PLANT FACT SHEET

Cirsium helenioides (L.) Hill

GENUS *Cirsium* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves

DESCRIPTION

A thistle

HABITAT

It is a temperate plant.

REFERENCES

Svanberg, I, 2012, The use of wild plants as food in pre-industrial Sweden. Acta Societatis Botanicorum Poloniae. 81(4): 317-327

Urgamal, M., Oyuntsetseg, B., Nyambayar, D. & Dulamsuren, Ch. 2014. Conspectus of the vascular plants of Mongolia. (Editors: Sanchir, Ch. & Jamsran, Ts.). Ulaanbaatar, Mongolia. "Admon" Press. 334pp. (p. 199-230).

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/734a8f6d-d5e6-46e8-9cfb-f03835ddda99