PLANT FACT SHEET

Carlina corymbosa L.

GENUS *Carlina* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem, Flowers

The young leaves are cooked in mixtures of vegetables. They are boiled or stir fried and baked with cheese.
The stems are eaten.
The flowers are eaten as a vegetable.

DESCRIPTION

A thistle herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Biscotti, N. & Pieroni, A., 2015, The hidden Mediterranean diet: wild vegetables traditionally gathered and consumed in the Gargano area, Apulia, SE Italy. Acta Societatis Botanicorum Poloniae 84 (3): 327-338

Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. Italian Botanist 5:1-24

Licata, M., et al, 2016, A survey of wild plant species for food use in Sicily (Italy) – results of a 3-year study in four Regional Parks. Journal of Ethnobiology and Ethnomedicine 12:12

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

Nebel, S., Pieroni, A. & Heinrich, M., 2006, Ta cho`rta: Wild edible greens used in the Graecanic area in Calabria, Southern Italy. Appetite 47 (2006) 333–342

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3ba8b4bc-1d5c-45c7-9aba-a77eeae5ed40