PLANT FACT SHEET

Sonchus integrifolius Harv.

GENUS *Sonchus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are eaten raw or boiled.

DESCRIPTION

A herb. It is a small plant that keeps growing from year to year. It grows less than 55 cm high. The leaves are at the base and along the stem. They are narrow and taper to a long point. There are hooked teeth along the edge. The leaves are 7 cm long and 5 mm wide. The flower heads occur singly. They are yellow and white. There are 2 varieties.

HABITAT

It is a subtropical plant. It is often in soil that is seasonally waterlogged. It can grow in arid places.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/04e41bbe-848f-4184-ba97-13d7a294a8a8