PLANT FACT SHEET

# *Onopordum cynarocephalum* Boiss. & C. I. Blanche

**GENUS** *Onopordum* **FAMILY** Asteraceae

**COMMON NAMES** Artichoke cotton-thistle

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The basal leaves are eaten raw in salads and cooked in stews.

## DESCRIPTION

A thistle herb. The lower leaves are oblong and divided into short spiny lobes.

## HABITAT

It is a Mediterranean climate plant.

## REFERENCES

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

**PROVIDED BY** **Food Plants International**

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

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/063284cc-5361-4e69-9bf0-c420a8145ad2