

Sonchus oleraceus L., 1753 (Laiteron maraîcher)

Identifiants : 3212/sonole

Fiche réalisée par Patrick Le Ménahèze ([Le Potager de mes/nos Rêves](#))
Dernière modification le 23/09/2020

- **Classification/taxinomie :**
 - Famille : Compositae ;
 - **Synonymes français :** lait d'âne, laitue de lièvre ;
 - **Nom(s) anglais et/ou international(aux) :** milk thistle, sow thistle ;
 - **Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :** Partie(s) comestible(s) : racine, feuilles, baies, fruit, légume, tiges, fleurs ;
Utilisation(s)/usage(s) culinaires :
 - les feuilles tendres sont cuites et consommées comme légume (ex. : comme potherbe) ; 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.



Précautions à prendre :

néant, inconnus ou indéterminés.

- **Catégories :** pscf ;
- **Liens, sources et/ou références :**

dont classification :

- ["The Plant List" \(en anglais\)](#) ;
- [INPI \(recherche, en anglais\)](#) ;

dont Google (recherche de/pour) "Sonchus oleraceus" : [pages](#), [images](#) | "Laiteron maraîcher" : [pages](#) ;

dont livres et bases de données : "FOOD PLANTS INTERNATIONAL" (en anglais) ;

dont biographie/références de "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 ; Burkill,

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