



photo: Arthur Haines

WILD LETTUCE

Lactuca canadensis

A flowering plant in the daisy family, the greens are edible to humans. While it often goes unnoticed, this is a great native edible to incorporate into a natural landscape benefitting both humans and pollinators alike.

Benefits for Wildlife

- Nectar from flowers attracts bees and other pollinators
- Host plant for many aphid species
- Goldfinches eat seeds
- Rabbits eat leaves of young plant, deer browse mature plant

Host to at least 3 caterpillar species, including: (common names) Common Looper Moth; Virgin Tiger Moth; Intermediate Cucullia

Benefits for People

- High in vitamins - can be eaten raw when young, or boiled after main stem starts to form
- It is used for many medicinal purposes, including treatment of insomnia, anxiety, coughs, and rheumatic pain

Growing Information

- Sunlight* Full sun to part shade
Soil Type Moist, well-drained, acidic to neutral
Height 1-2' (can bolt to higher heights)
Width Up to 1'
Flowering calendar July to August

Natural Habitat

- Woodland edges, grasslands

