PLANT FACT SHEET

Sonchus crassifolius Pourret ex Willd.

GENUS *Sonchus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Shoots

The young shoots are eaten raw in salads.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2338d9e6-8e58-46d3-b3a9-fd12c493a0e3