PLANT FACT SHEET

Cirsium palustre (L.) Scop.

GENUS *Cirsium* **FAMILY** Asteraceae

COMMON NAMES Marsh thistle

EDIBLE PARTS AND USES

Edible parts: Leaves, Stalks, Roots

The young shoots and peeled flower stalks are eaten raw in salads. They are also boiled and served as a vegetable.

DESCRIPTION

A herb. It is a thistle. It takes 2 years to complete its life cycle. It grows 1.5 m tall. The stems have spiny wings. The leaves have lobes. The leaves on the stem have more distinct lobes. The leaves are dark green with purple tints. They are hairy but shiny. The leaves at the base have stalks and spines.

HABITAT

It is a temperate plant. It grows in damp places and marshes.

NOTES

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1f5968d5-43cf-4658-82a0-ad0cd3ab5f7f