PLANT FACT SHEET

Carduus corymbosus Ten.

GENUS *Carduus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Flowers

The young shoots are cooked.
The flowers are also used as a vegetable.

DESCRIPTION

A herb. It is a thistle.

HABITAT

It is a Mediterranean plant.

REFERENCES

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Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1fa972db-f1a1-4ec0-adff-77a4dd25a96a