PLANT FACT SHEET

Sonchus wightianus DC

GENUS *Sonchus* **FAMILY** Asteraceae

COMMON NAMES Wight's sow-thistle

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea, Rhizome, Root

Young leaves and shoots are cooked as a vegetable. They are boiled.
It is also used for making salt.
They are also made into tea.

DESCRIPTION

An erect herb. It keeps growing from year to year. It grows to 1 m high. The lower leaves form a ring and are deeply lobed. The lobes have a sharp tip. They also have short spines and teeth. The upper leaves are smaller. They are oblong and spoon shaped. The flower heads are yellow. The fruit is dry and oblong. They often have 5 ribs.

HABITAT

It grows in temperate and subtropical places. In Nepal it grows between 600-2500 m altitude. It grows in moist, shady places.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 60 Sonchus species.

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