PLANT FACT SHEET

Sonchus schweinfurthii Oliv. & Hiern.

GENUS *Sonchus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

Caution: It is bitter due to Sesquiterpene lactones.

DESCRIPTION

A herb. It is erect and can grow for several years. It grows 1-1.5 m tall. The taproot is slightly woody. It has a single stem and branches. The stem is hollow and it has ridges along it. The leave stick upwards and are thinly leathery. The leaves on the stem are 36 cm long by 3 cm wide. The upper leaves clasp the stem and are more narrow.

HABITAT

A tropical plant. It grows in seasonally or permanently wet soils.

NOTES

There are about 60 Sonchus species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e9fb555b-1e9d-495d-93f0-02aec8b13df6