

# Sonchus oleraceus

## COMMON NAME

sow thistle, sowthistle

## FAMILY

Asteraceae

## AUTHORITY

*Sonchus oleraceus* L.

## FLORA CATEGORY

Vascular – Exotic

## STRUCTURAL CLASS

Herbs - Dicotyledonous composites

## NVS CODE

SONOLE

## CONSERVATION STATUS

Not applicable

## WETLAND PLANT INDICATOR STATUS RATING

FACU: Facultative Upland

Occasionally is a hydrophyte but usually occurs in uplands (non-wetlands).

## FLOWER COLOURS

Cream, Yellow

## YEAR NATURALISED

1832

## ORIGIN

Europe, N. Africa, N. and W. Asia

## ETYMOLOGY

**sonchus:** Sow thistle

## Foraging for sowthistle

Click on the Radio New Zealand National logo to listen to This Way Up. Simon Morton interviews Johanna Knox about foraging for puha / sowthistle (duration: 20'34")

## MORE INFORMATION

<https://www.nzpcn.org.nz/flora/species/sonchus-oleraceus/>



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