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*Sonchus arvensis*

[Synonyms : *Hieracium arvense*, *Sonchus hispidus*, *Sonchus picris*, *Sonchus wightianus*]

**PERENNIAL SOW-THISTLE** is a perennial. Native to Europe it has dandelion-like light yellow flowers.

It is also known as *Ackerdistel* (German), *Acker-Gänsedistel* (German), *Åkermolke* (Swedish), *Banpalang* (Bengali), *Bhangra* (Punjabi), Corn sow-thistle, Creeping sow thistle, Dindle, *Fettistel* (Swedish), Field milk-thistle, Field sow thistle, Golden sow thistle, Goutweed, Gutweed, *Laiteron* (Channel Islander-Jersey Norman-French), *Laiteron des champs* (French), *Laitron* (Channel Islander-Guernsey), *Llaethysgallen yr Yd* (Welsh), Milk-thistle, *Mjölkdistel* (Swedish), *Mléč rolní* (Czech), *Musal-katha* (Tamil), *Nallatapata* (Telugu), *Peltovalvatti* (Finnish), *Rauriki* (Maori), *Sahadevibari* (Hindi), Sow thistle, and Thistle.

*Arvensis* means 'of or growing in cultivated fields or land'.

When Sir Joseph Banks (1744-1820) the English botanist, accompanied Captain James Cook on his world expedition on HMBark *Endeavour* between 1768 and 1771 he found this species growing in New Zealand.

In Java (now part of Indonesia) the young shoots have been eaten in salad.

In North America the Potawatomi Indian hunters mimicked the sound of a nursing deer by sucking the milk from this plant's stems in order to lure a doe within their range.

The perennial provided a source of medicine for a few North American Indian tribes. The Potawatomi used it to treat some female conditions, and the Cherokee took it as a sedative.

Medicinally, in India the root has been used to treat jaundice.