

Sonchus oleraceus L., 1753 (Laiteron maraîcher)

Identifiants : 37422/sonole

Association du Potager de mes/nos Rêves (<https://lepotager-demesreves.fr>)

Fiche réalisée par Patrick Le Ménahèze

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- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Clade : Astéridées ;
- Clade : Campanulidées ;
- Ordre : Asterales ;
- Famille : Asteraceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Asterales ;
- Famille : Asteraceae ;
- Genre : Sonchus ;

- Synonymes : *Sonchus ciliatus* Lam, *Sonchus fabrae* Sennen, *Sonchus gracilis* Phil, *Sonchus gracilis* Sennen, *Sonchus lacerus* Willd, *Sonchus laevis* Vill, *Sonchus longifolius* Trev, *Sonchus pallescens* Panc, *Sonchus parviflorus* Lej. ex Rchb, *Sonchus reversus* E. Mey. ex DC, *Sonchus rivularis* Phil, *Sonchus roseus* Besser ex Spreng, *Sonchus royleanus* DC, *Sonchus sondaicus* Blume, *Sonchus umbellifer* Thunb, *Sonchus zacinthoides* DC ;

- Synonymes français : lait d'âne, laitue de lièvre ;

- Nom(s) anglais, local(aux) et/ou international(aux) : milk thistle, sow thistle , Amargon, Apuruku, Bono sa lekwaba, Borraja, Burchkhala, Cascigno, Cerraja, Cerrajilla, Cevceg, Chikoka chisiwere, Chinguwo, Cicerbica, Cicerbita, Common sowthistle, Delgiyu, Diente de leon, Dodak, Dudhejhar, Dudhi, Dudhi kanda, Esek marulu, Gagalang, l'lk-khai, Idwingabane, Ihanenabe, Ihlabi, Ingabe, Irhabe, Jikigeembegeembe, u'thaith, Khala, Kizimhamucho, Kostrijec, Kostris, Lechuguilla, Lesabe, Lesese, Leshabe, Makutaasila, Matakaotsila, Mhatara, Milk tassel, Mlee zelinny, Mlicz, Molaba, Mshunga kwake, Mshunga, Odaid, Pathari, Puha rauriki, Pwake, Quelete, Ratrinta, Rau cuc sua, Rau diep dang, Rurimirwemombe, Rwabe, Sevone, Shashe, Sinbangu, Sutlengec, Thalaak, Tifef, Titaliya, Tokkiboribab, Tong tong cai, Tsohos, Tue doan rau, Umeisennier, Yalanci marul, Zuccho ;



- Note comestibilité : **

- Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :

Partie(s) comestible(s)^{{{0(+x)}}} : racine, feuilles, baies, fruit, légume, tiges, fleurs^{0(+x)μ}.

Utilisation(s)/usage(s)^{μ{{0(+x)}}} culinaires :

-les feuilles tendres sont cuites et consommées comme légume^{{{0(+x)}}} (ex. : comme potherbe^{{{{{dp*}}}}}) ; elles sont également utilisées dans les salades ;

-les jeunes tiges sont épluchées et bouillies et consommées ;

-les racines sont également utilisées comme nourriture.

ATTENTION : certaines formes et espèces sont amères^{{{{0(+x)}}}.

Les feuilles tendres sont cuites et consommées comme légume. Ils sont également utilisés dans les salades et les soupes. Ils sont également frits. Ils sont bouillis ou marinés. Les jeunes tiges sont pelées et bouillies et mangées. Les racines sont également utilisées comme nourriture. ATTENTION Certaines formes et espèces sont amères

Partie testée : feuilles^{{{{0(+x)}}} (traduction automatique)

Original : Leaves^{{{{0(+x)}}}

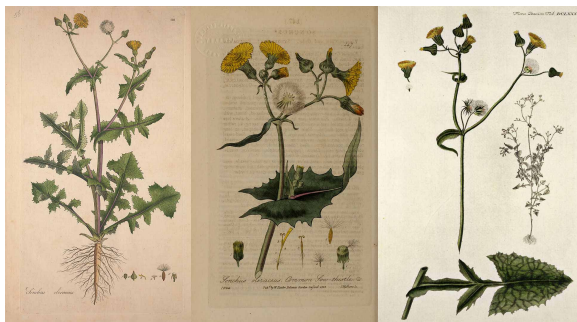
Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
93.2	75	18	1.9	85	0	3.1	0



néant, inconnus ou indéterminés.néant, inconnus ou indéterminés.

