PLANT FACT SHEET

Cynara tournefortii Boiss. & Reut.

GENUS *Cynara* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Flowers

DESCRIPTION

A herb that keeps growing for several years.

HABITAT

It is a temperate to Mediterranean climate plant.

REFERENCES

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 13

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/35e1aa84-3727-416d-8bf1-7b2402f4223e