PLANT FACT SHEET

Onopordum bracteatum Boiss. & Heldr.

GENUS *Onopordum* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Stems, Flowers

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

DESCRIPTION

A thistle herb. It has a ring of spiny leaves at the base. It takes 2 years to complete its life-cycle. In the second year it develops tall spiny stems and a purple flower head. It can grow 1.8 m tall.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Della, A., et al, 2006, An ethnobotanical survey of wild edible plants of Paphos and Larnaca countryside of Cyprus. J. Ethnobiol. Ethnomed. 2:34

Demir, I. & Ayaz, N., 2022, Wild edible plants contributing to the traditional foods of Mardin (Turkey) Province. Indian Journal of Traditional Knowledge Vol 21(3), July 2022, pp 569-582

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Kocak, S. & Ozhatay, N., 2013, Wild Edible Plants in Karaman (Southern Turkey), J. Fac. Pharm. Istanbul. 43(1) s 21-32

Senkardes, I., et al, 2019, An Ethnobotanical Analysis on Wild Edible Plants of the Turkish Asteraceae Taxa. Agric. conspec. sci. Vol. 84 No. 1 (17-28)

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/125e747c-e932-4f24-9c3a-aa5f7b821734