PLANT FACT SHEET

Sonchus nanus Sond. ex Harv.

GENUS *Sonchus* **FAMILY** Asteraceae

COMMON NAMES Ground thistle, Lesser milk thistle

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are cooked as a vegetable.

DESCRIPTION

A herb. It keeps growing from year to year. It has a woody rootstock. The leaves are at the base. The leaves are narrow and pointed and do not have a stalk. They have irregular lobes and teeth along the edge. The leaves are 12 cm long by 3 cm wide. The flower heads occur singly at the ends of the plant. They are on 20 cm long stalks. Flowers are yellow.

HABITAT

It is a subtropical plant. It grows in open grassland. It can grow in arid places.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/fe639b3c-e59b-45ec-adfb-6a6f31e5dfe9