PLANT FACT SHEET

Cirsium schantarense Tr. & Mey.

GENUS *Cirsium* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The tips of the shoots are eaten.

DESCRIPTION

A herb. It is a thistle. It grows 70-120 cm tall. It keeps growing from year to year. The leaves are 14-27 cm long by 8-12 cm wide. It is divided into 4-8 segments along the stalk. There are small spines along the edge.

HABITAT

It is a temperate plant. It grows on the edge of forests and along rivers between 1,500-2,000 m above sea level.

NOTES

There are about 150-250 Cirsium species. They grow in temperate regions.

REFERENCES

BARANOV

Famine foods

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

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/48213887-ce2f-4882-908f-d9d9d9cb76ee