PLANT FACT SHEET

Carlina acanthifolia subsp. cynara (Pourr. ex DC.) Rouy

GENUS *Carlina* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Flowers

The young flowers are eaten raw as a snack.

DESCRIPTION

A thistle. It is a herb.

HABITAT

It grows in a Mediterranean climate.

REFERENCES

Tardio, J., et al, 2006, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152, 27-71

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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/1f4cd70f-20c7-431a-9b12-cdf34304c826