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Sow Thistle

with Onion, Goat Cheese and Pine Nuts

Serves 4

INGREDIENTS

**1 large bunch of sow
thistle leaves**

1 clove of garlic, minced

1/4 red onion, minced

goat cheese, crumbled

pine nuts

olive oil

**1/4 cup of chicken or
veggie broth**

salt

pepper

INSTRUCTIONS

Rinse, chop and boil the
sow thistle leaves for a few
minutes and drain.

Meanwhile, heat olive oil in
a large frying pan and saute

the red onion for three minutes.

Add minced garlic and saute
for another minute.

Lower the heat to medium and
add the sow thistle leaves while
stirring. They will shrink so
you can keep adding leaves.

When they're all shrunk, add
some chicken broth and cover,
simmer for ten minutes.

Season with salt, pepper.

Stir in a couple of table spoons
of crumbled goat cheese, or to
taste, and pine nuts.

Recipe by Bibi Brion.



Sow Thistle

(*Sonchus* spp.)

ID Characteristics

- Despite its name, Sow Thistle more closely resembles giant dandelions than it does true thistles.
- There are two invasive Sow Thistle species in the Sea to Sky: Perennial Sow Thistle and Annual Sow Thistle.
- Both species have deeply-loved flowers that are lined with small teeth and end with large, pointed segments.
- Sow Thistle species produce yellow, dandelion-like flowers that are grouped in clusters at the end of branches.
- They thrive in a variety of environments, but do best in moist, fertile soils with full sunlight.

Vectors of Spread

- The tall stalks, lightweight seeds, and parachute-like cluster of hairs (pappus) help spread the seeds in the wind.
- Seeds can also spread through water or attach to fur, feathers or fabrics.

Lookalikes

- Perennial Sow Thistle has rhizomes, whereas Annual Sow Thistle has a short taproot.

Impacts

- Negatively impacts native plant communities.
- Chemicals from the roots and decaying plant residue inhibit seed germination in other plants.
- Can modify or retard the successional establishment of native plants (especially problematic in marshes, ponds and riparian environments).
- Hosts several plant viruses, nematodes and aphids.
- Reduces crop value and harvesting efficiency.
- The sticky, latex sap can clog harvesting equipment.
- Can dramatically reduce water resources.
- Reduces property value.