• **Note médicinale : ****

• **Illustration(s) (photographie(s) et/ou dessin(s)):**



De gauche à droite :

Par Curtis, W., Flora Londinensis (1775-1798) Fl. Londin. vol. 2 (1777) t. 58[123] , via plantillustrations

Par Baxter, W., British phaenogamous botany (1834-1843) Brit. Phaen. Bot. vol. 2 [tt. 81-160] t. 147, via plantillustrations

Par Oeder, G.C., Flora Danica (1761-1861) Fl. Dan. vol. 4 (1771-1777) [tt. 541-720] t. 682, via plantillustrations

• **Autres infos :**

dont infos de "FOOD PLANTS INTERNATIONAL" :

◦ **Statut :**

C'est un légume cultivé commercialement. Les feuilles sont vendues sur les marchés locaux^{{{{0(+x)}}} (traduction automatique)

Original : It is a commercially cultivated vegetable. Leaves are sold in local markets^{{{{0(+x)}}}.

◦ **Distribution :**

C'est une plante de climat tempéré. On le trouve occasionnellement dans des sols perturbés ou cultivés, en particulier dans la province du Mt aux Philippines. Il se produit entre 1000 m et 2500 m d'altitude. À Java, il se produit entre 200 et 2200 m au-dessus du niveau de la mer. Au Népal, il pousse entre 2000 et 2800 m d'altitude. Il pousse dans les hauts plateaux du centre du Vietnam. Il peut pousser dans des endroits arides. Herbar de Tasmanie. Au Sichuan et au Yunnan^{{{{0(+x)}}} (traduction automatique).

Original : It is a temperate climate plant. It is found occasionally in disturbed or cultivated soil, especially in Mt Province in the Philippines. It occurs between 1000 m and 2500 m altitude. In Java it occurs between 200-2,200 m above sea level. In Nepal it grows between 2000-2800 m altitude. It grows in the central highlands of Vietnam. It

can grow in arid places. Tasmania Herbarium. In Sichuan and Yunnan^{{{{0(+x)}}}.

◦ Localisation :

Afrique, Andes, Argentine, Asie, Australie, Bahreïn, Balkans, Bosnie, Botswana, Brésil, Grande-Bretagne, Burkina Faso, Cameroun, Canada, Caucase, Afrique centrale, Amérique centrale, Chili, Chine, Îles Cook, Costa Rica, Crète, Croatie, Cuba, Chypre, République tchèque, République dominicaine, Afrique de l'Est, Île de Pâques, Équateur, Égypte, Eswatini, Europe, Falklands, Fidji, France, Gabon, Géorgie, Allemagne, Ghana, Grèce, Guatemala, Haïti, Hawaï, Himalaya, Inde, Indochine, Indonésie, Irlande, Italie, Japon, Jordanie, Kenya, Corée, Koweït, Madagascar, Malawi, Marquises, Méditerranée, Mexique, Mongolie, Maroc, Mozambique, Népal, Nouvelle Calédonie, Nouvelle-Zélande, Île Norfolk, Afrique du Nord, Nord Amérique, Pacifique, Pakistan, Papouasie-Nouvelle-Guinée, PNG, Paraguay, Philippines, Portugal, Qatar, Rwanda, Sao Tomé-et-Principe, Arabie Saoudite, Scandinavie, Asie du Sud-Est, Sénégal, Slovaquie, Somalie, Afrique du Sud, Afrique australe, Amérique du Sud, Soudan du Sud, Espagne, Swaziland, Taïwan, Tanzanie, Tasmanie, Tibet, Tonga, Tunisie, Turquie, Émirats arabes unis, EAU, Ouganda, Uruguay, États-Unis, Vietnam, Afrique de l'Ouest, Ouest Indes, Zambie, Zimbabwe, Zululand^{{{{0(+x)}}} (traduction automatique).

