



WILD LETTUCE

Lactuca virosa (lak-TOO-kuh vir-OH-suh)

BIENNIAL | COMPOSITAE FAMILY

ZONES: 4-9

EXPOSURE: FULL SUN

MATURE HEIGHT: 6 FT | SPREAD 3-4 FT

BLOOM: YELLOW | SUMMER-FALL



Medicinal



Culinary



Resistant



HERB & VINE

— healing plants —

Wild (or bitter) Lettuce is a common plant used for centuries for acute insomnia and anxiety. As one of the acrid bitters, wild lettuce reduces heat and tension, relaxing the mind and body. It may be applied for spasmodic conditions in the musculoskeletal and respiratory systems.

- Culinary: used in small amounts in salads when harvested in later summer. Do not over consume.
- Therapeutic*: A hypnotic and sedative herb that supports the health of all body systems. The sap contains lactucarium which is anodyne, antispasmodic, digestive, diuretic, hypnotic, narcotic and sedative. Used for insomnia, anxiety, neuroses, hyperactivity in children, dry coughs, whooping cough, rheumatic pain etc. Lactucarium concentration is low in young plants and most concentrated when the plant comes into flower.
- Can tincture or make tea from aerial parts. To harvest sap, leave plant for the first year and collect when plant starts to send up its flowering spikes in year two.

USE WITH CAUTION! do not use if pregnant or nursing, or if taking sedatives.



**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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