

Sonchus asper (L.) Hill, 1769

(Laiteron épineux)

Identifiants : 37406/sonasp

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 aemulus* Merino, *Sonchus asper* All, *Sonchus asper* (L.) Vill, *Sonchus australis* Hort. ex Colla, *Sonchus borderi* Gand, *Sonchus carolinianus* Walter, *Sonchus crocifolius* Hort. ex Sch.Bip, *Sonchus cuspidatus* Blume, *Sonchus decipiens* (De Not.) Zenari, *Sonchus eryngiifolius* Sosn, *Sonchus eryngioides* DC, *Sonchus fallax* Wallr, *Sonchus ferox* Wall. [Invalid], *Sonchus glaber* Thunb, *Sonchus infestus* Poepp. ex DC, *Sonchus oleraceus* var. *asper* L, *Sonchus spinosus* Lam, *Sonchus spinulosus* Bigel, *Sonchus sulphureus* Boiss, *Sonchus tibeticus* Quezel, *Sonchus umbellatus* E. Mey. ex DC, *Sonchus viridis* Zenari ;

- **Synonymes français :** laiteron rude, laiteron piquant ;

- **Nom(s) anglais, local(aux) et/ou international(aux) :** rough sowthistle, spiny sowthistle , Casigno, Cecevede, Cerraja brava, Cerraja espinosa, Chorte, Cicerbica, Cicerbita, Crespino, Didhi, Dudala, Gnedhap, Hrapava Åjkrbinka, Ikigeembegeembe, Mhatara, Prickly sowthistle, Puha tiotio, Rauroroa, Sevone, Sut diken, Thumbai, Tifaf, Zuccho ;



- **Note comestibilité :** **

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

Feuille (tendres ; tiges)¹, fleur¹ et racine¹ comestibles. Les feuilles tendres et les pousses sont cuites comme légume. Ils sont également utilisés dans les salades. Les graines sont également consommées. Les tiges sont meurtries et le jus amer est lavé avant de les manger ou de les cuire. Il est également utilisé pour faire du sel

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)
86	111	27	3.3	0	63.0	3.0	0.9



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

- Note médicinale : *

- Illustration(s) (photographie(s) et/ou dessin(s)):



De gauche à droite :

Par Smith, J.E., English botany, or coloured figures of British plants, ed. 3 [B] [J.E. Sowerby et al] (1863-1899) Engl. Bot., ed. 3 vol. 5 (1866) t. 812, via plantillustrations

Par Sturm, J., Krause, E.H.L., Lutz, K.G., Flora von Deutschland in Abbildungen nach der Natur, Zweite auflage (1900-1907) Deutschl. Fl., ed. 2 vol. 14 (1906) t. 50, via plantillustrations

- Autres infos :

dont infos de "FOOD PLANTS INTERNATIONAL" :

- Statut :

C'est un légume mineur^{(((0(+x)) (traduction automatique)}

Original : It is a minor vegetable^{(((0(+x))}

- Distribution :

Il pousse dans les régions tempérées et subtropicales. Au Népal, les plantes poussent entre 1000 et 1800 m d'altitude. Ils poussent sur un sol humide et négligé. Il convient aux sols sableux. En Afrique, il pousse entre 750 et 2 550 m d'altitude. En Argentine, il passe du niveau de la mer à 2500 m d'altitude. Herbier de Tasmanie^{(((0(+x)) (traduction automatique)}

Original : It grows in temperate and subtropical regions. In Nepal plants grow between 1000-1800 m altitude. They grow on moist, neglected ground. It suits sandy soils. In Africa it grows between 750-2,550 m above sea level. In Argentina it grows from sea level to 2,500 m above sea level. Tasmania Herbarium^{(((0(+x))}

- Localisation :

Afghanistan, Afrique, Argentine, Asie, Australie, Bahamas, Bahreïn, Bhoutan, Bolivie, Botswana, Brésil, Grande-Bretagne, Burkina Faso, Canada, Chili, Chine, Croatie, République dominicaine, Afrique de l'Est, Île de Pâques, Eswatini, Europe *, Malouines , France, Grèce, Guyane, Haïti, Hawaï, Himalaya, Inde, Indochine, Indonésie, Italie, Jamaïque, Japon, Kazakhstan, Corée, Kirghizistan, Madagascar, Malawi, Méditerranée, Maroc, Mozambique, Népal, Nouvelle-Guinée, Nouvelle-Zélande, Nord Afrique, Amérique du Nord, Inde du Nord-Est, Pacifique, Pakistan, Paraguay, Portugal, Porto Rico, Qatar, Russie, Rwanda, Arabie Saoudite, Scandinavie, Asie du Sud-Est, Slovénie, Afrique du Sud, Amérique du Sud, Afrique australe, Espagne, Swaziland, Taiwan, Tadjikistan, Tasmanie, Thaïlande, Tibet, Tonga, Turquie, Turkménistan, Uruguay, USA, Ouzbékistan, Venezuela, Vietnam, Antilles, Zambie, Zimbabwe^{(((0(+x)) (traduction automatique)}

