PLANT FACT SHEET

Cirsium canum (L.) All.

GENUS *Cirsium* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are cooked for soup.

DESCRIPTION

A thistle herb.

HABITAT

It is a temperate plant.

REFERENCES

Denes, A., et al, 2012, Wild plants used for food by Hungarian ethnic groups living in the Carpathian Basin. Acta Societatis Botanicorum Poloniae 81 (4): 381-396

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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/3de7bb1b-3f20-401c-a878-b547f18e10e0