PLANT FACT SHEET

# *Onopordum nervosum* Boiss.

**GENUS** *Onopordum* **FAMILY** Asteraceae

## EDIBLE PARTS AND USES

**Edible parts:** Stem, Leaves

The stems are eaten raw.
The basal leaves are peeled and used in stews.

## DESCRIPTION

A herb. It takes 2 years to complete its lifecycle. The leaves do not have stalks but have spines. There are several flowers.

## HABITAT

It is a Mediterranean climate plant. In Argentina it grows from sea level to 1,000 m above sea level.

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