PLANT FACT SHEET

Echinops sphaerocephalus L.

GENUS *Echinops* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Flower, Stems

The young flower receptacle is eaten.
The young stems are peeled and eaten.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Senkardes, I & Tuzlaci, E., 2016, Wild Edible Plants of Southern Part of Nevsehir inTurkey. Marmara Pharmaceutical Journal 20:34-43

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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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6fae5705-55e0-4d84-9891-99e19890cee9