PLANT FACT SHEET

Centaurea nicaeensis All.

GENUS *Centaurea* **FAMILY** Asteraceae

COMMON NAMES Fiordaliso

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The plant is eaten boiled and seasoned with oil, lemon and salt.

DESCRIPTION

A herb.

Possibly now Centaurea sicula subsp. sicula

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 (As Centaurea nicaeensis)

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5819b1c2-b74c-4d10-b0f3-468a632722df