PLANT FACT SHEET

Carduus argyroa Viv.

GENUS *Carduus* **FAMILY** Asteraceae

COMMON NAMES Cardo ariroa

EDIBLE PARTS AND USES

Edible parts: Stem, Shoots, Flowers

The young stems are boiled in salt water or fried in butter.
The flowers are eaten as a vegetable.

DESCRIPTION

A herb. It is a thistle.

HABITAT

It is a Mediterranean plant.

NOTES

There are about 90 Carduus species.

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