Original : Africa, Andes, Argentina, Asia, Australia, Bahrain, Balkans, Bosnia, Botswana, Brazil, Britain, Burkina Faso, Cameroon, Canada, Caucasus, Central Africa, Central America, Chile, China, Cook Islands, Costa Rica, Crete, Croatia, Cuba, Cyprus, Czech Republic, Dominican Republic, East Africa, Easter Island, Ecuador, Egypt, Eswatini, Europe, Falklands, Fiji, France, Gabon, Georgia, Germany, Ghana, Greece, Guatemala, Haiti, Hawaii, Himalayas, India, Indochina, Indonesia, Ireland, Italy, Japan, Jordan, Kenya, Korea, Kuwait, Madagascar, Malawi, Marquesas, Mediterranean, Mexico, Mongolia, Morocco, Mozambique, Nepal, New Caledonia, New Zealand, Norfolk Island, North Africa, North America, Pacific, Pakistan, Papua New Guinea, PNG, Paraguay, Philippines, Portugal, Qatar, Rwanda, Sao Tome and Principe, Saudi Arabia, Scandinavia, SE Asia, Senegal, Slovenia, Somalia, South Africa, Southern Africa, South America, South Sudan, Spain, Swaziland, Taiwan, Tanzania, Tasmania, Tibet, Tonga, Tunisia, Turkey, United Arab Emirates, UAE, Uganda, Uruguay, USA, Vietnam, West Africa, West Indies, Zambia, Zimbabwe, Zululand^{{{{0(+x)}}}.

◦ Notes :

Composition chimique (échantillon chinois): Protéine = 1,2%. Lipides = 0,3%. Glucides = 2,4%. Cendres = 1,2%. On rapporte qu'il est riche en vitamine C. Il existe environ 60 espèces de *Sonchus*^{{{{0(+x)}}} (traduction automatique).

Original : Chemical composition (Chinese sample): Protein = 1.2%. Fat = 0.3%. Carbohydrate = 2.4%. Ash = 1.2%. Reportedly rich in Vitamin C. There are about 60 *Sonchus* species^{{{{0(+x)}}}.

• Liens, sources et/ou références :

◦ "Plants For a Future" (en anglais) : https://pfaf.org/user/Plant.aspx?LatinName=Sonchus_oleraceus ;

dont classification :

◦ "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/gcc-26069 ;

dont livres et bases de données : ⁰"Food Plants International" (en anglais) ;

dont biographie/références de ⁰"FOOD PLANTS INTERNATIONAL" :

Abbiw, D.K., 1990, *Useful Plants of Ghana*. West African uses of wild and cultivated plants. Intermediate Technology Publications and the Royal Botanic Gardens, Kew. p 41 ; Acipa, A. et al, 2013, Nutritional Profile of some Selected Food Plants of Otwal and Ngai Counties, Oyam District, Northern Uganda. *African Journal of Food, Agriculture, Nutrition and Development*. 13(2) ; Agea, J. G., et al 2011, Wild and Semi-wild Food Plants of Bunyoro-Kitara Kingdom of Uganda: etc. *Environmental Research Journal* 5(2) 74-86 ; Al-Qura'n, S. A., 2010, Ethnobotanical and Ecological Studies of Wild Edible Plants in Jordan. *Libyan Agriculture Research Center Journal International* 1(4):231-243 ; Altschul, S.V.R., 1973, *Drugs and Foods from Little-known Plants*. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 5031 ; Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 584 ; Arellanes, Y., et al, 2013, Influence of traditional markets on plant management in the Tehuacan Valley. *Journal of Ethnobiology and Ethnomedicine* 9:38 ; Blamey, M and Grey-Wilson, C., 2005, *Wild flowers of the Mediterranean*. A & C Black London. p 466 ; Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 937 ; Brown, W.H., 1920, *Wild Food Plants of the Philippines*. Bureau of Forestry Bulletin No. 21 Manila. p 152 ; Burkil, H. M., 1985, *The useful plants of west tropical Africa*, Vol. 1. Kew. ; Chen, B. & Qiu, Z., Consumer's Attitudes towards Edible Wild Plants, *Ishikawa Prefecture, Japan*. p 26 www.hindawi.com/journals/ijfr/aip/872413.pdf ; Cherikoff V. & Isaacs, J., *The Bush Food Handbook*. How to gather, grow, process and cook Australian Wild Foods. *Ti Tree Press, Australia* p 191, 196 ; Cribb, A.B. & J.W., 1976, *Wild Food in Australia*. Fontana. p129 ; Crowe, A., 1997, *A Field Guide to the Native Edible Plants of New Zealand*. Penguin. p 99 ; Curtis, W.M., 1963, *The Students Flora of Tasmania Vol 2* p 389 ; Dashorst, G.R.M., and Jessop, J.P., 1998, *Plants of the Adelaide Plains & Hills*. Botanic Gardens of Adelaide and State Herbarium. p 152 ; Della, A., et al, 2006, An ethnobotanical survey of wild edible plants of Paphos and Larnaca countryside of Cyprus. *J. Ethnobiol. Ethnomed.* 2:34 ; Diaz-Betancourt,

