PLANT FACT SHEET

Echinops ritro L.

GENUS *Echinops* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Stem

The stem is eaten fresh like cucumbers.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Gunes, S. et al, 2018, Survey of wild food plants for human consumption in Karaisali (Adana-Turkey). Indian Journal of Traditional Knowledge. Vol. 17(2), April 2018, pp 290-298

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/16cda461-92dd-4962-bd44-286808203b01