PLANT FACT SHEET

Cirsium segetum Bunge

GENUS *Cirsium* **FAMILY** Asteraceae

COMMON NAMES Lesser thistle

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are eaten as a vegetable. They are boiled, washed and drained and seasoned for salads. They are also cooked with cracked cereals as a famine food.

DESCRIPTION

A spiny herb. It is a thistle. It keeps growing from year to year. It grows 10-60 cm high. There are wire like underground stems or rhizomes. The buds at the end develop into aerial shoots. The leaves on young plants are in a ring. The leaves on the stems are alternate. They are sword shaped and 2-10 cm long by 1-3 cm wide. They do not have leaf stalks. The flowers are purple-red.

HABITAT

It is a temperate plant. It is common in northern China.

NOTES

There are about 150-250 Cirsium species. They grow in temperate regions.

REFERENCES

Enum. pl. China bor. 36. 1833 (Mem. Acad. Imp. Sci. St.-Petersbourg Divers Savans 2:110. 1835)

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 726

Kang, Y., et al, 2012, Wild food plants and wild edible fungi in two valleys on the Qinling Mountains (Shaanxi, central China) Journal of Ethnobiology and Ethnomedicine; 9:26

Khasbagan, Hu-Yin Huai, and Sheng-Ji pei, 2000, Wild Plants in the Diet of Athorchin Mongol Herdsmen in Inner Mongolia. Economic Botany 54(4): 528-536

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Wujisguleng, W., & Khasbagen. K., 2010, An integrated assessment of wild vegetable resources in Inner Mongolian Autonomous Region, China. Journal of Ethnobiology and Ethnomedicine 6:34

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/1429a103-f391-44d0-a684-dfd35ab70fb2