PLANT FACT SHEET

# *Pallenis spinosa* (L.) Cass.

**GENUS** *Pallenis* **FAMILY** Asteraceae

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The young leaves are boiled in mixtures.
They are also used for tea drinks.

## DESCRIPTION

A herb.

## HABITAT

It is a temperate 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

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement (As Asteriscus spinosus)

Senkardes, I., et al, 2019, An Ethnobotanical Analysis on Wild Edible Plants of the Turkish Asteraceae Taxa. Agric. conspec. sci. Vol. 84 No. 1 (17-28)

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/69a293ee-4469-45e6-8281-0537d5537f8b