PLANT FACT SHEET

Carlina lanata L.

GENUS *Carlina* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are boiled in mixtures. They are also used in omelettes and stir fried.

DESCRIPTION

A herb. It is a thistle.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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

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/4f522066-79c4-4d18-9058-d98384b3da2a