PLANT FACT SHEET

Sonchus asper subsp. nymanii (L.) Hill, (Tineo et Guss.) Hegi

GENUS *Sonchus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten in soup and raw in salads seasoned with oil and lemon.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Lentini, F. and Venza, F., 2007, Wild food plants of popular use in Sicily. J Ethnobiol Ethnomedicine. 3: 15

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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/70b31694-4c1c-49f0-a3aa-b01e81649eb9