PLANT FACT SHEET

Sonchus luxurians (R. E. Fr.) C. Jeffrey

GENUS *Sonchus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are chopped and cooked alone or along with other vegetables.

DESCRIPTION

A robust herb. It keeps growing from year to year. It can be erect or trailing. It grows 1-2 m long. It is succulent with white latex. The older stems are hollow and become woody at the base. The leaves are alternate. They are divided into lobes along the stalk. The lobes usually curve away from the tip. The wide lobes near the base clasp the stem. The leaves are 15 cm long. The flowers occur in heads. They are yellow. They are about 8 mm across. They are at the ends of branches in the axils of leaves near the top. The fruit are very small and dry. They have stiff straight bristles.

HABITAT

It is a tropical plant. In grows in grasslands and on mountain sides. In Tanzania it grows between 1,500-2,000 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seeds.

Harvesting and Seed Production

Leaves are collected during the rainy season.

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