PLANT FACT SHEET

Carlina hispanica subsp. globosa Meusel & Kastner

GENUS *Carlina* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Shoots

The young shoots are cooked.

DESCRIPTION

A herb. It is a thistle.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Geraci, A., et al, 2018, The wild taxa utilized as vegetables in Sicily (Italy): a traditional component of the Mediterranean diet. Journal of Ethnobiology and Ethnomedicine (2018) 14:14

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0c6285d9-2ebf-47f1-af4b-8f07e78584c6