M., et al, 2001, Weeds as a future source for human consumption. (On Plants For A Future website) ; Dogan, Y. et al, 2013, Wild Edible Plants sold in the Local Markets of Izmir, Turkey. Pak. J. Bot. 45(S1): 177-184 ; Duke, J.A., 1992, Handbook of Edible Weeds. CRC Press. p186 ; Ertug, F., 2004, Wild Edible Plants of the Bodrum Area. (Mugla, Turkey). Turk. J. Bot. 28 (2004): 161-174 ; Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 42 ; Flora of Australia Volume 49, Oceanic Islands 1, Australian Government Publishing Service, Canberra. (1994) p 372 ; Fowler, D. G., 2007, *Zambian Plants: Their Vernacular Names and Uses*. Kew. p 13 ; GAMMIE ; Godfrey, J. et al, 2013, Harvesting, preparation and preservation of commonly consumed wild and semi-wild food plants in Bunyoro-Kitara Kingdom, Uganda. Int. J. Med. Arom. Plants. Vol.3 No.2 pp 262-282 ; Goode, P., 1989, *Edible Plants of Uganda*. FAO p 41 ; Gott, B & Conran, J., 1991, *Victorian Koorie Plants*. PO Box 666 Hamilton, Victoria 3300, Australia. p 41 ; Grivetti, L. E., 1980, *Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa*, Report to the Department of State Agency for International Development. p 48, 71 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables*. PROTA, Wageningen, Netherlands. p 512 ; Harris, S., Buchanan, A., Connolly, A., 2001, *One Hundred Islands: The Flora of the Outer Furneaux*. Tas Govt. p 231 ; Hedrick, U.P., 1919, (Ed.), *Sturtevant's edible plants of the world*. p 627 ; HELY-HUTCHINSON ; Henty, E.E., & Pritchard, G.S., 1973, *Weeds of New Guinea and their control*. Botany Bulletin No 7, Division of Botany, Lae, PNG. p 82 ; Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, *Western Weeds. A guide to the weeds of Western Australia*. 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Privately published. p 82 ; *Plants For A Future* database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. <https://www.scs.leeds.ac.uk/pfaf/> ; *Plants of Haiti* Smithsonian Institute <https://botany.si.edu> ; Quintana, C. M., 2010, *Wild Plants in the Dry Valleys Around Quito Ecuador. An Illustrated Guide*. Publicaciones del Harbario, QCA p 75 ; Raponda-Walker, A & Sillans, R., 1961, *Les Plantes Utiles du Gabon*. Editions Paul Lechevalier, Paris. p 130 ; READ ; Redzic, S. J., 2006, *Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina*. Ecology of Food and Nutrition, 45:189-232 ; Rivera, D. et al, 2006, *Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development*, in Heinrich M, Müller WE, Galli C (eds): *Local Mediterranean Food Plants and Nutraceuticals*. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18-74 ; *Royal Botanic Gardens, Kew (1999). 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