PLANT FACT SHEET

# *Cirsium spinosissimum* (L.) Scop.

**GENUS** *Cirsium* **FAMILY** Asteraceae

## EDIBLE PARTS AND USES

**Edible parts:** Flowers

The fresh flower receptacle is eaten as a snack. It is used in salads and also cooked as a vegetable.

## DESCRIPTION

A herb. It is a thistle.

## HABITAT

It is a temperate plant.

## REFERENCES


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Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/08d3a5ed-5b8b-47b1-b497-88ee7377745e