PLANT FACT SHEET

Carthamus caeruleus L.

GENUS *Carthamus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Stems, Leaves

The stems are boiled and eaten.

DESCRIPTION

A herb. It is a thistle.

HABITAT

It is a 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 11 (As Carduncellus caeruleus)

Hermandez Bermejo, J.E., and Leon, J. (Eds.), 1994, Neglected Crops. 1492 from a different perspective. FAO Plant Production and Protection Series No 26. FAO, Rome. p 263

Sansanelli, S., et al, 2017, Ethnobotanical survey of wild food plants traditionally collected and consumed in the Middle Agri Valley (Basilicata region, southern Italy). Journal of Ethnobiology and Ethnomedicine (2017) 13:50

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3cd0d6e9-f00d-41d3-b6fc-a54597e11cbb