Original : Afghanistan, Africa, Argentina, Asia, Australia, Bahamas, Bahrain, Bhutan, Bolivia, Botswana, Brazil, Britain, Burkina Faso, Canada, Chile, China, Croatia, Dominican Republic, East Africa, Easter Island, Eswatini, Europe*, Falklands, France, Greece, Guyana, Haiti, Hawaii, Himalayas, India, Indochina, Indonesia, Italy, Jamaica, Japan, Kazakhstan, Korea, Kyrgyzstan, Madagascar, Malawi, Mediterranean, Morocco, Mozambique, Nepal, New Guinea, New Zealand, North Africa, North America, Northeastern India, Pacific, Pakistan, Paraguay, Portugal, Puerto Rico, Qatar, Russia, Rwanda, Saudi Arabia, Scandinavia, SE Asia, Slovenia, South Africa, South America, Southern Africa, Spain, Swaziland, Taiwan, Tajikistan, Tasmania, Thailand, Tibet, Tonga, Turkey, Turkmenistan, Uruguay, USA, Uzbekistan, Venezuela, Vietnam, West Indies, Zambia, Zimbabwe^{(((0(+x))}

- Notes :

Il existe environ 60 espèces de Sonchus^{(((0(+x)) (traduction automatique))}.

Original : There are about 60 Sonchus species^{(((0(+x))}.

- Liens, sources et/ou références :

- Tela Botanica : <https://www.tela-botanica.org/bdtx-nn-65171-synthese> ;
- Wikipedia :
 - [https://fr.wikipedia.org/wiki/Sonchus_asper_\(en_français\)](https://fr.wikipedia.org/wiki/Sonchus_asper_(en_français)) ;
- ⁵"Plants For a Future" (en anglais) : https://pfaf.org/user/Plant.aspx?LatinName=Sonchus_asper ;

dont classification :

- "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/gcc-130230 ;

dont livres et bases de données : ¹Plantes sauvages comestibles (livre pages 144 et 145, par S.G. Fleischhauer, J. Guthmann et R. Spiegelberger) ;

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

Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 584 ; Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." <http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb>. (ACEDB version 4.0 - data version July 1994) ; Bhattacharai, S and Chaudary, R. P., 2009, *Wild Edible Plants Used by the People of Manang District, Central Nepal*. *Ecology of Food and Nutrition*, 48:1-20 ; Biscotti, N. & Pieroni, A., 2015, *The hidden Mediterranean diet: wild vegetables traditionally gathered and consumed in the Gargano area, Apulia, SE Italy*. *Acta Societatis Botanicorum Poloniae* 84 (3): 327-338 ; Biscotti, N. et al, 2018, *The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature*. *Italian Botanist* 5:1-24 ; Blamey, M and Grey-Wilson, C., 2005, *Wild flowers of the Mediterranean*. A & C Black London. p 466 ; Brit. herb. 47. 1756 ; Cherikoff V. & Isaacs, J., *The Bush Food Handbook. 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Tas Govt. p 231 ; <http://www.botanic-gardens-ljubljana.com/en/plants> ; 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*. Plant Protection Society of Western Australia. p 106 ; Hyde-Wyatt, B.H. & Morris D.I., 1975, *Tasmanian Weed Handbook*. Dept of Ag Tasmania. p 35 ; Irving, M., 2009, *The Forager Handbook, A Guide to the Edible Plants of Britain*. Ebury Press p 159 ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2.p 104 ; Kang, Y., et al, 2012, *Wild food plants and wild edible fungi in two valleys on the Qinling Mountains (Shaanxi, central China)* *Journal of Ethnobiology and Ethnomedicine*; 9:26 ; Kargioglu, M. et al, 2010, *Traditional Uses of Wild Plants in the Middle Aegean Region. Human Ecology* 38:429-450 ; Kayabasi, N. P., et al, 2018, *Wild edible plants and their traditional use in the human nutrition in Manyas (Turkey)*. *Indian Journal of Traditional Knowledge*. Vol. 17(2), April 2018, pp 299-306 ; Kiple, K.F. & Ornelas, K.C., (eds), 2000, *The Cambridge World History of Food*. CUP p 1855 ; Lazarides, M. & Hince, B., 1993, *Handbook of Economic Plants of Australia*, CSIRO. p 224 ; Lentini, F. and Venza, F., 2007, *Wild food plants of popular use in Sicily*. *J Ethnobiol Ethnomedicine*. 3: 15 ; Low, T., 1991, *Wild Herbs of Australia and New Zealand*. Angus & Robertson. p 33 ; Luczaj, L. et al, 2012, *Wild food plant use in 21st century Europe: the disappearance of old traditions and the search for new cuisines involving wild edibles*. *Acta Soc Bot Pol* 81(4):359-370 ; MacKinnon, A., et al, 2009, *Edible & Medicinal Plants of Canada*. Lone Pine. p 333 ; Malezas Comestibles del Cono Sur, INTA, 2009, *Buenos Aires* ; Manandhar, N.P., 2002, *Plants and People of Nepal*. Timber Press. Portland, Oregon. p 433 ; Martin, F.W. & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. Antillian College Press, Mayaguez, Puerto Rico. p 186 ; Michael, P., 2007, *Edible Wild Plants and Herbs*. Grub Street. London. p 224 ; Moerman, D. F., 2010, *Native American Ethnobotany*. Timber Press. p 537 ; Nassif, F., & Tanji, A., 2013, *Gathered food plants in Morocco: The long forgotten species in Ethnobotanical Research*. *Life Science Leaflets* 3:17-54 ;

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