PLANT FACT SHEET

Scolymus hispanicus L.

GENUS *Scolymus* **FAMILY** Asteraceae

COMMON NAMES Spanish Oyster Plant, Golden thistle, Spanish salsify

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Vegetable, Stems, Flowers

The thick root can be prepared the same way as salsify. It can be eaten boiled, mashed, or baked.
It is used as a substitute for coffee.
The young leaves can be cooked and eaten. The leaf stalks are blanched and eaten in salads. They are also cooked and dressed with olive oil, salt and vinegar.
The flowers are used to adulterate saffron. The flower buds are eaten raw or added to salads.

DESCRIPTION

A plant with spiny leaves, stems and flower bases. It keeps growing from year to year. The stems have wings and are spiny. It grows 30-100 cm high. It has a deep taproot. The roots resemble parsnips. They are long and taper and are 8 cm thick. The leaves are rigid, spiny and with deep teeth. The leaves have pale coloured veins. The flowers are bright yellow. They occur singly at the ends of branches or in the axils of upper leaves. There are stiff prickly bracts around the flowers.

HABITAT

It is a Mediterranean climate plant. In Argentina it grows below 500 m below sea level.

PRODUCTION

Cultivation

Plants can regrow from the taproot.

REFERENCES

Aceituno-Mata, L., et al, 2021, The Persistence of Flavor: Past and Present Use of Wild Food Plants in Sierra Norte de Madrid, Spain. Front. Sustain. Food Syst., 11 January 2021

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

Ben Ismail, H., 2013, Edible Wild Vegetables Used in North West of Tunisia. PARIPEX - Indian Journal of Reearch 2(9) :219-221

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 15

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

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 459

Blanco-Salas, J., et al, 2019, Wild Plants Potentially Used in Human Food in the Protected Area "Sierra Grande de Hornachos" of Extremadura (Spain). Sustainability 2019, 11, 456

Borelli, T., et al, 2020, Born to Eat Wild: An Integrated Conservation Approach to Secure Wild Food Plants for Food Security and Nutrition. Plants 2020, 9, 1299

Borelli, T., et al, 2022, Assessment of the Nutritional Value of Selected Wild Food Plants in Türkiye and Their Promotion for Improved Nutrition. Sustainability 2022,14,11015.

Ciftcioglu, C. G., 2015, Sustainable wild-collection of medicinal and edible plants in Lefke region of North Cyprus. Agroforest Syst. Springer

Cribb, A.B. & J.W., 1976, Wild Food in Australia, Fontana. p 160

Della, A., et al, 2006, An ethnobotanical survey of wild edible plants of Paphos and Larnaca countryside of Cyprus. J. Ethnobiol. Ethnomed. 2:34

Dogan, Y., et al, 2004, The Use of Wild Edible Plants in Western and Central Anatolia (Turkey). Economic Botany 58(4) pp. 684-690

Dogan, Y., 2012, Traditionally used wild edible greens in the Aegean Region of Turkey. Acta Societatis Botanicorum Poloniae 81(4): 329-342

Dogan, Y. et al, 2013, Wild Edible Plants sold in the Local Markets of Izmir, Turkey. Pak. J. Bot. 45(S1): 177-184

Dop, M. C., et al, 2019, Identification and frequency of consumption of wild edible plants over a year in central Tunisia: a mixed-methods approach. Public Health Nutrition: 23(5), 782–794

Ertug, F., 2004, Wild Edible Plants of the Bodrum Area. (Mugla, Turkey). Turk. J. Bot. 28 (2004): 161-174

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 41

Geraci, A., et al, 2018, The wild taxa utilized as vegetables in Sicily (Italy): a traditional component of the Mediterranean diet. Journal of Ethnobiology and Ethnomedicine (2018) 14:14

Ghanimi, R., et al, 2022, Ethnobotanical study on wild edible plants traditionally used by Messiwa people, Morocco. Journal of Ethnobiology and Ethnomedicine. 18:16

Gonzalez, J. A., et al, 2011, The consumption of wild and semi-domesticated edible plants in the Arribes del Duero (Salamanca-Zamora, Spain): an analysis of traditional knowledge. Genetic. Resour Crop Evolution 58:991-1006

Hadjichambis, A. C., et al, 2007, Wild and semi-domesticated food plant consumption in seven circum-Mediterranean areas. International Journal of Food Sciences and Nutrition. 2007, 1-32.

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 599

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, 328

INFOODSUpdatedFGU-list.xls

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 99

Kays, S. J., and Dias, J. C. S., 1995, Common Names of Commercially Cultivated Vegetables of the World in 15 languages. Economic Botany, Vol. 49, No. 2, pp. 115-152

Lamp, C & Collet F., 1989, Field Guide to Weeds in Australia. Inkata Press. p 258

Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 214

Lentini, F. and Venza, F., 2007, Wild food plants of popular use in Sicily. J Ethnobiol Ethnomedicine. 3: 15

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

Lim, T. K., Edible Medicinal and Non-Medicinal Plants Volume 7 Flowers

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 76

Low, T., 1991, Wild Herbs of Australia and New Zealand. Angus & Robertson. p 37

Full reference list (32 more) at https://www.echocommunity.org/en/resources/4f8dc49f-33a6-46a4-9907-e3206f7ec96f

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/4f8dc49f-33a6-46a4-9907-e3206f7ec96f