PLANT FACT SHEET

Sonchus arvensis L.

GENUS *Sonchus* **FAMILY** Asteraceae

COMMON NAMES Sow thistle, Corn Sow Thistle

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Roots - coffee

The young leaves, gathered before the flowers appear, can be added to salads or boiled for 5-10 minutes. They are also fried.
The roots are used as a substitute for coffee.

DESCRIPTION

A coarse spiny herb. It grows 25-115 cm high. The lower leaves have backward pointing lobes. They are prickly along the edge. The leaves are 10-25 cm long. The upper leaves have less lobes and do not have leaf stalks. The flowers are yellow disks. Several flower heads occur together in open clusters. The fruit is a dry flattened achene.

HABITAT

It is a temperate climate plant. It grows in waste places and fields and along roadsides. In Indonesia it grows between 50 and 650 m above sea level. In Argentina it grows from sea level to 1,200 m above sea level. It grows in swampy meadows.

PRODUCTION

Cultivation

It can grow and spread by seed and creeping roots.

NOTES

There are about 60 Sonchus species.

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