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Lactuca alpina

[Synonyms : *Cicerbita alpina*, *Mulgedium alpinum*, *Sonchus alpinus*]

ALPINE BLUE- SOW-THISTLE is a perennial. Native to central and northern European mountains it has pale violet-blue flowers.

It is also known as *Älgekål* (Swedish), *Alpen-Milchlattich* (German), Alpine sow-thistle, Blue sow-thistle, *Fjälltolta* (Swedish), *Milchlattich* (German), *Mléčivec alpský* (Czech), Mountain sow-thistle, *Pohjansinivalvatti* (Finnish), Tall blue lettuce, *Tolta* (Swedish), and *Torta* (Swedish).

In Britain this is a protected species under the Wildlife and Countryside Act 1981.

Alpina means 'alpine' ie. found above the tree-line.