PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Lactarius uvidus (Fr.) Fr.

GENUS *Lactarius* **FAMILY** Russulaceae

COMMON NAMES Purple staining milkcap

EDIBLE PARTS AND USES

Edible parts: Mushroom, Fungus

Caution, It is slightly bitter.

DESCRIPTION

A mushroom. The cap is 10 cm across. The sap is purple to violet.

HABITAT

It is a temperate plant. It grows in conifer woods. It grows in acid soils.

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.

Li, H., et al, 2020, Reviewing the world's edible mushroom species: A new evidence-based classification system. Compr Rev Food Sci Food Saf. 2021;20:1982–2014.

Wikipedia

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f88cd055-7cdc-417c-853b-9c6b99d647a3