PLANT FACT SHEET

Onopordum cyprium Eig.

GENUS *Onopordum* **FAMILY** Asteraceae

COMMON NAMES Cyprus thistle

EDIBLE PARTS AND USES

Edible parts: Stems, Flowers

The young stems and flower heads are eaten raw or boiled.

DESCRIPTION

A herb. It is a thistle. It takes 2 years to complete its life-cycle. It can grow 2 m tall. It is spiky. When young the leaves at the base forma ring. The leaves are large and lobed. The flowers are purple.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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