PLANT FACT SHEET

Sonchus pinnatifidus Cav.

GENUS *Sonchus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The young leaves are eaten raw.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant. It grows near Oasis in Morocco.

REFERENCES

Morales, J. & Gil, J. M., Gathering in a new Environment: The Use of Wild Food Plants during the Colonisation of the Canary Islands, Spain (2nd-3rd Century BCE to 15th Century CE) p 224

Nassif, F., & Tanji, A., 2013, Gathered food plants in Morocco: The long forgotten species in Ethnobotanical Research. Life Science Leaflets 3:17-54

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5825f509-3fcf-4640-ae22-f5bd23cd8787