PLANT FACT SHEET

Lactarius lignyotus Fr.

GENUS *Lactarius* **FAMILY** Russulaceae

COMMON NAMES Chocolate milky

EDIBLE PARTS AND USES

Edible parts: Mushroom, Fungus

DESCRIPTION

A mushroom. The cap is dark brown and 10 cm across. When split is oozes milky sap.

HABITAT

It is a temperate plant. It grows in conifer forests.

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.

Dongol, et al, 1995, Edible Mushrooms in Nepal

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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/faac577b-365c-43e7-ae88-e0ad05069fa0