

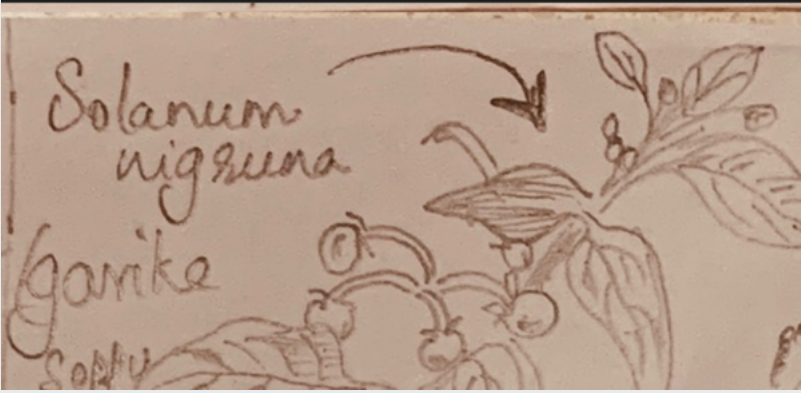
Hittalu (Edible Weeds)

Solanum nigrum

Common Name:

Description: 30-100 cm

Nativity: Americas, Australia, South Africa, India



Kannada: Garika Soppu

Reference: https://en.wikipedia.org/wiki/Solanum_nigrum

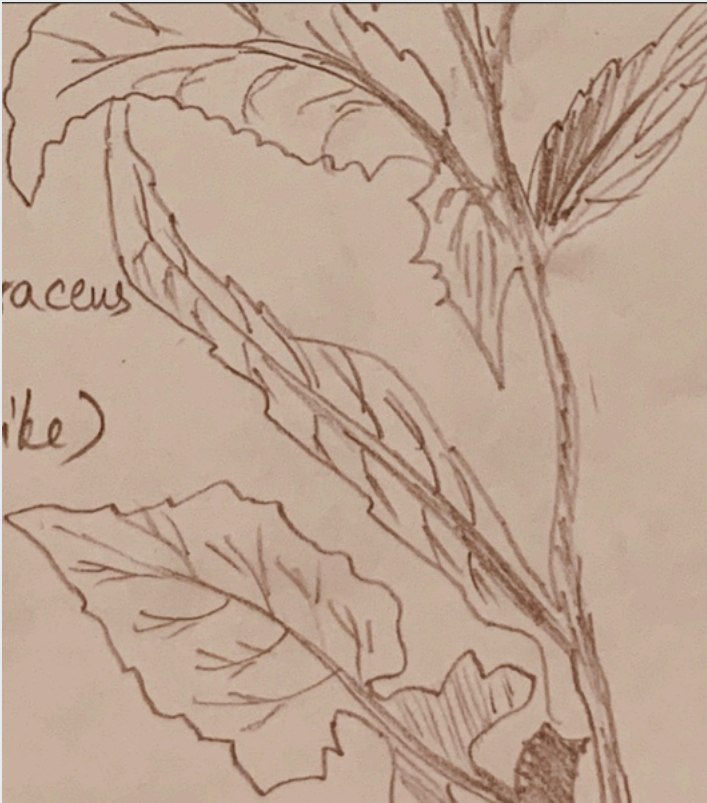
Nutrition: Medicinal properties (Laxative & Appetite Stimulant)

Toxicity: Berries are Toxic

Sonchus oleraceus

Common Name: Sow Thistle, Hare's Thistle, Milky Tassel, Milk Thistle,

Nativity: Widely Distributed/Invasive Species



Kannada: Naayi Hokkarike

Description: 30-100cm

Nutrition: Calcium, Iron, Phosphorous, Vitamin A, Vitamin B, Niacin

Reference: https://en.wikipedia.org/wiki/Sonchus_oleraceus

Talinum fruticosum

Common Name: Ceylon Spinach/ Florida Spinach/Sweetheart

Nativity: Mexico, West Africa, Central America, Deccan Plateau

Description: 30-100cm, Pink Flowers

Nutrition: Vitamins A & C, Iron, Calcium, Oxalic Acid



Kannada: Nela Basale

Reference: https://en.wikipedia.org/wiki/Talinum_fruticosum

Alternanthera sessilis

Common Name: Sessile joyweed and Dwarf copperleaf.

Nativity: Sri Lanka, Asia

Reference: https://en.wikipedia.org/wiki/Alternanthera_sessilis



Kannada: Honnagon

Description: Grows as an aquatic plant

Nutrition: Medicinal (Diuretic, Cooling, Laxative, Tonic)

Tamil: Ponnanganni

Portulaca oleracea

Common Name: Red Root/Purslane



Kannada: Purslane Goli Soppu

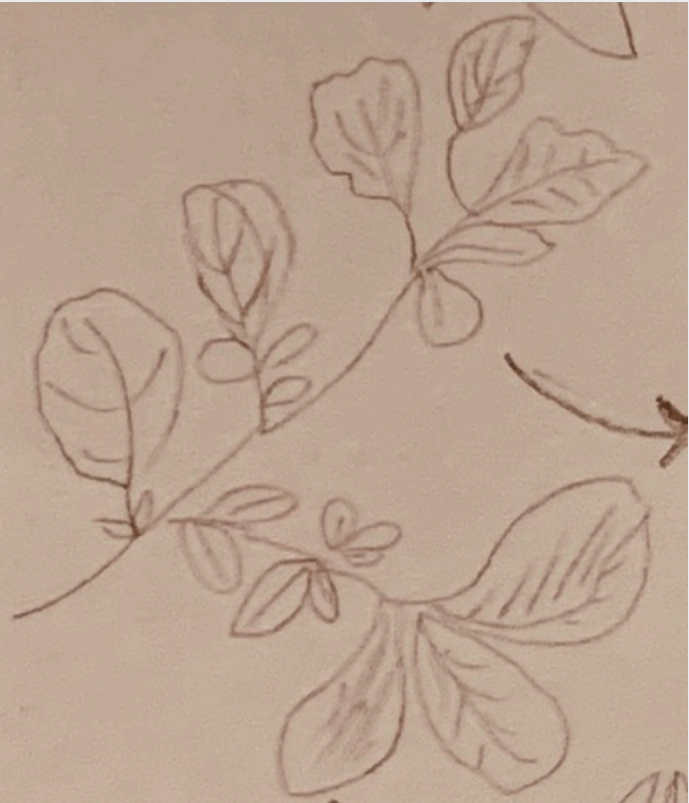
Nutrition: Vitamin E, C & Trace Minerals

Nativity: North Africa, Europe, Middle East, Central India, Australasia

Description: 40 cm

Reference: https://en.wikipedia.org/wiki/Portulaca_oleracea

Trianthema portulacastrum



Common Name: Desert Horsepurslane/Black Pigweed/ Giant Pigweed

Kannada: Muche Hagoni Soppu

Reference: https://en.wikipedia.org/wiki/Trianthema_portulacastrum

Nativity: Africa, North & South America, Deccan Plateau