



photos: Arthur Haines

WILD LETTUCE

Lactuca canadensis

A flowering plant in the daisy family, the greens of *Lactuca canadensis* are edible to humans, and high in nutrients. While some plants may appear somewhat weedy in character, this is a great native edible to incorporate into a natural landscape benefitting both humans and pollinators alike.

Growing Information

Sunlight Full sun, part sun, part shade
Soil Type Sand/loam/clay, moist, well-drained, acidic-neutral
Height 1-2' (can bolt to higher heights)
Flowering calendar July-August

Benefits for People

Food: high in vitamins and can be eaten raw when young or boiled later

Natural Habitat

Woodland edges, grasslands

Benefits for Wildlife

Leaves
Flowers Yes, pollinators
Fruit
Seeds

