp. S113–S121.

Pieroni, A., et al, 2005, Food for two seasons: Culinary uses of non-cultivated local vegetables and mushrooms in a south Italian village. International Journal of Food Sciences and Nutrition, 56(4): 245-272 (As Lactarius pargamenus)

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e5d43b5d-6f1f-4bcc-b9b7-bc70e331dc1a