PLANT FACT SHEET

Carduus pycnocephalus L.

GENUS *Carduus* **FAMILY** Asteraceae

COMMON NAMES Italian thistle

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The stem can be eaten raw or stewed or added to soups. They are peeled.
The very young shoots are boiled and then fried.

DESCRIPTION

A herb. It is a thistle. It grows for one or two years. It grows 20-130 cm tall. The leaves are alternate. They are divided into leaflets along the stalk. There are 3-6 pairs of lobes with spines.

HABITAT

It is a temperate or Mediterranean plant. In Argentina it grows below 500 m above sea level.

NOTES

There are about 90 Carduus species.

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