PLANT FACT SHEET

Sonchus arvensis subsp. uliginosus (M. Bieb.) Nyman

GENUS *Sonchus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Xia, D. et al, 2011, Antioxidant and antibacterial activity of six edible wild plants (Sonchus spp.) in China. Natural Products research Vol. 25 2011, Issue 20 (As Sonchus uliginosus)

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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/bf0e1c32-997c-4d01-af00-bc70b5b877fe